

## Ben Franklin's thirteen moral virtues

The thirteen moral virtues listed by Benjamin Franklin in his Autobiography:

1. **Temperance.** Eat not to Dulness. 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: i.e. Waste nothing.
6. **Industry.** Lose no Time. Be always employ'd in something useful. Cut off all unnecessary Actions.
7. **Sincerity.** Use no hurtful Deceit. Think innocently and justly; and, if you speak, speak accordingly.
8. **Justice.** Wrong none, by doing Injuries or omitting the Benefits that are your Duty.
9. **Moderation.** Avoid Extreams. Forbear resenting Injuries so much as you think they deserve.
10. **Cleanliness.** Tolerate no Uncleaness in Body, Cloaths or Habitation.
11. **Tranquillity.** Be not disturbed at Trifles, or at Accidents common or unavoidable.
12. **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.
13. **Humility.** Imitate Jesus and Socrates.