

Who am I?

"I am your constant companion. I am your greatest helper or 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, 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 people; and alas, of all failures as well. 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 human being. You may run me for a profit or turn 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."

Stephen R Covey, The 8th habit, sid 274

The answer: "I am habit!"