**CAMPAIGN INSTRUCTIONS  
*Optional: “I dedicate my mindful mitzvahs as a zechus for refuah/to honor \_\_\_\_\_\_\_\_\_\_”*  
1. Say Daily Declaration\* on center page every morning  
2. Use Kavanah Kard\*\* meanings on center page to focus   
on meaning of Hashem’s names with 1 or more brachos  
3. Think or say: *“I am fulfilling the mitzvah of \_\_\_\_\_   
as Hashem commanded”* before one or more mitzvahs. *(This is the****[halacha](http://weebly-link/228597989652910112" \t "_blank)****in Shulchan Aruch)*  
4. Do teshuva for any lack of proper kavanah with mitzvahs or brachos & mark chart. (*Guided process on KavanahKards.com/mindfulmitzvahs or call us.)*  
5. Spend 5-10 minutes a day thanking Hashem for the things you don’t want to have in your life (based on Say Thank-you And See Miracles, by Rabbi Shalom Arush)  
6. Mark your Mindful Mitzvahs on center page log\*\*\*   
7. Optional: Conference call – to get & give help  
8. Increase your Mindful Mitzvahs as you are ready   
9. Ask Hashem to help you & thank Him for it  
10. Optional: get a Campaign partner *(we will help)*  
11. Share with others – great zechus for bringing them closer to Hashem!  
12. Let us know how you’re doing so we can celebrate you13. Grow your Mindful Mitzvahs into a lifelong practice!  *Your happy experiences will BE”H encourage others. Please share them.*Donations are very needed and appreciated to help expand the *Mindful Mitzvahs Campaign*. Seeking *people to help bring Mindful Mitzvahs to their community. Thank-you!***

**BS”D**

***WANT TO FEEL CLOSER TO HASHEM?***



***Support recordings for women***[**http://www.kavanahkards.com/kavanah-calls.html**](http://www.kavanahkards.com/kavanah-calls.html) **or   
call (515) 604-9664, pin 817216 #, recording # 1-13**

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| --- | --- |
| **KAVANAH KARD MEANINGS\*\* – (straight=required,*****Italics*=*to inspire)***  **Baruch: *Perfect & Complete The source of all blessing; Thank-You for all you give us*****Attah: *Directly to HaShem; personal relationship*** HaShem: **Master of All;** **always was, always is, always** **will** **be. *Attribute: Mercy* Elokeinu**: **all-Powerful, all-Capable, all-Mighty; *powerful Master who monitors and oversees each and every one of us on a personal basis* Kayle**:***Attributes: Love, complete Mercy*** | ***DAILY DECLARATION\** (This does not cover Shema or 1st paragraph of Shmoneh Esrei)**  ***I hereby declare my intention that from this moment until tomorrow, every time I mention the name Adnut, blessed be His name, my intention is that He is the Master of all. And every time I mention the name Havaya , blessed be His name, my intention is that He is the Master of all, always was, is and will be. And when I mention the name Elokim, my intention is that He is Mighty, all capable, Master of all powers.*** |

**MINDFUL MITZVAHS CAMPAIGN LOG\*\*\*** ***BS”D  
BRACHOS & MITZVAHS GOAL # PER DAY:\_\_\_\_\_ DATE STARTED:\_\_\_\_\_\_\_ (OPTIONAL: ZECHUS FOR \_\_\_\_\_\_\_\_\_) TESHUVA: \_\_\_\_\_(#4   
NOTE****: each day mark the box with what you have done and one for each mindful mitzvah and bracha. Copy blank for others*

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| **MITZVAH** | **NOTES** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **9** | **10** | **11** | **12** | **13** | **14** | **15** | **16** | **17** | **18** | **19** | **20** |
| **Declaration** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **# Mitzvahs** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **# Brachos** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Ask H’s help** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Partnered** | **If have one** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Shared** | **# people** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Thank Hashem** | **For problems-10’** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

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| **MITZVAH** | **NOTES** | **21** | **22** | **23** | **24** | **25** | **26** | **27** | **28** | **29** | **30** | **31** | **32** | **33** | **34** | **35** | **36** | **37** | **38** | **39** | **40** |
| **Declaration** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **# Mitzvahs** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **# Brachos** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Ask help** | **Hashem** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Partnered** | **If have one** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Shared** | **# people** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Thank Hashem** | **For problems-10’** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

***What do you notice improves? (Please let us know)***

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_