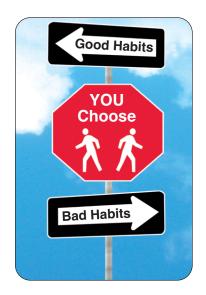
HABITS

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