

THE JOY CODEX SURVEY JOY

Name: _____ Date: _____ TJC Rank: _____

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

	ANSWER			
	Y	S	N	NS
1 Do you know what joyousness feels like?	Y	S	N	NS
2 How often do you deeply experience joy?***	D	W	M	Q
3 Are you aware of those joyous moments?	Y	S	N	NS
4 Are you aware of the things you do that increase your joy?	Y	S	N	NS
5 Do you create moments that increase your Joy?	Y	S	N	NS
6 Do you represent joy to Self and Others?	Y	S	N	NS
7 Do you feel joy for Others when they experience joy?	Y	S	N	NS
8 Do you create situations to increase joy for Others?	Y	S	N	NS
9 Do you start each day with the intention of increasing joy?	Y	S	N	NS
10 Do you want more joy in your life?	Y	S	N	NS
11 Do you have the skill and tools to increase joy in your life?	Y	S	N	NS
12 Are you willing to dedicate your time and energy to increasing your joy?	Y	S	N	NS

Score	Weight	Total
	1	
	3	
	2	
	2	
	3	
	3	
	4	
	4	
	5	
	4	
	5	
	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	
Y	6
N	1
SOMETIMES	3
NOT SURE	2

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-

Rankings

47-50 Joyful +
42-46 Joyful
36-41 Joyful -
31-35 Neutral +
24-30 Neutral
16-23 Neutral -
≤ 15 Unhappy