

# Benjamin Franklin's Method for Becoming Virtuous

**Instructions:** A virtue is a personal characteristic or set of behaviors that exhibit a high standard of being, a commendable quality or trait. Pick 13 virtues that you want to practice and list these virtues in the right-most column. The easiest way to fill out the template is to use the replace command. Suppose you want kindness to be Virtue 1, just use the replace command to replace "Virtue 1" with "Kindness." Hint: Do Virtue 10, 11, 12, and 13 first and the replace will work correctly.

Pick one virtue (perhaps the one you see as most important) and list it at the top, along with a definition of the virtue below it. During each day of the week, if you violate a virtue by engaging in a non-virtuous behavior, place a dot or x in the corresponding cell. Your goal is to keep the entire line free of marks. The next week, pick a second virtue to list and define at the top. (The idea is to focus particularly on that virtue during the week, and, as Franklin put it "leaving all others to ordinary chance.") Franklin's 13 virtues are listed below, along with one of his weekly charts.

## Benjamin Franklin's 13 Virtues

"These names of virtues, with their precepts, were:

1. TEMPERANCE. Eat not to dullness; drink not to elevation.
2. SILENCE. Speak not but what may benefit others or yourself; avoid trifling conversation.
3. ORDER. Let all your things have their places; let each part of your business have its time.
4. RESOLUTION. Resolve to perform what you ought; perform without fail what you resolve.
5. FRUGALITY. Make no expense but to do good to others or yourself; i.e., waste nothing.
6. INDUSTRY. Lose no time; be always employ'd in something useful; cut off all unnecessary actions.
7. SINCERITY. Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.
8. JUSTICE. Wrong none by doing injuries, or omitting the benefits that are your duty.
9. MODERATION. Avoid extremes; forbear resenting injuries so much as you think they deserve.
10. CLEANLINESS. Tolerate no uncleanness in body, cloaths, or habitation.
11. TRANQUILITY. Be not disturbed at trifles, or at accidents common or unavoidable.
12. CHASTITY. Rarely use venery but for health or offspring, never to dulness, weakness, or the injury of your own or another's peace or reputation.
13. HUMILITY. Imitate Jesus and Socrates."

(Source: <http://www.gutenberg.org/cache/epub/148/pg148.html>)

See

<https://www.njlifehacks.com/become-a-better-person-by-adopting-benjamin-franklin-13-virtues/> for a more complete description.

TEMPERANCE.							
EAT NOT TO DULNESS; DRINK NOT TO ELEVATION.							
	S.	M.	T.	W.	T.	F.	S.
T.							
S.	*	*		*		*	
O.	**	*	*		*	*	*
R.			*			*	
F.		*			*		
I.			*				
S.							
J.							
M.							
C.							
T.							
C.							
H.							

(Source: [http://www.ucslouisiana.edu/~ras2777/flourishing/franklinvirtue\\_files/image001.gif](http://www.ucslouisiana.edu/~ras2777/flourishing/franklinvirtue_files/image001.gif))

## Week 1 - Virtue of the Week

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

## Week 2 - Virtue of the Week

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

### Week 3 - Virtue of the Week

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

## Week 4 - Virtue of the Week

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

## Week 5 - Virtue of the Week

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

## Week 6 - Virtue of the Week

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

## Week 7 - Virtue of the Week

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

## Week 8 - Virtue of the Week

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

## Week 9 - Virtue of the Week

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

**Week 10 - Virtue of the Week**

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

**Week 11 - Virtue of the Week**

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

**Week 12 - Virtue of the Week**

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

**Week 13 - Virtue of the Week**

*Virtue description*

	Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
Virtue 1							
Virtue 2							
Virtue 3							
Virtue 4							
Virtue 5							
Virtue 6							
Virtue 7							
Virtue 8							
Virtue 9							
Virtue 10							
Virtue 11							
Virtue 12							
Virtue 13							

## Reflections

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