



# *Benjamin Franklin's 13 Virtues*

Week 1 Focus

Dates: \_\_\_\_\_

| <b>TEMPERANCE</b>   |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
|   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| <b>1. TEMPERANCE:</b> Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
| <b>2. SILENCE:</b> Speak not but what may benefit others or yourself; avoid trifling conversation.  |     |     |      |     |       |     |     |
| <b>3. ORDER:</b> Let all your things have their places; let each part of your business have its time.   |     |     |      |     |       |     |     |
| <b>4. RESOLUTION:</b> Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
| <b>5. FRUGALITY:</b> Make no expense but to do good to others or yourself; i.e., waste nothing.   |     |     |      |     |       |     |     |
| <b>6. INDUSTRY:</b> Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
| <b>7. SINCERITY:</b> Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.                                    |     |     |      |     |       |     |     |
| <b>8. JUSTICE:</b> Wrong none by doing injuries, or omitting the benefits that are your duty.   |     |     |      |     |       |     |     |
| <b>9. MODERATION:</b> Avoid extremes; forbear resenting injuries so much as you think they deserve.   |     |     |      |     |       |     |     |
| <b>10. CLEANLINESS:</b> Tolerate no uncleanness in body, clothes, or habitation.  |     |     |      |     |       |     |     |
| <b>11. TRANQUILLITY:</b> Be not disturbed at trifles, or at accidents common or unavoidable.  |     |     |      |     |       |     |     |
| <b>12. WELLNESS:</b> Resolve to take frequent exercise, eat fresh, whole foods, and attend to your spiritual health through meditation or prayer. |     |     |      |     |       |     |     |
| <b>13. HUMILITY:</b> Imitate Jesus, Buddha, and Socrates.   |     |     |      |     |       |     |     |
| <b>Notes:</b>   |     |     |      |     |       |     |     |



# Benjamin Franklin's 13 Virtues

Week 2 Focus

Dates: \_\_\_\_\_

| <b>SILENCE</b>  |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Speak not but what may benefit others or yourself; avoid trifling conversation  |     |     |      |     |       |     |     |
|   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| <b>1. TEMPERANCE:</b> Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
| <b>2. SILENCE:</b> Speak not but what may benefit others or yourself; avoid trifling conversation.  |     |     |      |     |       |     |     |
| <b>3. ORDER:</b> Let all your things have their places; let each part of your business have its time.   |     |     |      |     |       |     |     |
| <b>4. RESOLUTION:</b> Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
| <b>5. FRUGALITY:</b> Make no expense but to do good to others or yourself; i.e., waste nothing.   |     |     |      |     |       |     |     |
| <b>6. INDUSTRY:</b> Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
| <b>7. SINCERITY:</b> Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.                                    |     |     |      |     |       |     |     |
| <b>8. JUSTICE:</b> Wrong none by doing injuries, or omitting the benefits that are your duty.   |     |     |      |     |       |     |     |
| <b>9. MODERATION:</b> Avoid extremes; forbear resenting injuries so much as you think they deserve.   |     |     |      |     |       |     |     |
| <b>10. CLEANLINESS:</b> Tolerate no uncleanness in body, clothes, or habitation.  |     |     |      |     |       |     |     |
| <b>11. TRANQUILLITY:</b> Be not disturbed at trifles, or at accidents common or unavoidable.  |     |     |      |     |       |     |     |
| <b>12. WELLNESS:</b> Resolve to take frequent exercise, eat fresh, whole foods, and attend to your spiritual health through meditation or prayer. |     |     |      |     |       |     |     |
| <b>13. HUMILITY:</b> Imitate Jesus, Buddha, and Socrates.   |     |     |      |     |       |     |     |
| <b>Notes:</b>   |     |     |      |     |       |     |     |



# Benjamin Franklin's 13 Virtues

Week 3 Focus

Dates: \_\_\_\_\_

| <b>ORDER</b>  |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Let all your things have their places; let each part of your business have its time.  |     |     |      |     |       |     |     |
|   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| <b>1. TEMPERANCE:</b> Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
| <b>2. SILENCE:</b> Speak not but what may benefit others or yourself; avoid trifling conversation.  |     |     |      |     |       |     |     |
| <b>3. ORDER:</b> Let all your things have their places; let each part of your business have its time.   |     |     |      |     |       |     |     |
| <b>4. RESOLUTION:</b> Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
| <b>5. FRUGALITY:</b> Make no expense but to do good to others or yourself; i.e., waste nothing.   |     |     |      |     |       |     |     |
| <b>6. INDUSTRY:</b> Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
| <b>7. SINCERITY:</b> Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.                                    |     |     |      |     |       |     |     |
| <b>8. JUSTICE:</b> Wrong none by doing injuries, or omitting the benefits that are your duty.   |     |     |      |     |       |     |     |
| <b>9. MODERATION:</b> Avoid extremes; forbear resenting injuries so much as you think they deserve.   |     |     |      |     |       |     |     |
| <b>10. CLEANLINESS:</b> Tolerate no uncleanness in body, clothes, or habitation.  |     |     |      |     |       |     |     |
| <b>11. TRANQUILLITY:</b> Be not disturbed at trifles, or at accidents common or unavoidable.  |     |     |      |     |       |     |     |
| <b>12. WELLNESS:</b> Resolve to take frequent exercise, eat fresh, whole foods, and attend to your spiritual health through meditation or prayer. |     |     |      |     |       |     |     |
| <b>13. HUMILITY:</b> Imitate Jesus, Buddha, and Socrates.   |     |     |      |     |       |     |     |
| <b>Notes:</b>   |     |     |      |     |       |     |     |



# Benjamin Franklin's 13 Virtues

Week 4 Focus

Dates: \_\_\_\_\_

| <b>RESOLUTION</b>   |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
|   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| <b>1. TEMPERANCE:</b> Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
| <b>2. SILENCE:</b> Speak not but what may benefit others or yourself; avoid trifling conversation.  |     |     |      |     |       |     |     |
| <b>3. ORDER:</b> Let all your things have their places; let each part of your business have its time.   |     |     |      |     |       |     |     |
| <b>4. RESOLUTION:</b> Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
| <b>5. FRUGALITY:</b> Make no expense but to do good to others or yourself; i.e., waste nothing.   |     |     |      |     |       |     |     |
| <b>6. INDUSTRY:</b> Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
| <b>7. SINCERITY:</b> Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.                                    |     |     |      |     |       |     |     |
| <b>8. JUSTICE:</b> Wrong none by doing injuries, or omitting the benefits that are your duty.   |     |     |      |     |       |     |     |
| <b>9. MODERATION:</b> Avoid extremes; forbear resenting injuries so much as you think they deserve.   |     |     |      |     |       |     |     |
| <b>10. CLEANLINESS:</b> Tolerate no uncleanness in body, clothes, or habitation.  |     |     |      |     |       |     |     |
| <b>11. TRANQUILLITY:</b> Be not disturbed at trifles, or at accidents common or unavoidable.  |     |     |      |     |       |     |     |
| <b>12. WELLNESS:</b> Resolve to take frequent exercise, eat fresh, whole foods, and attend to your spiritual health through meditation or prayer. |     |     |      |     |       |     |     |
| <b>13. HUMILITY:</b> Imitate Jesus, Buddha, and Socrates.   |     |     |      |     |       |     |     |
| <b>Notes:</b>   |     |     |      |     |       |     |     |



# Benjamin Franklin's 13 Virtues

Week 5 Focus

Dates: \_\_\_\_\_

| <b><i>FRUGALITY</i></b>   |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Make no expense but to do good to others or yourself; i.e., waste nothing.  |     |     |      |     |       |     |     |
|   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| <b>1. TEMPERANCE:</b> Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
| <b>2. SILENCE:</b> Speak not but what may benefit others or yourself; avoid trifling conversation.  |     |     |      |     |       |     |     |
| <b>3. ORDER:</b> Let all your things have their places; let each part of your business have its time.   |     |     |      |     |       |     |     |
| <b>4. RESOLUTION:</b> Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
| <b>5. FRUGALITY:</b> Make no expense but to do good to others or yourself; i.e., waste nothing.   |     |     |      |     |       |     |     |
| <b>6. INDUSTRY:</b> Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
| <b>7. SINCERITY:</b> Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.                                    |     |     |      |     |       |     |     |
| <b>8. JUSTICE:</b> Wrong none by doing injuries, or omitting the benefits that are your duty.   |     |     |      |     |       |     |     |
| <b>9. MODERATION:</b> Avoid extremes; forbear resenting injuries so much as you think they deserve.   |     |     |      |     |       |     |     |
| <b>10. CLEANLINESS:</b> Tolerate no uncleanness in body, clothes, or habitation.  |     |     |      |     |       |     |     |
| <b>11. TRANQUILLITY:</b> Be not disturbed at trifles, or at accidents common or unavoidable.  |     |     |      |     |       |     |     |
| <b>12. WELLNESS:</b> Resolve to take frequent exercise, eat fresh, whole foods, and attend to your spiritual health through meditation or prayer. |     |     |      |     |       |     |     |
| <b>13. HUMILITY:</b> Imitate Jesus, Buddha, and Socrates.   |     |     |      |     |       |     |     |
| <b>Notes:</b>   |     |     |      |     |       |     |     |



# Benjamin Franklin's 13 Virtues

Week 6 Focus

Dates: \_\_\_\_\_

| <b><i>INDUSTRY</i></b>  |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
|   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| <b>1. TEMPERANCE:</b> Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
| <b>2. SILENCE:</b> Speak not but what may benefit others or yourself; avoid trifling conversation.  |     |     |      |     |       |     |     |
| <b>3. ORDER:</b> Let all your things have their places; let each part of your business have its time.   |     |     |      |     |       |     |     |
| <b>4. RESOLUTION:</b> Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
| <b>5. FRUGALITY:</b> Make no expense but to do good to others or yourself; i.e., waste nothing.   |     |     |      |     |       |     |     |
| <b>6. INDUSTRY:</b> Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
| <b>7. SINCERITY:</b> Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.                                    |     |     |      |     |       |     |     |
| <b>8. JUSTICE:</b> Wrong none by doing injuries, or omitting the benefits that are your duty.   |     |     |      |     |       |     |     |
| <b>9. MODERATION:</b> Avoid extremes; forbear resenting injuries so much as you think they deserve.   |     |     |      |     |       |     |     |
| <b>10. CLEANLINESS:</b> Tolerate no uncleanness in body, clothes, or habitation.  |     |     |      |     |       |     |     |
| <b>11. TRANQUILLITY:</b> Be not disturbed at trifles, or at accidents common or unavoidable.  |     |     |      |     |       |     |     |
| <b>12. WELLNESS:</b> Resolve to take frequent exercise, eat fresh, whole foods, and attend to your spiritual health through meditation or prayer. |     |     |      |     |       |     |     |
| <b>13. HUMILITY:</b> Imitate Jesus, Buddha, and Socrates.   |     |     |      |     |       |     |     |
| <b>Notes:</b>   |     |     |      |     |       |     |     |



# Benjamin Franklin's 13 Virtues

Week 7 Focus

Dates: \_\_\_\_\_

| <b><i>SINCERITY</i></b>   |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.   |     |     |      |     |       |     |     |
|   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| <b>1. TEMPERANCE:</b> Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
| <b>2. SILENCE:</b> Speak not but what may benefit others or yourself; avoid trifling conversation.  |     |     |      |     |       |     |     |
| <b>3. ORDER:</b> Let all your things have their places; let each part of your business have its time.   |     |     |      |     |       |     |     |
| <b>4. RESOLUTION:</b> Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
| <b>5. FRUGALITY:</b> Make no expense but to do good to others or yourself; i.e., waste nothing.   |     |     |      |     |       |     |     |
| <b>6. INDUSTRY:</b> Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
| <b>7. SINCERITY:</b> Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.                                    |     |     |      |     |       |     |     |
| <b>8. JUSTICE:</b> Wrong none by doing injuries, or omitting the benefits that are your duty.   |     |     |      |     |       |     |     |
| <b>9. MODERATION:</b> Avoid extremes; forbear resenting injuries so much as you think they deserve.   |     |     |      |     |       |     |     |
| <b>10. CLEANLINESS:</b> Tolerate no uncleanness in body, clothes, or habitation.  |     |     |      |     |       |     |     |
| <b>11. TRANQUILLITY:</b> Be not disturbed at trifles, or at accidents common or unavoidable.  |     |     |      |     |       |     |     |
| <b>12. WELLNESS:</b> Resolve to take frequent exercise, eat fresh, whole foods, and attend to your spiritual health through meditation or prayer. |     |     |      |     |       |     |     |
| <b>13. HUMILITY:</b> Imitate Jesus, Buddha, and Socrates.   |     |     |      |     |       |     |     |
| <b>Notes:</b>   |     |     |      |     |       |     |     |



# *Benjamin Franklin's 13 Virtues*

Week 8 Focus

Dates: \_\_\_\_\_

| <b><i>JUSTICE</i></b>   |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Wrong none by doing injuries, or omitting the benefits that are your duty.  |     |     |      |     |       |     |     |
|   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| <b>1. TEMPERANCE:</b> Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
| <b>2. SILENCE:</b> Speak not but what may benefit others or yourself; avoid trifling conversation.  |     |     |      |     |       |     |     |
| <b>3. ORDER:</b> Let all your things have their places; let each part of your business have its time.   |     |     |      |     |       |     |     |
| <b>4. RESOLUTION:</b> Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
| <b>5. FRUGALITY:</b> Make no expense but to do good to others or yourself; i.e., waste nothing.   |     |     |      |     |       |     |     |
| <b>6. INDUSTRY:</b> Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
| <b>7. SINCERITY:</b> Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.                                    |     |     |      |     |       |     |     |
| <b>8. JUSTICE:</b> Wrong none by doing injuries, or omitting the benefits that are your duty.   |     |     |      |     |       |     |     |
| <b>9. MODERATION:</b> Avoid extremes; forbear resenting injuries so much as you think they deserve.   |     |     |      |     |       |     |     |
| <b>10. CLEANLINESS:</b> Tolerate no uncleanness in body, clothes, or habitation.  |     |     |      |     |       |     |     |
| <b>11. TRANQUILLITY:</b> Be not disturbed at trifles, or at accidents common or unavoidable.  |     |     |      |     |       |     |     |
| <b>12. WELLNESS:</b> Resolve to take frequent exercise, eat fresh, whole foods, and attend to your spiritual health through meditation or prayer. |     |     |      |     |       |     |     |
| <b>13. HUMILITY:</b> Imitate Jesus, Buddha, and Socrates.   |     |     |      |     |       |     |     |
| <b>Notes:</b>   |     |     |      |     |       |     |     |



# Benjamin Franklin's 13 Virtues

Week 9 Focus

Dates: \_\_\_\_\_

| <b>MODERATION</b>   |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Avoid extremes; forbear resenting injuries so much as you think they deserve.   |     |     |      |     |       |     |     |
|   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| <b>1. TEMPERANCE:</b> Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
| <b>2. SILENCE:</b> Speak not but what may benefit others or yourself; avoid trifling conversation.  |     |     |      |     |       |     |     |
| <b>3. ORDER:</b> Let all your things have their places; let each part of your business have its time.   |     |     |      |     |       |     |     |
| <b>4. RESOLUTION:</b> Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
| <b>5. FRUGALITY:</b> Make no expense but to do good to others or yourself; i.e., waste nothing.   |     |     |      |     |       |     |     |
| <b>6. INDUSTRY:</b> Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
| <b>7. SINCERITY:</b> Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.                                    |     |     |      |     |       |     |     |
| <b>8. JUSTICE:</b> Wrong none by doing injuries, or omitting the benefits that are your duty.   |     |     |      |     |       |     |     |
| <b>9. MODERATION:</b> Avoid extremes; forbear resenting injuries so much as you think they deserve.   |     |     |      |     |       |     |     |
| <b>10. CLEANLINESS:</b> Tolerate no uncleanness in body, clothes, or habitation.  |     |     |      |     |       |     |     |
| <b>11. TRANQUILLITY:</b> Be not disturbed at trifles, or at accidents common or unavoidable.  |     |     |      |     |       |     |     |
| <b>12. WELLNESS:</b> Resolve to take frequent exercise, eat fresh, whole foods, and attend to your spiritual health through meditation or prayer. |     |     |      |     |       |     |     |
| <b>13. HUMILITY:</b> Imitate Jesus, Buddha, and Socrates.   |     |     |      |     |       |     |     |
| <b>Notes:</b>   |     |     |      |     |       |     |     |



# Benjamin Franklin's 13 Virtues

Week 10 Focus

Dates: \_\_\_\_\_

| <b>CLEANLINESS</b>  |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Tolerate no uncleanness in body, clothes, or habitation.  |     |     |      |     |       |     |     |
|   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| <b>1. TEMPERANCE:</b> Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
| <b>2. SILENCE:</b> Speak not but what may benefit others or yourself; avoid trifling conversation.  |     |     |      |     |       |     |     |
| <b>3. ORDER:</b> Let all your things have their places; let each part of your business have its time.   |     |     |      |     |       |     |     |
| <b>4. RESOLUTION:</b> Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
| <b>5. FRUGALITY:</b> Make no expense but to do good to others or yourself; i.e., waste nothing.   |     |     |      |     |       |     |     |
| <b>6. INDUSTRY:</b> Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
| <b>7. SINCERITY:</b> Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.                                    |     |     |      |     |       |     |     |
| <b>8. JUSTICE:</b> Wrong none by doing injuries, or omitting the benefits that are your duty.   |     |     |      |     |       |     |     |
| <b>9. MODERATION:</b> Avoid extremes; forbear resenting injuries so much as you think they deserve.   |     |     |      |     |       |     |     |
| <b>10. CLEANLINESS:</b> Tolerate no uncleanness in body, clothes, or habitation.  |     |     |      |     |       |     |     |
| <b>11. TRANQUILLITY:</b> Be not disturbed at trifles, or at accidents common or unavoidable.  |     |     |      |     |       |     |     |
| <b>12. WELLNESS:</b> Resolve to take frequent exercise, eat fresh, whole foods, and attend to your spiritual health through meditation or prayer. |     |     |      |     |       |     |     |
| <b>13. HUMILITY:</b> Imitate Jesus, Buddha, and Socrates.   |     |     |      |     |       |     |     |
| <b>Notes:</b>   |     |     |      |     |       |     |     |



# *Benjamin Franklin's 13 Virtues*

Week 11 Focus

Dates: \_\_\_\_\_

| <b>TRANQUILLITY</b>   |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Be not disturbed at trifles, or at accidents common or unavoidable.   |     |     |      |     |       |     |     |
|   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| <b>1. TEMPERANCE:</b> Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
| <b>2. SILENCE:</b> Speak not but what may benefit others or yourself; avoid trifling conversation.  |     |     |      |     |       |     |     |
| <b>3. ORDER:</b> Let all your things have their places; let each part of your business have its time.   |     |     |      |     |       |     |     |
| <b>4. RESOLUTION:</b> Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
| <b>5. FRUGALITY:</b> Make no expense but to do good to others or yourself; i.e., waste nothing.   |     |     |      |     |       |     |     |
| <b>6. INDUSTRY:</b> Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
| <b>7. SINCERITY:</b> Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.                                    |     |     |      |     |       |     |     |
| <b>8. JUSTICE:</b> Wrong none by doing injuries, or omitting the benefits that are your duty.   |     |     |      |     |       |     |     |
| <b>9. MODERATION:</b> Avoid extremes; forbear resenting injuries so much as you think they deserve.   |     |     |      |     |       |     |     |
| <b>10. CLEANLINESS:</b> Tolerate no uncleanness in body, clothes, or habitation.  |     |     |      |     |       |     |     |
| <b>11. TRANQUILLITY:</b> Be not disturbed at trifles, or at accidents common or unavoidable.  |     |     |      |     |       |     |     |
| <b>12. WELLNESS:</b> Resolve to take frequent exercise, eat fresh, whole foods, and attend to your spiritual health through meditation or prayer. |     |     |      |     |       |     |     |
| <b>13. HUMILITY:</b> Imitate Jesus, Buddha, and Socrates.   |     |     |      |     |       |     |     |
| <b>Notes:</b>   |     |     |      |     |       |     |     |



# Benjamin Franklin's 13 Virtues

Week 12 Focus

Dates: \_\_\_\_\_

| <i><b>WELLNESS</b></i>  |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Resolve to take frequent exercise, eat fresh, whole foods, and attend to your spiritual health through meditation or prayer.                      |     |     |      |     |       |     |     |
|   | Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
| <b>1. TEMPERANCE:</b> Eat not to dullness; drink not to elevation.  |     |     |      |     |       |     |     |
| <b>2. SILENCE:</b> Speak not but what may benefit others or yourself; avoid trifling conversation.  |     |     |      |     |       |     |     |
| <b>3. ORDER:</b> Let all your things have their places; let each part of your business have its time.   |     |     |      |     |       |     |     |
| <b>4. RESOLUTION:</b> Resolve to perform what you ought; perform without fail what you resolve.   |     |     |      |     |       |     |     |
| <b>5. FRUGALITY:</b> Make no expense but to do good to others or yourself; i.e., waste nothing.   |     |     |      |     |       |     |     |
| <b>6. INDUSTRY:</b> Lose no time; be always employed in something useful; cut off all unnecessary actions.  |     |     |      |     |       |     |     |
| <b>7. SINCERITY:</b> Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.                                    |     |     |      |     |       |     |     |
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| <b>Notes:</b>   |     |     |      |     |       |     |     |



# Benjamin Franklin's 13 Virtues

Week 13 Focus

Dates: \_\_\_\_\_

| <i><b>HUMILITY</b></i>  |     |     |      |     |       |     |     |
|---|-----|-----|------|-----|-------|-----|-----|
| Imitate Jesus, Buddha, and Socrates.  |     |     |      |     |       |     |     |
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