

# **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.**