

The Courage Scale

by David R. Hawkins, M.D.

Level	Log
Enlightenment	700-1000
Peace	600
Joy	540
Love	500
Reason/Logic	400
Willingness	310
Openness	250



GIVING

Courage 200

Anger	150
Fear	100
Grief	75
Apathy	50
Guilt	30
Shame	20
Death	0

TAKING



Courage Scale

David Hawkins, M.D., developed a scale of human consciousness (or vitality), which runs from Death (valued at 0) up to Enlightenment (700 to 1000).

What lies above the Courage Line (200) may be described as the “Giving” or vitalizing side of life. What lies below the Courage Line may be the “Taking” or draining side of life.

Have you noticed how people who live below 200 affect you? Where do you live and work? Do you add vitality to others? Or do you drain energy from below 200?

Imagine the advantages of a work environment that is usually above the Courage line. Rapid Change® tools help people nurture the trust, respect, fun and accountability that promotes both a great place to work and business results.

