

13 Virtues by Benjamin Franklin



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TEMPERANCE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SILENCE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ORDER	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
RESOLUTION	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FRUGALITY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
INDUSTRY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SINCERITY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
JUSTICE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MODERATION	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CLEANLINESS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
TRANQUILITY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CHASTITY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HUMILITY	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- 1. Temperance:** *Eat not to dulness drink not to elevation*
- 2. Silence:** *Speak not but what may benefit others or yourself. Avoid trifling conversations.*
- 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 expence but to do good to others or yourself: i.e. waste nothing*
- 6. Industry:** *Lose no time. Be always employed 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 avoidable.*
- 12. Chastity:** *Rarely use venery but for health or offspring*
- 13. Humility:** *Imitate Jesus and Socrates*