



Project for Moral Perfection: Your Turn!

A. Target Virtues

Identify FIVE virtues that are important to you and that you feel address areas where you could improve yourself. For each one, write a brief elaboration, as Franklin did. You may select from Franklin's virtues or determine your own.

1. **Virtue:** _____

Elaboration:

2. **Virtue:** _____

Elaboration:

3. **Virtue:** _____

Elaboration:

Name _____ Period _____

4. **Virtue:** _____

Elaboration:

5. **Virtue:** _____

Elaboration:

Name _____ Period _____

B. Charts and Journal Entries

For the next seven days, you will reflect each evening about your experience. First, you will mark your infractions on a chart as Franklin did. Then you will write a journal entry about your experience. Reflect on your successes and/or failures for the day, your reaction to the challenge, any obstacles you confronted, etc.

The virtue that will be your focus for the week:

(Fill in virtues below.)	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
#1:							
#2:							
#3:							
#4:							
#5:							

Journal Entry #1:

Journal Entry #2:

Name _____ Period _____

Journal Entry #3:

Journal Entry #4:

Journal Entry #5:

Name _____ Period _____

Journal Entry #6:

Journal Entry #7:

C. Follow-up Reflection Questions

1. What was the most challenging part of this undertaking?
2. Reflect on your level of success.
3. Did anything about this experience surprise you? Explain.
4. Would you approach this differently if attempting a self-improvement project in the future? Explain.