

**RESOLUTION:**

Resolve to perform what you ought; perform without fail what your resolve.

INDUSTRY:

Lose no time; be always employed in something useful; cut off all unnecessary actions.

CLEANLINESS:

Tolerate no uncleanness in body, clothes, or habitation.

ORDER:

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

JUSTICE:

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

HUMILITY:

Imitate Jesus and Socrates.

TRANQUILITY:

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

CHASTITY:

Rarely use venery [pursuit of romantic pleasure] but for health or offspring, never to dullness, weakness, or the injury of your own or another's peace or reputation.

SINCERITY:

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

MODERATION:

Avoid extremes; forbear resenting injuries so much as you think they deserve.

TEMPERANCE:

Eat not to dullness; Drink not to elevation.

SILENCE:

Speak not but what may benefit others or yourself; avoid trifling conversation.

FRUGALITY:

Make no expense but to do good to others or yourself; i.e., waste nothing.

For centuries, many emphasized the avoidance of the "Seven Deadly Sins" of pride, envy, gluttony, lust, anger, greed, and sloth. Around 1730, while in his late twenties, Benjamin Franklin took a positive view and rather than worrying about what not to do, he listed thirteen virtues that he wanted to proactively pursue in his everyday activities.

Franklin placed each of the virtues on a separate page of a small book and focused on one virtue for a full week. He evaluated his performance daily. These virtues can be of benefit as we contemplate our own goals. ©2019 Core IQ. All rights reserved.