

## What Element Could I Have Applied?

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Today, I felt \_\_\_\_\_

when \_\_\_\_\_

EMOTION

I or OTHERS NAME

did or didn't \_\_\_\_\_

ISSUE

ISSUE CONTINUED

ISSUE CONTINUED

I Felt \_\_\_\_\_

because I thought \_\_\_\_\_

EMOTION

WHAT WOULD HAPPEN

WHAT WOULD HAPPEN CONTINUED

WHAT WOULD HAPPEN CONTINUED

I will apply \_\_\_\_\_

TJC ELEMENT or TJC ELEMENTS

with a focus on \_\_\_\_\_

SPECIFIC ITEMS RELEATED TO THOUGHTS, EMOTIONS, AND BEHAVIOR

SPECIFIC ITEMS CONTINUED THOUGHTS, EMOTIONS, AND BEHAVIOR

SPECIFIC ITEMS CONTINUED THOUGHTS, EMOTIONS, AND BEHAVIOR

knowing that \_\_\_\_\_

TJC ELEMENT or TJC ELEMENTS

applied to the situation and/or issue will increase joy by acting differently next time with

cognitive intention. I am committed to applying the element(s) above next-time the issue arises.

I'm responsible for my behavior and how it relates to The Joy Codex and increasing joy.