

THE JOY CODEX QUICK START

RESPONSIBILITY

Name: _____ Date: _____ TJC Rank: _____

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

		ANSWER			
1	I know what TJC responsibility entails for Self and Others today.	Y	S	N	NS
2	I will act with cognitive responsibility for Self today.**	Y	S	N	NS
3	I will demonstrate responsibility for Self and Others today.	Y	S	N	NS
4	I will act with responsibility, both transactionally and cognitively for Self and Others today.	Y	S	N	NS
5	I will incorporate the elements of compassion and integrity for Self and Others today.	Y	S	N	NS
6	I will be aware of those moments that I act responsibly for Self and Others, both transactionally and cognitively.	Y	S	N	NS
7	I will set healthy boundaries with positive intent and responsibility for Self and Others today.	Y	S	N	NS
8	I will communicate with positive intention for Self and Others today.	Y	S	N	NS
9	I will identify the interactions that demonstrate cognitive responsibility for Self and Others today.	Y	S	N	NS
10	I will complete the Quick Wrap Responsibility 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		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