

# WELLNESS INSPIRATIONAL THOUGHT OF THE MONTH

## JANUARY 09

I AM YOUR CONSTANT COMPANION.

I AM YOUR GREATEST ASSET OR HEAVIEST BURDEN.

I WILL PUSH YOU UP TO SUCCESS OR DOWN TO DISAPPOINTMENT.

I AM AT YOUR COMMAND.

HALF THE THINGS YOU DO MIGHT JUST AS WELL BE TURNED OVER TO ME,

FOR I CAN DO THEM QUICKLY, CORRECTLY, AND PROFITABLY.

I AM EASILY MANAGED, JUST BE FIRM WITH ME.

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 THE PRECISION OF A MACHINE AND THE INTELLIGENCE OF A PERSON.

YOU CAN RUN ME FOR PROFIT, OR YOU CAN RUN ME FOR RUIN.

SHOW ME HOW YOU WANT IT DONE. EDUCATE ME. TRAIN ME.

LEAD ME. REWARD ME.

AND I WILL THEN...DO IT AUTOMATICALLY.

I AM YOUR SERVANT.

WHO AM ?

I AM A HABIT!