# THE JOY CODEX QUICK START          JOY

**Name:** _____   **Date:** _____   **TJC Rank:** _____

| | *Pick one answer per question that best describes your action plan for success today.* | ANSWER | | | | Score | Weight | Total |
|---|---|---|---|---|---|---|---|---|
| 1 | I know what TJC joy entails for Self and Others today. | Y | S | N | NS | | 5 | |
| 2 | I will choose joy for Self and Others today. | Y | S | N | NS | | 4 | |
| 3 | I will have patience with Self and Others today. | Y | S | N | NS | | 3 | |
| 4 | I will be kind to Self and Others today. | Y | S | N | NS | | 3 | |
| 5 | I will think positively about Self and Others today. | Y | S | N | NS | | 3 | |
| 6 | I will take a moment to engage in an activity that increases my joy today. | Y | S | N | NS | | 3 | |
| 7 | I will share my joyful disposition with others today. | Y | S | N | NS | | 4 | |
| 8 | When I experience joy for Self and Others today, I will be aware of that emotion. | Y | S | N | NS | | 4 | |
| 9 | I will identify the interactions that increase my joy for Self and Others today. | Y | S | N | NS | | 5 | |
| 10 | I will complete the Quick Wrap Joy today. | Y | S | N | NS | | 4 | |
| 11 | I will complete the SOaR worksheet today. | Y | S | N | NS | | 5 | |

Sum Total:
Sum Total /10:
New Total*2:

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

**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 | 39-43 Joyful - |
| NOT SURE | 2 | | number in the Sum Total / 10 field. Multiply the Sum Total / 10 field by 2, rounding up or down to nearest decimal. | 33-38 Neutral + |
| | | | Enter that number in the New Total*2 field. Compare that number to the Rankings and enter your ranking | 27-32 Neutral |
| | | | in the TJC Rank field at the top of the form. As an example, if I scored 39, I would write out  Joyful- | 16-26 Neutral - |
| | | | | ≤ 15 Unhappy |