

THE JOY CODEX QUICK WRAP INTEGRITY

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

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

ANSWER

Score	Weight	Total
	5	
	4	
	3	
	3	
	3	
	3	
	4	
	4	
	5	
	4	
	5	

1	Today I knew what TJC integrity meant for Self and Others.	Y	S	N	NS
2	Today I elevated integrity for Self and Others.	Y	S	N	NS
3	Today I acted with integrity for Self and Others.	Y	S	N	NS
4	Today I will be aware of my ethics, morals, spirituality, and values in all actions with Self and Others.	Y	S	N	NS
5	Today I knowingly make decisions that are in-line with my integrity.	Y	S	N	NS
6	Today I placed myself in situations with high levels of integrity.	Y	S	N	NS
7	Today I responded to Others with integrity.	Y	S	N	NS
8	Today when I experienced integrity for Self and Others, I was aware of that emotion.	Y	S	N	NS
9	Today I identified the interactions that elevated my integrity for Self and Others.	Y	S	N	NS
10	Today I Completed the Quick Wrap Integrity worksheet.	Y	S	N	NS
11	Today I completed the SOaR worksheet.	Y	S	N	NS

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 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