

Name: _____ Date: _____ TJC Rank: _____

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

		ANSWER			
1	I know what TJC compassion entails for Self and Others today.	Y	S	N	NS
2	I will exemplify compassion for Self and Others today.	Y	S	N	NS
3	I will have patience with Self and Others today.	Y	S	N	NS
4	I will be kind to Self and Others today.	Y	S	N	NS
5	I will think positively about Self and Others today.	Y	S	N	NS
6	I will listen intently when interacting with Others today.	Y	S	N	NS
7	I will respond to Others with compassion today.	Y	S	N	NS
8	When I experience compassion for Self and Others today, I will be aware of that emotion.	Y	S	N	NS
9	I will identify the interactions that increase my compassion for Self and Others today.	Y	S	N	NS
10	I will complete the Quick Wrap Compassion worksheet today.	Y	S	N	NS
11	I will complete the SOaR worksheet today.	Y	S	N	NS

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

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	
Y	6
N	1
SOMETIMES	3
NOT SURE	2

Measurement Rules

In order to get the TJC Rank, multiply the Score column by the Weight column for each question.

Enter that number in the Total column. Add the Total column and enter that number in to the Sum Total field.

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. 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-

Rankings

49-52 Joyful +
 44-48 Joyful
 39-43 Joyful -
 33-38 Neutral +
 27-32 Neutral
 16-26 Neutral -
 ≤ 15 Unhappy