

THE JOY CODEX QUICK WRAP COMPASSION

Name: _____ Date: _____ TJC Rank: _____

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

ANSWER

Score Weight Total

1	Today I knew what TJC compassion was for Self and Others.	Y	S	N	NS
2	Today I exemplified compassion for Self and Others.	Y	S	N	NS
3	Today I had patience for Self and Others.	Y	S	N	NS
4	Today I was kind to Self and Others.	Y	S	N	NS
5	Today I thought positively about Self and Others.	Y	S	N	NS
6	Today I listened intently when interacting with Others.	Y	S	N	NS
7	Today I responded to Others with compassion.	Y	S	N	NS
8	Today when I experienced compassion for Self and Others today, I was aware of that emotion.	Y	S	N	NS
9	Today I identified the interactions that increased my compassion for Self and Others.	Y	S	N	NS
10	Today I Completed the Quick Wrap Compassion.	Y	S	N	NS
11	Today I completed the SOaR worksheet.	Y	S	N	NS

	5	
	4	
	3	
	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