

The 13 Virtues	Ben Franklin's Pathway to Perfection
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Benjamin Franklin initially created a 12 step plan for personal development. When informed that he need to add humility he humbly agreed.

To practice the Thirteen Virtues begin in the order presented or choose your own. You will practice that virtue for the first week.

It was convenient for the increase to Thirteen Virtues because the program could now be conducted four times in the course of a year.

The chart below displays the days of the week and the virtues. Give it a try and use the honor system to mark any space that you might have veered from intent of the virtue for that day.

Good habit formation begins with accountability and tracking.

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	Tranquillity. Be not disturbed at trifles, or at accidents common or unavoidable.
12	Chastity. Rarely use venery but for health or offspring, never to dullness, weakness, or the injury of your own or another's peace or reputation.
13	Humility. Imitate Jesus and Socrates.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

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