

THE JOY CODEX SURVEY

COMPASSION

Name: _____ Date: _____ TJC Rank: _____

Pick one answer per question that best describes your current feelings about compassion.

		ANSWER				A	N	NS	Score	Weight	Total
		Y	S	N	NS						
1	Do you know what compassion for Self feels like?	Y	S	N	NS				3		
2	How often do you feel compassion for Self?*	D	W	M	Q				3		
3	Are you aware of those moments of compassion for Self?	Y	S	N	NS				2		
4	Are you aware of the things you do that increase compassion for Self?	Y	S	N	NS				2		
5	Do you exemplify compassion for Self?	Y	S	N	NS				3		
6	Do you create situations with compassion for Self in mind?	Y	S	N	NS				3		
7	Do you feel compassion for Others?	Y	S	N	NS				4		
8	Do you create situations that increase compassion for Others?	Y	S	N	NS				4		
9	Do you start each day with the intention to increase compassion for Self and Others?	Y	S	N	NS				5		
10	Do you want more compassion in your life for Self and Others?	Y	S	N	NS				4		
11	Do you have the skill and tools to increase compassion in your life?	Y	S	N	NS				5		
12	Are you willing to dedicate your time and energy to increasing your Compassion?	Y	S	N	NS				5		

Sum Total: _____

Sum Total /10: _____

New Total*2: _____

KEY Y=YES, S=SOMETIMES, N=NEVER, NS=NOT SURE

****DAILY/WEEKLY/MONTHLY/QUARTERLY/ANNUALLY/NEVER /NOT SURE (pick one)**

Round Totals Up or Down to Nearest Decimal

Rankings

49-52 Joyful +
 44-48 Joyful
 39-43 Joyful -
 33-38 Neutral +
 27-32 Neutral
 16-26 Neutral -
 ≤ 15 Unhappy

Key Score

Y	6
N	1
SOMETIMES	3
NOT SURE	2
DAILY	6
WEEKLY	5
MONTHLY	4
QUARTERLY	3
ANNUALLY	2
NEVER	1

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-