

THE JOY CODEX QUICK WRAP

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	Today I deeply understood each element of the Joy Codex.	Y	S	N	NS
2	Today I implemented the elements of The Joy Codex for Self and Others.	Y	S	N	NS
3	Today I was cognitively positive for Self and Others.	Y	S	N	NS
4	Today I communicated with the principles of The Joy Codex.	Y	S	N	NS
5	Today I overcame any barriers to success.	Y	S	N	NS
6	Today I measured my success throughout the day.	Y	S	N	NS
7	Today I responded to Others with the elements of The Joy Codex in mind.	Y	S	N	NS
8	Today I was cognitive of the impact that my thoughts had on my emotions which translated to my behavior.	Y	S	N	NS
9	Today I identified the interactions that increase compassion, integrity, responsibility, clarity, and joy for Self and Others.	Y	S	N	NS
10	Today I completed the Quick Wrap All Elements worksheet.	Y	S	N	NS
11	Today I completed the SOaR worksheet.	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	49-52 Joyful +
N	1	44-48 Joyful
SOMETIMES	3	39-43 Joyful -
NOT SURE	2	33-38 Neutral +
		27-32 Neutral
		16-26 Neutral -
		≤ 15 Unhappy