

Treeleaf Ango

Personal Commitments Form

I will participate wholeheartedly in this Practice Period, at home, at my work place and online in the following ways:

Daily Sitting:

- I will sit zazen daily, doing my best to not miss a single day.
- I will add _____ minutes to my regular daily sit.
- I will join the following daily sit as often as possible _____

I have participated in the following Zazenkai:

- | | | |
|----------------------------------|---------------------------------|---------------------------------|
| <input type="checkbox"/> Sept 5 | <input type="checkbox"/> Oct 3 | <input type="checkbox"/> Nov 2 |
| <input type="checkbox"/> Sept 7 | <input type="checkbox"/> Oct 5 | <input type="checkbox"/> Nov 7 |
| <input type="checkbox"/> Sept 12 | <input type="checkbox"/> Oct 10 | <input type="checkbox"/> Nov 9 |
| <input type="checkbox"/> Sept 14 | <input type="checkbox"/> Oct 12 | <input type="checkbox"/> Nov 14 |
| <input type="checkbox"/> Sept 19 | <input type="checkbox"/> Oct 17 | <input type="checkbox"/> Nov 16 |
| <input type="checkbox"/> Sept 21 | <input type="checkbox"/> Oct 19 | <input type="checkbox"/> Nov 21 |
| <input type="checkbox"/> Sept 26 | <input type="checkbox"/> Oct 24 | <input type="checkbox"/> Nov 23 |
| <input type="checkbox"/> Sept 28 | <input type="checkbox"/> Oct 26 | <input type="checkbox"/> Nov 28 |
| | <input type="checkbox"/> Oct 31 | <input type="checkbox"/> Nov 30 |

I commit to do my best to give up _____

Precept Study:

- I commit to participating in Jukai, diligently studying the Precepts and sewing a rakusu
- I commit to reading all of the material handed out in the Precept Study
- I commit to contributing with comments in the Precept discussions.
- I commit to joining the Zoom Precept discussions

I have attended the following Zoom Precept Study meetings:

- SEPTEMBER
- OCTOBER
- NOVEMBER
- DECEMBER

Practices:

- I commit to the following practice (eg. metta, dana, gatha) _____
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