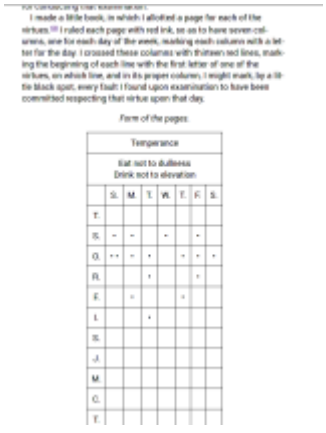
Would There Be Benefit In Adapting the "Benjamin Franklin Journaling Model" To Our Discussion of Practical Exercises?

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.

Temperance						
Eat not to dullness Drink not to elevation						
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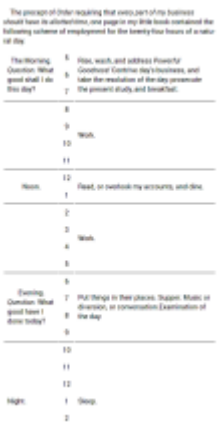

The Morning. Question: What good shall I do this day?	5 6 7	Rise, wash, and address Powerful Goodness! Contrive day's business, and take the resolution of the day prosecute the present study, and breakfast.
	8 9 10 11	Work.
Noon.	12 1	Read, or overlook my accounts, and dine.
	2 3 4 5	Work.
Evening. Question: What good have I done today?	6 7 8 9	Put things in their places. Supper. Music or diversion, or conversation. Examination of the day.
	10 11 12	
Night.	1 2	Sleep.

This may be some useful commentary: https://www.journalinghabit.com/journal-tips-b…ck_YourProgress