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"... It was about this time I conceived the bold and arduous project of arriving at moral perfection."

So starts Franklin's thoughts on "Advice for the New Year". He wished to "live without committing any fault at any time." For, like many of us, he thought he knew right from wrong and that it is logical to avoid the one and do the other.

However, once he had tried to do the one and avoid the other, he found himself tripped up by old habits. He would attempt to eradicate one fault, only to be blind-sided by another. Bad "habits must be broken", he concluded, "before good ones can be acquired and established."

It isn't easy, but if you are thinking of giving New Year's resolutions another go this year, then perhaps these will help you.

- 1. Temperance:** Eat not to dullness; drink not to elevation.
- 2. Silence:** Speak only those things that may benefit others or yourself; avoiding 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 except to do good to

others or yourself; *i.e.*, waste nothing.

- 6. Industry:** Lose no time; be always employed 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 extremes; forgive injuries done to you, as much as you think they deserve.
- 10. Cleanliness:** Tolerate no uncleanness in body, clothes, or home.



11. Tranquility: Be not disturbed at trifles, or at accidents that are common or unavoidable.

12. Chastity: Indulge in sexual desire only 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

Ben's advice was to do all thirteen, but try just one for the first week, beginning with Temperance, as he said, it helps one "procure the coolness of head" necessary for the other virtues. Once having mastered that through "a week's strict attention", move on to the others. By the End of March, you should be practicing all thirteen!

As with people, organizations also desire to "arrive at moral perfection", but often fall short. Understanding the dynamics behind what you

want and the things that hold you back is what GMD Consulting does best.

Here's wishing you all a very happy and prosperous 2013!❖

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