



BARE NECESSITIES

EPISODE #105 of a Daily Dose of Greatness Quest with Trevor Crane

SUMMARY

One of my FAVORITE movies of all time, is the Jungle Book.

Today, we're going to talk about, AND SING... the Disney song, "Bare Necessities."

I love this song.

And the lessons it teaches. Enjoy!!!

DAILY QUESTION

What lessons have you learned from the song, The Bare Necessities?

DAILY QUOTES

"You "need" less than you think." -[Trevor Crane](#)

"Forget about your worries and your strife." -The Jungle Book

"Look for the bare necessities, the simple bare necessities." -The Jungle Book

DAILY CHALLENGE

Take YOUR learnings and lessons from The Bare Necessities song and teach that to someone else.

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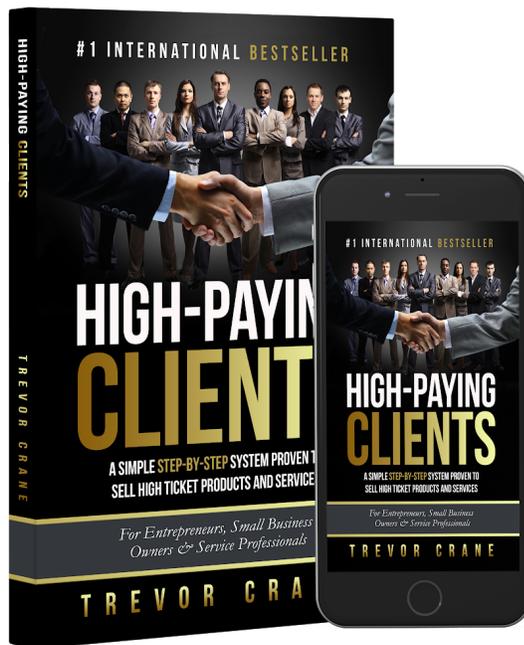
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TRANSCRIPT

Good morning. Good morning. Good morning, or good afternoon or good evening. Wherever you're listening to this right now. Today is an audio only podcast of a daily dose of greatness quest.

And the subject is one of my favorite Disney movies ever. And the lesson I think that you get from it, actually, it's just from about one of the Disney songs today. It's called The Bare Necessities. That's a subject for today.

And yes, I'm shooting this in the Bahamas. Yes, it is beautiful right now. And no, I don't have video for you for today's show. This is audio only. But I know you're gonna love the show.

(INTRO - AUDIO)

Okay, I'm sure you've seen the movie Jungle Book. And you heard the song The Bare Necessities. But I was just thinking about it on the podcast we published yesterday about how sometimes less is more.

And I've mentioned that before, but the lessons in this song, The Bare Necessities and I just wanted to go into that real quickly. Because I think it's such an amazing lesson in life. And I love Disney movies when they do that. Whatever the movie is, I love kids. And I love my kids.

And I love all the stories that come along with kids and all the cool lessons that you oftentimes find in them. And The Bare Necessities is one of my favorites. So let's go into it real quickly. Because I think it's a good reminder.

Yesterday I talked about how I lost my wife's wedding ring or my wedding ring and how I found it, which was really cool. But it also just reminded me of how sometimes the things that are most precious to us are the simplest things and not the real complex things.

Like my wedding ring I mentioned yesterday was worth less than 100 bucks. My wife says over 10 grand. I don't know exactly what it looks like. I didn't need a real expensive wedding ring. I actually preferred and wanted the one that was cheaper.

Alright, but let's go into it. So The Bare Necessities.

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Oh, and by the way, like I mentioned I am walking right now. So if you're wondering how the background noise you're gonna hear cars and honkin. I'm still in the Bahamas. And I'm walking over the bridge as my exercise this morning with my little Maverick Caleb Crane dangling from my chest. And I'm going over the bridge on the way to Paradise Island. where we're staying in our last day in the Bahamas.

Alright, so what I want to do next for you is just play the song bare necessities on our podcast today. So get ready for it. That's what's going to happen next. And we're going to talk about the lyrics I want you to listen to the lyrics. I'll play that for you now. Hold on one sec.

*Look for the bare necessities
The simple bare necessities
Forget about your worries and your strife
I mean the bare necessities
Old Mother Nature's recipes
That brings the bare necessities of life
Wherever I wander, wherever I roam
I couldn't be fonder of my big home
The bees are buzzin' in the trees
To make some honey just for me
When you look under the rocks and plants
And take a glance at them fancy ants
And then maybe, well, try a few
The bare necessities of life will come to you
Looking for the bare necessities
The simple bare necessities
Forget about your worries and your strife
I mean the bare necessities
That's why a bear can rest at ease
With just the bare necessities of life
Wherever I wander, wherever I roam
I couldn't be fonder of my big home*

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Isn't that just the greatest song? I love this song. And I don't know if I'm really supposed to play a whole Disney song for you here on my podcast because I don't own it, but I'm using it for an example, purpose.

Okay, so let's go into the lyrics of this song. Look for the bare necessities. The simple bare necessities forget about your worries and your strife.

You know, when I was recording yesterday's podcast about losing my wedding ring. When I was thinking about having lost all the stuff that I've lost over the years, all the money, the relationships and everything. I think when it really comes down to it. Some of the most precious things are the simple things.

In the song, Baloo the bear is talking to Mowgli you know, mentor-mentee and he's this big, silly, fun fat character. But he says you gotta pick look under the rocks and plants and take a glance at the fancy ants. Like I find that I mean, I don't know really know that anybody ever gave me these lessons as a as an adult.

But what I've done when I'm with my daughter, or even when I'm with my five month old son is when I find that he's upset. Or my daughter is upset about something. I try to help them find the gift. I can bring that up again. But I'm I help them find something that's beautiful that is right in front of their face. I help them focus on something else. Something else that is interesting, that captures their attention that gets their focus off of the moment.

And I have found when I travel. I don't know if you've ever done this when you pack too much stuff to go along with you. And I've now got a baby. So we've got all kinds of extra stuff. And just remembering the bare necessities are sometimes the best.

My wife wanted to take our stroller to the beach yesterday, and to take take it to Paradise Island in the role the thing around with all of our stuff in there. And I was like, No, no, no, we've already done that. Like, I played that game. And it was great to have all of our stuff when we're on the beach a couple of times.

But to leave our hotel and go where we needed to go and do all that I'm like, let's just take the bare minimum of what we need. It is so much more so much easier, and so much more convenient to do so.

So my whole work for you today. My challenge for you today is to just take your

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learnings and lessons from The Bare Necessities song and to teach that to someone else. You know, because when I often do these podcasts, I'm not telling you about this deep inside in this tip, technique or strategy that you've never heard of before. I'm trying to share with you simple things that you can use and apply.

And if you say I already know that, and I already do that fact that's going to be the subject of tomorrow's podcasts. I just can't stand that when somebody goes I already know that. Already do that. Most the time they're full of shit. Most of the time, we, I, am full of crap when I say that. That's a very poor man's mentality. To go ahead and think that you already know what you already do it you already got it. And you already live in that way.

Because my challenge to you is to go ahead and take the learnings and the lessons that you get from these episodes. And to go ahead and apply something in your life to find a new way to live it. And if you're not living it, you don't know it. And if you don't know how to teach it and you don't actually share it with someone else, then you're not getting the benefit of the growth because you don't really know it. If you can't teach it, you don't really know it.

So try sharing your lessons, not my lessons but your lessons of what you learned from The Bare Necessities song with someone else that you care about. Whether it's your kid, spouse, a friend, your mom, your dad, I don't care. Find somebody that you know, love and care about and share with them your learnings from that simple song.

You take two to three minutes instead of going on that's really nice don't just listen along here passively what we do our show and we go back and forth let's make sure this is a back and forth you know take this and apply it in your life and do that by actually teaching it to someone else.

That's all I got for you today. We're gonna keep today short. I love The Bare Necessities song. I hope you do, too. If you didn't like it, sorry, I'll play another Disney song another day.

And tomorrow's episode we're going to talk about the most dangerous statement you can possibly make one of the most incredibly poverty driven statements can possibly make I mentioned it a tease it earlier on today's show we're going to go into a little bit of depth here about the difference between a pop poverty mindset and an abundance

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