**Benjamin Franklin’s**

**13 Virtues**

1. **Temperance –** Eat not to dullness; drink not to elevation.
2. **Silence –** Speak not but what may benefit others or yourself; avoid trifling conversation.
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 expense 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 uncleanliness in body, clothes, or habitation.
11. **Tranquillity –** Be not disturbed at trifles, or at accidents common or unavoidable.
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.