

## Ben Franklin's Virtuous System

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Ben Franklin sought moral perfection. He felt that if he could only obtain the thirteen virtues that you'll find in the following pages, he would reach the perfection he desired.

At the right is the actual form that Ben used to track his progress. At the beginning of each week, he would bring out a fresh form. At the top is the virtue he had listed the virtue that he would focus on that week. Next he included a brief description of the virtue. Down the left side of the page is the first letter of all the virtues Ben was striving to obtain.

On page 2, you'll find a slightly revised version of this form. We've written out the virtues in full. Ben would make marks on his sheet each time he failed to live up to one of his virtues. A sample of that is on page 3.

On pages 4 to 17, the thirteen virtues are listed on their own sheet of paper. To follow Ben's system, simply copy each sheet four times. You'll end up with 52 pages ó one for each week of the year.

Finally, page 18 is a blank form. You can use this to track the goals you decide upon.

Here's to your bigg success!

Industry.							
<i>Lose no time. Be always employed in something useful. Cut off all unnecessary actions.</i>							
	S	M	T	W	T	F	S
T							
S							
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S							
J							
M							
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T							
Ch							
H							

Goal of focus							
<b>Temperance</b>							
Description							
Eat not to dullness, drink not to elevation.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

Goal of focus							
<b>Temperance</b>							
Description							
Eat not to dullness, drink not to elevation.							
Goals	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Temperance							
Silence	•	•	••	•		•	•
Order	•••	•	••	•	•	•	••
Resolution			•	•	•		
Frugality		•	•				
Industry	•	•	•				•
Sincerity	••	•	•	•		•	
Justice						•	
Moderation	•	•••			•		
Cleanliness							
Tranquility	•	•	•	••	•		•
Chastity			•			•	
Humility	•			•			•

Goal of focus							
<b>Temperance</b>							
Description							
Eat not to dullness, drink not to elevation.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

Goal of focus							
<b>Silence</b>							
Description							
Speak not but what may benefit others or yourself. Avoid trifling conversation.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

Goal of focus							
<b>Order</b>							
Description							
Let all your things have their places. Let each part of your business have its time.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

Goal of focus							
<b>Resolution</b>							
Description							
Resolve to perform what you ought. Perform without fail what you resolve.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

Goal of focus							
<b>Frugality</b>							
Description							
Make no expense but to do good to others or yourself: i.e. waste nothing.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							



Goal of focus							
<b>Industry</b>							
Description							
Lose no time. Be always employed in something useful. Cut off all unnecessary actions.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

Goal of focus							
<b>Sincerity</b>							
Description							
Use no hurtful deceit. Think innocently and justly; and, if you speak, speak accordingly.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

Goal of focus							
<b>Justice</b>							
Description							
Wrong none, by doing injuries or omitting the benefits that are your duty.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

Goal of focus							
<b>Moderation</b>							
Description							
Avoid extremes. Forebear resenting injuries so much as you think they deserve.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

Goal of focus							
<b>Cleanliness</b>							
Description							
Tolerate no uncleanness in body, clothes or habitation.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

Goal of focus							
<b>Tranquility</b>							
Description							
Be not disturbed at trifles, or at accidents common or unavoidable.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

Goal of focus							
<b>Chastity</b>							
Description							
Rarely use venery but for health or offspring, never to dulness, weakness, or the injury of your own or another's peace or reputation.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
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Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquility							
Chastity							
Humility							

Goal of focus							
<b>Humility</b>							
Description							
Imitate Jesus and Socrates.							
<b>Goals</b>	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Temperance							
Silence							
Order							
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Chastity							
Humility							



