

Temperance.

*Eat not to dullness and
drink not to elevation.*

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
T							
S							
O							
R							
F							
I							
S							
J							
M							
Cl							
T							
Ch							
H							

Silence.

*Speak not but what may benefit others or
yourself. Avoid trifling conversation.*

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
T							
S							
O							
R							
F							
I							
S							
J							
M							
Cl							
T							
Ch							
H							

Order.

Let all your things have their places. Let each part of your business have its time.

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
T							
S							
O							
R							
F							
I							
S							
J							
M							
Cl							
T							
Ch							
H							

Resolution.

*Resolve to perform what you ought.
Perform without fail what you resolve.*

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
<i>T</i>							
<i>S</i>							
<i>O</i>							
<i>R</i>							
<i>F</i>							
<i>I</i>							
<i>S</i>							
<i>J</i>							
<i>M</i>							
<i>Cl</i>							
<i>T</i>							
<i>Ch</i>							
<i>H</i>							

Frugality.

*Make no expense but to do good to others or
yourself: i.e. Waste nothing.*

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
T							
S							
O							
R							
F							
I							
S							
J							
M							
Cl							
T							
Ch							
H							

Industry.

Lose no time.

Be always employed in something useful.

Cut off all unnecessary actions.

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
T							
S							
O							
R							
F							
I							
S							
J							
M							
Cl							
T							
Ch							
H							

Sincerity.

*Use no hurtful deceit.
Think innocently and justly;
and, if you speak, speak accordingly.*

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
T							
S							
O							
R							
F							
I							
S							
J							
M							
Cl							
T							
Ch							
H							

Justice.

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

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
T							
S							
O							
R							
F							
I							
S							
J							
M							
Cl							
T							
Ch							
H							

Moderation.

*Avoid extremes. Forebear resenting injuries
so much as you think they deserve.*

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
T							
S							
O							
R							
F							
I							
S							
J							
M							
Cl							
T							
Ch							
H							

Cleanliness.

*Tolerate no uncleanness in body,
clothes or habitation.*

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
T							
S							
O							
R							
F							
I							
S							
J							
M							
Cl							
T							
Ch							
H							

Tranquility.

*Be not disturbed at trifles,
or at accidents common or unavoidable.*

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
T							
S							
O							
R							
F							
I							
S							
J							
M							
Cl							
T							
Ch							
H							

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.*

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
T							
S							
O							
R							
F							
I							
S							
J							
M							
Cl							
T							
Ch							
H							

Humility.

Imitate Jesus and Socrates.

	<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
T							
S							
O							
R							
F							
I							
S							
J							
M							
Cl							
T							
Ch							
H							

D*I*Y

planner

Templates constructed by Douglas Johnston
of www.diyplanner.com.

These are based upon the charts used by
Benjamin Franklin to pursue what he
considered to be the most valuable thirteen
virtues. For more information, please see:

<http://www.flamebright.com/PTPages/Benjamin.asp>