

THE JOY CODEX QUICK WRAP CLARITY

Name: _____ Date: _____ TJC Rank: _____

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

| | | ANSWER | | | |
|----|--|--------|---|---|----|
| 1 | Today I knew what TJC clarity was for Self and Others. | Y | S | N | NS |
| 2 | Today I acted with cognitive clarity for Self and Others. | Y | S | N | NS |
| 3 | Today I measured my performance as it relates to TJC. | Y | S | N | NS |
| 4 | Today I was able to mind the gap with intelligence and clarity. | Y | S | N | NS |
| 5 | Today I incorporated the elements of compassion, integrity, responsibility, and clarity for Self and Others. | Y | S | N | NS |
| 6 | Today I was aware of those moments that I operated with clarity for Self and Others. | Y | S | N | NS |
| 7 | Today I set healthy boundaries with positive intent and clarity when applicable. | Y | S | N | NS |
| 8 | Today I communicated with positive intent and clarity for Self and Others. | Y | S | N | NS |
| 9 | Today I identified the interactions that exhibited cognitive clarity for Self and Others. | Y | S | N | NS |
| 10 | Today I Completed the Quick Wrap Clarity worksheet. | Y | S | N | NS |
| 11 | Today I completed the SOaR worksheet. | 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 +
 26-32 Neutral
 16-26 Neutral -
 ≤ 15 Unhappy