***BENAMIN FRANKLIN’S 13 VIRTUES FOR SUCCESS***

Benjamin Franklin, in his autobiography, created a scientific approach for success when he created his list of 13 virtues. In essence, his autobiography was one of the earliest examples of a self-help book. He wrote, “I hope, therefore, that some of my descendants may follow the example and reap the benefit.” Below are Franklin’s 13 virtues just as he wrote them.

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; 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 extremes; forbear resenting injuries so much as you think they deserve.
10. **Cleanliness**. Tolerate no uncleanliness 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 dullness, weakness, or the injury of your own or another's peace or reputation.
13. **Humility**. Imitate Jesus and Socrates.

***MR. MAIOLO’S 13 VIRTUES FOR SUCCESS IN 7TH GRADE SOCIAL STUDIES***

1. Self-Discipline

* “In this world, we either discipline ourselves, or we are disciplined by the world. I prefer to discipline myself.”-Richard Campbell

2. Persistence

* “…you will fail—that’s great. Here’s a secret for you—that’s the only way you can learn. Learning has to cost you something. If you fail but learn from your failure, you will grow. You don’t achieve stature unless you fail. You will only fail to learn if you do not learn from failing. Falling flat on your face will uplift you.”-Stella Adler

3. Self-Confidence

* “To learn we need a certain degree of confidence, not too much and not too little. If we have too little we will think we can’t learn; if we have too much we will think we don’t have to learn.”-Eric Hoffer

4. Professionalism

* A professional is one who attempts to do a better job today than they did yesterday, or;
* One who is at their best regardless

5. Silence

* “Silence is one of the great arts of conversation.”-Cicero

6. Organization

* “The whole secret of freedom from anxiety over not having enough time lies not in working more hours, but in the proper *planning* of hours.”-Frank Bettger

7. Goal Setting

* “An individual who doesn’t have a goal is lost.” –Bob Proctor

8. Thinking

* Mere mental activity is not thinking

9. Listening

* “Show the other person you are sincerely interested in what [they] are saying; give [them] all the eager attention and appreciation that everyone craves and is so hungry for, but seldom gets.”-Frank Bettger

10. Respect

* “I will speak ill of no man—and speak all the good I know of everybody.”-Benjamin Franklin

11. Studying

* “Repetition develops talent.”-Bob Proctor

12. Leadership

* “Do what you feel in your heart to be right—for you’ll be criticized anyway.” –Eleanor Roosevelt

13. Imagination

* “Man’s only limitation lies in the development and use of his imagination.” –Napoleon Hill