

HABITS

I am your constant companion.
I am your greatest asset or heaviest burden.
I will push you up to success or down to disappointment.
I am at your command.
Half the things you do might just as well be turned over to me.
For I can do them quickly ~ correctly ~ and profitably.
I am easily managed . . . just be firm with me.
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 and the intelligence of a person.
You can run me for profit ~ or you can run me for ruin.
Show me how you want it done.
Educate me. Train me. Lead me. Reward me.
And I will then . . . do it automatically.
I am your servant. Who am I ?
I am a habit.

An excerpt from Habits Die Hard ~ Mac Anderson and John J. Murphy



"We are what we repeatedly do. Excellence is not an act . . . it's a habit."

~ Aristotle