

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

**Post by "A\_Gardner" of July 12, 2021 at 12:26 PM**

I'm all for it!

As a fan of practical philosophy, Franklin's Virtues are quite the model for self-development, and can be adapted to most any philosophical or religious outlook, or lack thereof.

Don't get so caught up in the semantics of his original list. He could be a bit cheeky at times (he in fact was joking about himself in number 13, as he knew believed even imitating Jesus and Socrates would be impossible. He had a good sense of humor on him.)

For number 12 regarding chastity, it originally read as "Rarely use venery but for health or offspring; never to dullness, weakness, or the injury of your own or another's peace or reputation."

Honestly considering the times, this is a rather progressive view on sexual relations, as rather than condemn or deny, he seemed to acknowledge that's just what people do.

Honestly I find his parameters for it to be quite in line with traditional Epicureanism.