

習慣

我是你忠實的伴侶。

我是你最好的幫手或是你最沉重的負擔。

我會推動你勇往直前或是把你拖累慘敗。

我是完全唯命是從。

你會將未完成的工作，推卸責任給我。

而我能把工作迅速並確實地完成。

你只需要稍為堅持一點，我是很容易安排處理的。

告訴我你要事情如何完成，做過幾次後，我就會主動地完成它。

我是所有偉大的人物及所有失敗者的僕人。

對著偉大的人物，我令他們更成功。

對著失敗者，我令他們更慘敗。

我不是一個機器，儘管我使用著一些非常精密的儀器，

然而我同時也擁有著人的才智聰明。

你可能為利益來利用我，或刻意毀壞傷害我。但二者都無異於我。

使用我，訓練我，堅持跟著我，我會將世界放在你腳前。

跟我縱容妥協，我會毀滅你。

我是誰？

我是習慣

Habit

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, also,

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.

Author Unknown