

The Benjamin Franklin 13-Week Self Improvement Challenge

Quality	Benjamin Franklin's Definition	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Temperance	Eat not to dullness and 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 employed 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. Forebear resenting injuries so much as you think they deserve.							
Cleanliness	Tolerate no uncleanness in body, clothes or habitation.							
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.							
Tranquility	Be not disturbed at trifles, or at accidents common or unavoidable.							
Humility	Imitate Jesus and Socrates.							