

# Would There Be Benefit In Adapting the "Benjamin Franklin Journaling Model" To Our Discussion of Practical Exercises?

Post by "Cassius" of July 8, 2021 at 11:07 AM

I am not particularly familiar with the details of Benjamin Franklin's life, but I suspect there is more than a little compatibility between his "Poor Richard's Almanac" sayings and Epicurean philosophy. That's a topic in itself, but for the moment as we talk about Practical Exercises, I wonder if there is any use in adapting Franklin's journaling method:

<https://standardebooks.org/ebooks/benjami.../text/chapter-9>

Two graphics:

Form of the pages:  
I made a little book, in which I allotted a page for each of the virtues. I ruled each page with red ink, so as to have seven columns, one for each day of the week, marking each column with a letter for the day. I crossed these columns with thirteen red lines, making the beginning of each line with the first letter of one of the virtues, on which line, and in its proper column, I might mark, by a little black spot, every fault I found upon examiners to have been committed respecting that virtue upon that day.

Form of the pages:

Temperance							
But not to dullness							
Dine not to abstemion							
	S.	M.	T.	W.	T.	F.	S.
T.							
W.	-	-	-	-	-	-	-
Q.	+	+	+	+	+	+	+
R.		+				+	
E.					+		
L.		+					
S.							
J.							
M.							
C.							
V.							

The page of order requiring that every part of the business should have its allotment, one page in my little book contained the following scheme of employment for the twenty-four hours of a civil day.

The Morning	6	Rise, wash, and dress. Prayers!
Question: What good shall I do?	7	Go to work. Continue thy business, and take the resolution of the day previous this day.
	8	
	9	
	10	Walk.
	11	
Home.	12	Read, or overlook my accounts, and dine.
	1	
	2	
	3	Walk.
	4	
	5	
	6	
Evening	7	Put things in their places. Supper. Music or diversion, or conversation. Examination of done today?
Question: What good have I done today?	8	
	9	
	10	
	11	
	12	
Night.	1	Sleep.
	2	

This may be some useful commentary: [https://www.journalinghabit.com/journal-tips-b...ck\\_YourProgress](https://www.journalinghabit.com/journal-tips-b...ck_YourProgress)

<http://www.epicureanfriends.com/thread/2086-would-there-be-benefit-in-adapting-the-benjamin-franklin-journaling-model-to-our/?postID=12757#post12757>