

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

Post by "Don" of July 10, 2021 at 11:04 PM

It's important to remember that the word often translated as "virtue" in the Greek is ἀρετή aretē [http://www.perseus.tufts.edu/hopper/text?do...7:entry=a\)reth/](http://www.perseus.tufts.edu/hopper/text?do...7:entry=a)reth/) St-Andre (and others) sometimes use the word "excellence" because to him "virtue" had a Victorian air about it. Wikipedia has a nice intro: This excerpt especially is interesting: <https://en.wikipedia.org/wiki/Arete?wprov=sfla1> "this notion of excellence was ultimately bound up with the notion of the fulfillment of purpose or function: the act of living up to one's full potential." Anyway, "virtue" can be misleading although it gets complicated with all the Greek philosophers using ἀρετή ... However, maybe they were talking about the same thing and different perspectives.

All that being said, I am fine with considering Epicurean "excellences" of:

Frugality (living within one's means)

Tranquility (ataraxia is a pleasure, too)

Frankness (honest speech, sincerity?)

Justice (neither harm nor being harmed)

And others, but for now, consider that my contribution to this conversation.