Benjamin Franklin’s Chart of Thirteen Virtues

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| **VIRTUE** | **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| **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 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. Forbear resenting injuries so much as you think they deserve. |  |  |  |  |  |  |  |
| **Cleanliness:** Tolerate no uncleanness in body, clothes, or habitation. |  |  |  |  |  |  |  |
| **Tranquility:** 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. |  |  |  |  |  |  |  |