

# THE JOY CODEX QUICK WRAP

# RESPONSIBILITY

Name: \_\_\_\_\_ Date: \_\_\_\_\_ TJC Rank: \_\_\_\_\_

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

		ANSWER			
1	Today I knew what TJC responsibility entailed for Self and Others.	Y	S	N	NS
2	Today I acted with cognitively responsibly for Self.	Y	S	N	NS
3	Today I demonstrated responsibility for Self and Others.	Y	S	N	NS
4	Today I acted with responsibility, both transactionally and cognitively for Self and Others.	Y	S	N	NS
5	Today I incorporated the elements of compassion and integrity for Self and Others today.	Y	S	N	NS
6	Today I was aware of the moments that I acted responsibly for Self and Others, both transactionally and cognitively.	Y	S	N	NS
7	Today I set healthy boundaries with positive intent and responsibility for Self and Others, when applicable..	Y	S	N	NS
8	Today I communicated with positive intention for Self and Others.	Y	S	N	NS
9	Today I identified the interactions that demonstrated cognitive responsibility 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

Score	Weight	Total
	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. Enter that number in the Total column. Add the Total column and enter that number in to the Sum Total field.	49-52 Joyful +
N	1		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. 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-	39-43 Joyful -
NOT SURE	2		33-38 Neutral +
			27-32 Neutral
			16-26 Neutral -
			≤ 15 Unhappy