

The Habit Poem

I am your constant companion.

**I am your greatest helper or heaviest burden.
I will push you onward or drag you down to
failure.**

I am completely at your command.

**Half of the things you do you might as well turn
over to me and I will do them - quickly and
correctly.**

**I am easily managed - you must be firm with me.
Show me exactly how you want something done
and after a few lessons, I will do it automatically.**

**I am the servant of great people,
and alas, of all failures as well.
Those who are great, I have made great.
Those who are failures, I have made failures.**

**I am not a machine though
I work with the precision of a machine
plus the intelligence of a person.**

**You may run me for profit or run me for ruin -
it makes no difference to me.**

**Take me, train me, be firm with me, and
I will place the world at your feet.**

Be easy with me and I will destroy you.

Who am I? I am Habit.