

Thirteen Virtues to Live By

Benjamin Franklin (1706-1790)

Temperance: Eat not to dullness; drink not to elevation.

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: 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: Lose 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 omitting the benefits that are your duty.

Moderation: Avoid extremes; forbear resenting injuries so much as you think they deserve.

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

Tranquillity: 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: Imitate Jesus and Socrates

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