

## The Joy Codex Elements In Action

## Clarity

### Operate w/ Clarity

### Lack of Clarity

1	Knowing where you stand in your journey for well-being.	1	Not being sure that there is or was a journey.
2	Measuring your success in order to determine next steps.	2	Not clear cognitively, no plan in place to measure success.
3	Communicating with cognitive clarity, an even balance of logic and emotion.	3	Communicating with an over-abundance or logic and emotion.
4	Cognitive clarity of thought, leads to clarity in emotion and behavior.	4	Disregard for cognitive clarity leading to negative thought, emotion, and behavior.
5	Actions that are aligned with cognitive clarity.	5	Actions without clear intention.
6	Knowing what you want, the steps required, and acting with cognitive intention.	6	Not being clear with your wants, the steps required and lack of action.
7	Setting healthy clear boundaries and communicating those boundaries clearly.	7	Unaware of boundaries, lack of boundaries, lack of communicating boundaries.
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Use the spaces provided to add the items you have identified showing you operate w/ clarity and the items that don't. How do your thoughts influence your clarity with regard to self and others? How will you operate w/ clarity and what is the opposite of your action item, how will you know when it isn't demonstrated?