

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.