

Benjamin Franklin's 13 Virtues

- 1) **Temperance:** Eat not to dullness; drink not to elevation.
- 2) **Order:** Let all your things have their places; let each part of your business have its time.
- 3) **Resolution:** Resolve to perform what you ought; perform without fail what you resolve.
- 4) **Frugality:** Make no expense but to do good to others or yourself; i.e., waste nothing.
- 5) **Moderation:** Avoid extremes; forbear resenting injuries so much as you think they deserve.
- 6) **Industry:** Lose no time; be always employed in something useful; cut off all unnecessary actions.
- 7) **Cleanliness:** Tolerate no uncleanness in body, clothes, or habitation.
- 8) **Tranquillity:** Be not disturbed at trifles, or at accidents common or unavoidable.
- 9) **Silence:** Speak not but what may benefit others or yourself; avoid trifling conversation.
- 10) **Sincerity:** Use no hurtful deceit; think innocently and justly, and, if you speak, speak accordingly.
- 11) **Justice:** Wrong none by doing injuries or omitting the benefits that are your duty.
- 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.