

The Joy Codex Elements In Action

ALL ELEMENTS

Implement The Joy Codex

No Action Plan For Improvement

1	Acting with compassion, integrity, responsibility, clarity, and joy.
2	Engagement in activities that are congruent with The Joy Codex.
3	Act with intention, implementing The Joy Codex.
4	Communicating with the principles of The Joy Codex.
5	Minding the gap with all elements in order to RESPOND rather than react.
6	Treating Self and Others with compassion, integrity, responsibility, clarity, and joy.
7	Making choices today that will positively impact your life each and every day.
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1	Acting without compassion, integrity, responsibility, clarity, and joy.
2	Engagement in activities that are incongruent to The joy Codex.
3	Actions without intention for improvement.
4	Communicating without the principles of The Joy Codex, decreasing well-being.
5	Immediately REACTING without awareness.
6	Treating Self and Others without concern for well-being.
7	Making poor choices that increase pain, suffering, and unhappiness.
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Use the spaces provided to add the items you have identified that demonstrate The Joy Codex in action and the items that don't. How do your thoughts influence your behavior regard to implementing The Joy Codex? How will you implement all of the elements and what is the opposite of your action item, how will you know when it isn't demonstrated?