THE JOY CODEX QUICK WRAP   JOY

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 joy meant for Self and Others.	Y	S	N	NS		5	
2	Today I chose joy for Self and Others.	Y	S	N	NS		4	
3	Today I improved my state of being.	Y	S	N	NS		3	
4	Today I made the choice to mind the gap and increase joy.	Y	S	N	NS		3	
5	Today I incorporated the elements of compassion, integrity, responsibility, clarity, and joy for Self and Others.	Y	S	N	NS		3	
6	Today I was aware of those moments that I chose joy for Self and Others.	Y	S	N	NS		3	
7	Today I communicated with the intention if increasing joy for Self and Others.	Y	S	N	NS		4	
8	Today I shared my joy.	Y	S	N	NS		4	
9	Today I identified the interactions that increased joy Self and Others.	Y	S	N	NS		5	
10	Today I Completed the Quick Wrap Joy worksheet.	Y	S	N	NS		4	
11	Today I completed the SOaR worksheet.	Y	S	N	NS		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	39-43 Joyful -
NOT SURE	2	number in the Sum Total / 10 field. Multiply the Sum Total / 10 field by 2, rounding up or down to nearest decimal.	33-38 Neutral +
		Enter that number in the New Total*2 field. Compare that number to the Rankings and enter your ranking	26-32 Neutral
		in the TJC Rank field at the top of the form. As an example, if I scored 39, I would write out Joyful-	16-26 Neutral -
			≤ 15 Unhappy