



# *Mondays with Mike*

## **AULTCARE**

## **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 of the things you do you might just 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 to be 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 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 am habit!

Remember, you don't determine your future. You determine your habits, and your habits determine your future.

Samuel Johnson wrote: "The chains of habit are too weak to be felt until they are too strong to be broken."

As we open our week, let's examine what we are repeatedly doing. There we will find our habits. Our future depends upon this examination.

***Have a great week!***

