

# THE JOY CODEX QUICK START

# ALL ELEMENTS

Name: \_\_\_\_\_ Date: \_\_\_\_\_ TJC Rank: \_\_\_\_\_

*Pick one answer per question that best describes your action plan for success today.*

**ANSWER**

Score	Weight	Total
	5	
	4	
	3	
	3	
	3	
	3	
	4	
	4	
	5	
	4	
	5	

1	I deeply understand each element of the Joy Codex today.	Y	S	N	NS
2	I will implement the elements of The Joy Codex for Self and Others today.	Y	S	N	NS
3	I will be cognitively positive for Self and Others today.	Y	S	N	NS
4	I will be communicate with the principles of The Joy Codex today.	Y	S	N	NS
5	I will overcome any barriers to success today.	Y	S	N	NS
6	I will measure my success today.	Y	S	N	NS
7	I will respond to Others with the elements of The Joy Codex today.	Y	S	N	NS
8	I will be cognitive of the impact that my thoughts have on my emotions which translates to my behavior.	Y	S	N	NS
9	I will identify the interactions that increase compassion, integrity, responsibility, clarity, and joy for Self and Others today.	Y	S	N	NS
10	I will complete the Quick Wrap All Elements worksheet today.	Y	S	N	NS
11	I will complete the SOaR worksheet today.	Y	S	N	NS

**KEY Y=YES, S=SOMETIMES, N=NEVER, NS=NOT SURE**

Sum Total: \_\_\_\_\_

Sum Total /10: \_\_\_\_\_

New Total\*2: \_\_\_\_\_

**Round Totals Up or Down to Nearest Decimal**

Key Score		Measurement Rules	Rankings
Y	6	In order to get the TJC Rank, multiply the Score column by the Weight column for each question.	49-52 Joyful +
N	1	Enter that number in the Total column. Add the Total column and enter that number in to the Sum Total field.	44-48 Joyful
SOMETIMES	3	Divide the number in the Sum Total field by 10 and rounding up or down to the nearest decimal. Enter that number in the Sum Total / 10 field. Multiply the Sum Total / 10 field by 2 rounding up or down to nearest decimal.	39-43 Joyful -
NOT SURE	2	Enter that number in the New Total*2 field. Compare that number to the Rankings and enter your ranking in the TJC Rank field at the top of the form. As an example, if I scored 39, I would write out Joyful-	33-38 Neutral +
			27-32 Neutral
			16-26 Neutral -
			≤ 15 Unhappy