

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

Post by "Godfrey" of July 10, 2021 at 4:40 PM

Franklin referred to this list as a list of "virtues". Since the greatest good to an Epicurean is pleasure and not virtue, might this be a problem with the list?

Joshua referred to the items as "precepts;" another possibility is to call them *instrumental* virtues, as in instrumental to pleasure. It seems necessary to clarify this in order to avoid any confusion with Stoicism and the like. Offhand it seems like PD5 would be a guide, probably other doctrines as well. Also DeWitt has a chapter on The New Virtues although to me it's just a start and needs further thought.