Your name: Week of: Ben Franklin Virtues Wisdom Jig

In Ben's order	M	T	W	Th	F	S	Su	Your Notes on the Week	Franklin's Definition
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 extreams; forbear resenting injuries so much as you think they deserve.
Cleanliness									Tolerate no uncleanliness in body, cloaths, 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 dulness, weakness, or the injury of your own or another's peace or reputation.
Humility									Imitate Jesus and Socrates.