

I am a habit . . .

It all starts with one thing:

The following statement is of unknown origin, but it nonetheless contains tremendous wisdom:

“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 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 women and alas, of all failure as well. Those who are great, I have made great and who are failures, I have made failures. I am not a machines plus all 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 place the world at your feet. Be easy with me and I will destroy you...Who am I? I

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