

## Self-discipline: The power of the second creation

Written by Timothy Houston  
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In last week's commentary, I wrote about the Relationship 101: the power of the first creation.

I shared that all things are created twice, the mental or the first creation, and the physical or the second creation. Although the first creation is a function of your vision, goals and dreams, it will not come into fruition without personal management. You cannot have a healthy relationship with others without first having a health relationship with self. Self-discipline is the medium needed to transform your dreams into reality. Self-discipline is your second creation.

The power of the second creation begins by you developing a personal management plan. Your life is too important to just work off of memory. You must write your vision statement. This will serve as your "yes statement" to the people and things that come into your sphere. If you take life as it comes, you will spend your day on less important matters. By saying no to people and things that do not support your dreams allows you the time needed to put the important things first. To harness the power of the second creation, you must discipline yourself to plan the work, and to work the plan.

The power of the second creation requires you to be proactive. Procrastination will get you nowhere, and it is a big waste of the most valuable resource of all – time. Healthy relationships require actions. Your heart and hands must both be engaged. Time waits for no one so by taking action, you swing the pendulum of time in your favor. Your action will allow you to correct assumptions, miscommunications and misdirection. Each step in life taken can be evaluated, repeated or corrected if needed. Actions create actions. When you are proactive, you multiply your time by getting others involved. Direct action gives you the power to improve your relationship and update your life's plan.

The power of the second creation also requires you to manage yourself against time. Relationships can be very time consuming, and you need time to build a healthy one. But there is really no such thing as time management. You cannot move hours from one day to the next. Each day you are given a gift of 24 hours to build on your relationship and accomplish your dreams. You must develop a personal plan that outlines the steps needed to accomplish your goals. Then you must begin each day working on your dreams and your relationship. If you wait until the end of the day, you will be too tired and drained to maximize your brainpower. By devoting time for your vision at the beginning of the day, you set the priority needed in that day

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to accomplish your goals.

You can harness the power of the second creation. The first and second creations are both needed for success in life. The first creation sets the stage for what will be manifested, and the second creation is the self-awareness, imagination and independent will needed to bring the first creation into reality. If you are proactive, have a plan, and are willing to manage yourself against time, nothing will be impossible to you.

*Timothy Houston is an author, minister, and motivational speaker who is committed to guiding positive life changes in families and communities. To get copies of his books, for questions, comments or more information, go to [www.tlhouston.com](http://www.tlhouston.com).*