

## A Modification of the 13 Virtues as Described by Benjamin Franklin

Temperance: Eat not to dullness; drink not to elevation. Eat no processed sugar. Sleep 7 hours. Exercise 30 minutes.

Silence: Speak not but what may benefit others or yourself; avoid trifling conversation.

Order: Let all your things have their places; let each part of your business have its time.

Resolution & Courage: Resolve to perform what you ought; perform without fail what you resolve.

Frugality: Make no expense but to do good to others or yourself; i.e., waste nothing.

Industry: Loose no time; be always employ'd in something useful; cut off all unnecessary actions.

Sincerity: Use no hurtful deceit; think innocently and justly, and if you speak, speak accordingly.

Justice: Wrong none by doing injuries, or by omitting the benefits that are your duty.

Thinking & Writing: Spend daily time reading and observing. Then write your thinking.

Cleanliness: Tolerate no uncleanness in body, cloaths, or habitation.

Tranquility: be not disturbed at trifles, or at accidents common or unavoidable.

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.

Humility, Love, & Outreach: Do something good for two people per day. Imitate Jesus and Socrates.