

Health and Wisdom Inc.



Who Am I?

I am your constant companion.

I am your greatest helper or your heaviest burden.

I will push you onward or drag you down to failure.

I am completely at your command.

Half the things you do you might just as well turn over to me and I will be able to do them quickly and correctly.

I am easily managed, you must merely 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 all great men,

And the last 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 all the precision of a machine plus the intelligence of a man.

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 put the world at your feet,

Be easy with me and I will destroy you.

Who am I?

I am HABIT.

Author Unknown