

## **The Habit Poem**

**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, 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 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 a HABIT!**