

The Joy Codex Monthly SOaR Worksheet

Month	Rank	Month	Rank	Month	Rank	Month	Rank	Month	Rank	Month	Rank	Month	Rank	Month	Rank	Month	Rank
Jan		Feb		Mar		Apr		Jun		Jul		Aug		Sep		Oct	
Jan	Score	Feb	Score	Mar	Score	Apr	Score	Jun	Score	Jul	Score	Aug	Score	Sep	Score	Oct	Score
1		1		1		1		1		1		1		1		1	
2		2		2		2		2		2		2		2		2	
3		3		3		3		3		3		3		3		3	
4		4		4		4		4		4		4		4		4	
5		5		5		5		5		5		5		5		5	
6		6		6		6		6		6		6		6		6	
7		7		7		7		7		7		7		7		7	
8		8		8		8		8		8		8		8		8	
9		9		9		9		9		9		9		9		9	
10		10		10		10		10		10		10		10		10	
11		11		11		11		11		11		11		11		11	
12		12		12		12		12		12		12		12		12	
13		13		13		13		13		13		13		13		13	
14		14		14		14		14		14		14		14		14	
15		15		15		15		15		15		15		15		15	
16		16		16		16		16		16		16		16		16	
17		17		17		17		17		17		17		17		17	
18		18		18		18		18		18		18		18		18	
19		19		19		19		19		19		19		19		19	
20		20		20		20		20		20		20		20		20	
21		21		21		21		21		21		21		21		21	
22		22		22		22		22		22		22		22		22	
23		23		23		23		23		23		23		23		23	
24		24		24		24		24		24		24		24		24	
25		25		25		25		25		25		25		25		25	
26		26		26		26		26		26		26		26		26	
27		27		27		27		27		27		27		27		27	
28		28		28		28		28		28		28		28		28	
29		29		29		29		29		29		29		29		29	
30				30		30		30		30		30		30		30	
31						31				31		31				31	

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Score Key	Rank	Measurement
TJC + is equal to 15	TJC + Joyful Score 12-15	Add up the total months score and divide by the number of entries for the given month. Example, if I entered a score of 15 for each day in January, that would be a total of 31 entries. Divide the total score by 31 days. That will provide you with a rank, enter the rank on the top of the worksheet.
TJC ↔ is equal to 10	TJC ↔ Neutral Score 8-11	
TJC - is equal to 5	TJC - Unhappy Score 0-7	