PREPARATION FOR DOING MITZVOT

Intention/Kavana

Mitzvot that are from the *Torah* (*tzitzit*, *tefilin*, *sukka*, etc.) require having the intention (*kavana*) to fulfill that commandment. But with many such *mitzvot*, it is inherent in doing the *mitzva* that you are doing it for the *mitzva* and therefore you do not need to have a special intention (for example, you would not put on *tefilin* to keep yourself warm).

VaYehi Noam, L'Shem Yichud, Yehi Ratzon

You do not need to say *Va'yehi noam*, *L'Shem yichud*, or *Yehi ratzon* before doing commandments.

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