Something for Everyone

Here is a riddle for you:

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 might just as well be turned 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 people 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 person. 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!

Does this riddle challenge you? It does me.

--Beecher Hunter