Autobiography

# Benjamin Franklin

-Franklin is attempting to achieve moral perfection. He is doing this while chronicling and explaining.

-13 Virtues that he’ll abide by:

1. Temperance: Don’t eat past fullness, don’t drink to drunkenness.   
 2. Silence: Talk only when it benefits others.   
 3. Order: Be organized.   
 4. Resolution: Do what you say you’ll do; follow through with promises.   
 5. Frugality: Don’t buy things you don’t need. Waste nothing.   
 6. Industry: Work as much as you can; don’t waste time.   
 7. Sincerity: Be nice; say nice things.   
 8. Justice: Don’t do wrong to others; be fair.   
 9. Moderation: Cut out all extreme behavior.  
 10. Cleanliness: Be clean in body, clothes, and home.   
 11. Tranquility: Remain calm and collected. Don’t stress.   
 12. Chastity: Don’t have sex to hurt others. Have sex for health & offspring.   
 13. Humility: Imitate Jesus and Socrates.

-Franklin ordered these virtues in a hierarchy. The least difficult was Temperance, most difficult Humility.   
-He kept a chart and marked what faults he committed for each virtue every day.   
-Once a whole week went by without committing a fault for the virtue, he’d go on to the next, having mastered that virtue.   
-His most difficult virtue to fix was ORGANIZATION. He wanted to quit because he couldn’t do it.   
-He’s better off for trying to be organized, even if he never will be.   
-Temperance made him healthy