

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

Post by "Cassius" of July 9, 2021 at 8:22 PM

I do think that it would probably be a very useful exercise to rewrite Franklin's list in Epicurean terms, then prepare a chart to serve as a weekly reminder checklist. The methodology probably appeals to a certain type of person who likes outlines and checklists, and the comparison of the content of the two would be enlightening in itself.