

◆ Chase the Kangaroo ◆

The Franklin Virtue Tracker

Thirteen Weeks, Thirteen Virtues

Week of Practice: _____

Focus Virtue: _____

| Virtue | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------|-----|-----|-----|-----|-----|-----|-----|
| 1 Temperance | | | | | | | |
| 2 Silence | | | | | | | |
| 3 Order | | | | | | | |
| 4 Resolution | | | | | | | |
| 5 Frugality | | | | | | | |
| 6 Industry | | | | | | | |
| 7 Sincerity | | | | | | | |
| 8 Justice | | | | | | | |
| 9 Moderation | | | | | | | |
| 10 Cleanliness | | | | | | | |
| 11 Tranquility | | | | | | | |
| 12 Chastity | | | | | | | |
| 13 Humility | | | | | | | |

Track each day by marking a small dot in the corresponding square whenever you fail to practice a virtue. Clear columns are the goal. Awareness is the method.

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Franklin's Thirteen Virtues

1. Temperance

Eat not to dullness; drink not to elevation.

2. Silence

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

3. Order

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

4. Resolution

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

5. Frugality

Make no expense but to do good to others or yourself.

6. Industry

Lose no time; be always employed in something useful.

7. Sincerity

Use no hurtful deceit; think innocently and justly.

8. Justice

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

9. Moderation

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

10. Cleanliness

Tolerate no uncleanness in body, clothes, or habitation.

11. Tranquility

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

12. 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.

13. Humility

Imitate Jesus and Socrates.