



Benjamin Franklin's Black Spot Method



Weekly Tracker

Virtue	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Temperance							
Silence							
Order							
Resolution							
Frugality							
Industry							
Sincerity							
Justice							
Moderation							
Cleanliness							
Tranquillity							
Chastity							
Humility							

The Method

This worksheet is based on Benjamin Franklin's method for practicing moral growth. He selected 13 virtues and tracked his progress daily by marking a "black spot" when he fell short.

The goal is not perfection overnight, but progress over time by becoming more aware of habits and gradually strengthening virtue.

How to Use

1. Focus on one virtue for the week (e.g., Temperance).
2. Each day, reflect on your actions. If you fall short, place a dot or mark in that day's column. If you succeed in living up to the standard, leave it blank.
3. move to the next virtue (e.g., Silence) the following week and repeat step 2. for that virtue.
4. Aim to reduce the number of marks over time as you build stronger habits one week at a time.
5. After 13 weeks, you will have practiced each virtue once.

Repeat the cycle as desired.

Franklin's 13 Virtues

Use his or create your own.

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 employed 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 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."

