

**Soji Zen Center**  
**2020 Spring Ango Commitment Form**  
**March 8, 2020 - May 31, 2020**

Please complete this form and share with Shuzen Roshi during dokusan prior to the start of Ango on March 8, 2020.

	<u><b>My Ango Commitments</b></u>
<b><u>Courage in Practice</u></b>	
• Increase daily zazen	
• Attend Zazenkai	
• Attend Monday or Thursday night zazen	
• Other	
<b><u>Courage in Everyday Life</u></b>	
• Explore and try something new	
• Journal everyday	
• Be extra mindful of fears that come about everyday	
• Other	
<b><u>Courage in Study</u></b>	
• Read Intimacy with Fear and contemplate what it means to you	
• Dive deeper in Koan practice	
• Other	

**Name** \_\_\_\_\_ **Date** \_\_\_\_\_

**Shuzen Roshi** \_\_\_\_\_ **Date** \_\_\_\_\_