

Positive Influence- 200 and above  
Negative Influence- 199 and below  
Research of Dave R. Hawkins M.D. Ph.D  
Power vs. Force; The Hidden Determinants of Human Behavior

Pick your top 10

Joy	540
Humor	540
Gratitude	540
Simplicity	530
Energy of Giving	535
Patriotism	520
Love	500
Positive Thinking	499
Cooperation	480
Hope	475
Forgiving and Forgetting	450
Wisdom	435
Acting with Good Will	430
Intellectualize	410
Rationality	405
Golden Rule	405
Reason	400
Relaxation/Recreation	395
Acceptance/Serenity	350
Long Term Goals	350
Fortune Cookies	350
Running/Cycling	350
Loyalty	350
Willingness	310
Consideration	295
Idealistic Attitude	295
Responsibility	290
Patience	255
Neutrality	250
Trust/Letting go	250
Reliability	250
Feeling ok	250
Fortitude	245
Courtesy	245
Tolerance	245
Supportive Attitude	245
Goodwill	225

Diligence	225
Helpfulness	220
Perseverance	210
Courage	200
Self-Responsibility	200+
Emergency Emotions	<200
Peacelessness	<200
Sentimentality	<200
Arrogance	195
Pessimism	190
Stinginess	190
Ungratefulness	190
White Lie	190
Do Gooderism	190
Skepticism	190
Conflict	180
Grandiosity	175
Anger/Hate	150
Intimidation	150
Ego mind	150
Addiction	125
Criticism	120
Fear/Anxiety	100
Grief	75
Apathy	50
Shame	20