



JOYDOMETER

Let's put your joy to the test!
Start Now

Directions:

IT IS SET TO A 60
MINUTE TIMER SO YOU
CAN TAKE YOUR TIME!

GET YOUR PEN & PAPER TO
RECORD YOUR ANSWERS.

STRONGLY DISAGREE

0

DISAGREE

1

NEUTRAL / UNSURE

2

AGREE

3

STRONGLY AGREE

4

PILLAR 1: INTERNAL NARRATIVE (5 Questions)

- 1. I speak to myself with kindness, even when I mess up.**
- 2. My thoughts are more hopeful than critical.**
- 3. I don't spiral when I make mistakes.**
- 4. I can recognize lies quickly and replace them with truth.**
- 5. My inner dialogue strengthens me rather than weakens me.**

Max Score: 20

PILLAR 2: EMOTIONAL RESILIENCE (5 Questions)

- 1. I recover quickly after disappointment.**
- 2. Hard days don't steal my hope for tomorrow.**
- 3. I can feel pain without losing my sense of purpose.**
- 4. I don't stay emotionally stuck for long.**
- 5. I bounce back faster than I used to.**

Max Score: 20

PILLAR 3: PURPOSE ALIGNMENT (5 Questions)

- 1. I know why I do what I do.**
- 2. My daily actions align with my values.**
- 3. I feel spiritually grounded rather than scattered.**
- 4. I wake up with a sense of direction.**
- 5. My life feels meaningful, not just busy.**

Max Score: 20

PILLAR 4: RELATIONAL HEALTH (5 QUESTIONS)

- 1. MY RELATIONSHIPS ENERGIZE ME MORE THAN THEY DRAIN ME.**
- 2. I FEEL SUPPORTED BY PEOPLE AROUND ME.**
- 3. I CAN SET BOUNDARIES WITHOUT GUILT.**
- 4. I DON'T FEEL ALONE, EVEN WHEN THINGS ARE HARD.**
- 5. I FEEL SAFE BEING MY REAL SELF WITH OTHERS.**

MAX SCORE: 20

PILLAR 5: JOY PRACTICES (5 QUESTIONS)

- 1. I INTENTIONALLY PRACTICE GRATITUDE.**
- 2. I ALLOW MYSELF TO REST WITHOUT GUILT.**
- 3. I MAKE ROOM FOR LAUGHTER AND DELIGHT.**
- 4. I PROTECT MY JOY WHEN LIFE GETS
STRESSFUL.**
- 5. I ACTIVELY DO THINGS THAT REPLENISH
ME.**

MAX SCORE: 20

TOTAL JOY SCORE

Add all answers.

Maximum Possible Score:

100

Now, how did it go?

● 0–30 | JOY DEPLETED

You're operating in survival mode. Joy isn't gone—but it's buried under pressure, exhaustion, or discouragement.

Next Step: Awareness + gentle rebuilding.

● 31–60 | JOY UNSTABLE

Joy appears in moments, but circumstances still control it.

Next Step: Strengthen emotional recovery and internal narrative.

● **61–80 | JOY STRENGTHENING**

Joy is becoming a skill, not just a feeling. Recovery time is improving.

Next Step: Consistency and leadership-level habits.

● **81–100 | COMMAND-LEVEL JOY**

Your joy is anchored, resilient, and transferable. You lead from overflow.

Next Step: Multiply joy in others.

Your Joydometer results reveal where joy is being leaked, and where it's ready to be strengthened.

Joy isn't something you wait for.

Joy is something you train.

That's exactly what the General of Joy™ ecosystem was built to do.

CTA Button:

Begin Joy Training

● 0–30 | JOY DEPLETED

You've been strong for a long time – but strength without replenishment leads to burnout.

**This score doesn't mean you're broken.
It means you've been carrying too much without reinforcement.**

Your Best Next Step

🏆 Recruit of Joy Training

A gentle, guided reset designed to help you:

Identify the lies draining your joy

Stabilize your emotional footing Rebuild joy without pressure or shame

CTA Button:

👉 Start Recruit of Joy (Free)

Joy doesn't need force. It needs structure.

● 31–60 | JOY UNSTABLE

Joy is present – but it’s still vulnerable to circumstances, people, and pressure.

Right now, your joy exists, but it’s not yet defended.

Your Best Next Step

🏆 Joy Strengthening Pathway

Designed to help you:

Build emotional resilience

Recover faster from disruption

Learn joy as a repeatable skill

CTA Button:

👉 Stabilize Your Joy

👉 Join the Joy Masterclass Series

● 61–80 | JOY STRENGTHENING
CTA COPY

Your joy is becoming a weapon – not just a feeling.
You're recovering faster, leading better, and showing up with intention.
Now it's time to train at a higher level.

Your Best Next Step

🏅 Advanced Joy Training

Perfect for leaders, entrepreneurs, and women called to influence:

Strengthen joy under pressure

Protect joy in leadership spaces

Multiply joy in others

CTA Button:

👉 Advance Your Joy Training

Joy isn't fragile anymore. It's formidable.

● 81–100 | COMMAND-LEVEL JOY

CTA COPY

You don't just carry joy – you set the atmosphere.
Your joy is anchored, resilient, and transferable.
That means others rise when you walk into the room.

Your Best Next Step

🏅 Command-Level Joy Leadership

Where joy becomes influence:

Lead teams from overflow

Create joyful cultures

Multiply joy through mentorship and leadership

CTA Button:

👉 Step Into Command-Level Joy

This level isn't about you anymore. It's about who you lift.

JOYDOMETER



So, how'd it go?
I WANT to know!
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