It was about this time that I conceived the bold and arduous project of arriving at moral perfection, I wish’d to live without committing any fault at any time; I would conquer all that either natural inclination, custom, or company might lead me into. As I knew, or thought I knew, what was right and wrong, I did not see why I might not always do the one and avoid the other. But I soon found I had undertaken a task of more difficulty than I had imagined. While my care was employ’d in guarding against one fault, I was often surprised by another. Habit took the advantage of inattention; inclination was sometimes too strong for reason. I concluded, at length, that the mere speculative conviction that it was our interest to be completely virtuous, was not sufficient to prevent our slipping; and that the contrary habits must be broken, and good ones acquired and established, before we can have any dependence on a steady, uniform rectitude of conduct. For this purpose I therefore contrived the following method.

In the various enumerations of the moral virtues I had met with in my reading, I found the catalogue more or less numerous, as different writers included more or fewer ideas under the same name. Temperance, for example, was by some confined to eating and drinking, while by others it was extended to mean the moderating every other pleasure, appetite, inclination, or passion, bodily or mental, even to our avarice and ambition. I propos’d to myself, for the sake of clearness, to use rather more names, with fewer ideas annex’d to each, than a few names with more ideas; and I included under thirteen names of virtues all that at that time occurr’d to me as necessary or desirable, and annexed to each a short precept, which fully express’d the extent I gave to its meaning.
These names of virtues, with their precepts, were:

1. TEMPERANCE—Eat not to dullness; drink not to elevation.
2. SILENCE—Speak not but what may benefit others or yourself; avoid trifling conversation.
3. ORDER—Let all your things have their places; let each part of your business have its time.
4. RESOLUTION—Resolve to perform what you ought; perform without fail what you resolve.
5. FRUGALITY—Make no expense but to do good to others or yourself; i.e., waste nothing.
6. INDUSTRY—Lose no time; be always employ’d in something useful; cut off all unnecessary actions.
7. SINCERITY—Use no hurtful deceit; think innocently and justly; and, if you speak, speak accordingly.
8. JUSTICE—Wrong none by doing injuries, or omitting the benefits that are your duty.
9. MODERATION—Avoid extreems; forbear resenting injuries so much as you think they deserve.
10. CLEANLINESS—Tolerate no uncleanliness in body, cloaths, or habitation.
11. TRANQUILLITY—Be not disturbed at trifles, or at accidents common or unavoidable.
12. CHASTITY—Rarely use venery but for health or offspring, never to dullness, weakness, or the injury of your own or another’s peace or reputation.
13. HUMILITY—Imitate Jesus and Socrates.