

## The Joy Codex Elements In Action Joy

### Choose Joy

### Choose Unhappiness

1	Knowing that joy is a state of being and a cognitive choice.	1	Knowing that joy is a state of being and acting incongruent to increasing joy.
2	Measuring your progress in order to make improvements.	2	Not clear cognitively, no plan in place to measure progress.
3	Communicating with the intention of <b>increasing joy</b> for Self and Others.	3	Communicating with the intention of <b>increasing unhappiness</b> for all.
4	Knowing your thoughts about Self and Others, determines if you are joyful.	4	Disregard for thoughts leading to negative emotion, and behavior.
5	Actions that are in alignment with a joyful state of being.	5	Actions that aren't in alignment with a joyful state of being.
6	Having an action plan with the intention of improving your well-being.	6	Lack of an action plan, lack of implementing an action plan.
7	Being accountable for increasing joy for Self and Others.	7	No accountability to increase joy for Self and Others.
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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?