



# LOVE NOTES

EPISODE #164 of a Daily Dose of Greatness Quest with Trevor Crane

## DAILY QUESTION & DAILY QUOTE

Ever written a LOVE note? Ever gotten one? How did it make you feel? As the giver or the receiver?

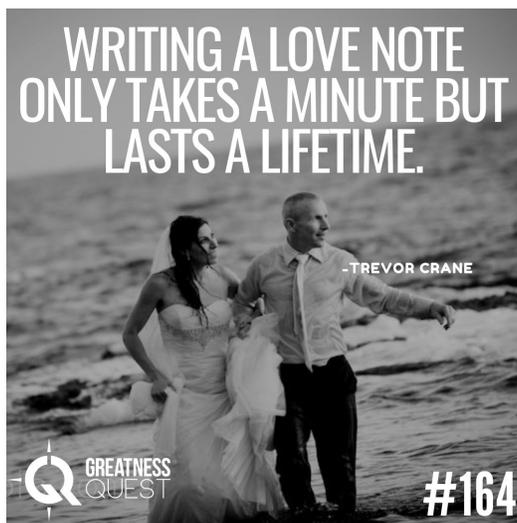
“Writing a love note only takes a minute but it lasts a lifetime.” -[Trevor Crane](#)

Got my APP yet? *Takes 3 seconds...* **Text: TREVOR To: 36260**

## DAILY CHALLENGE

Commit to a discipline of writing a love note or sending some kind of text message to the people that you love or care about.

*\*Try it for 30 days and watch what happens to your relationships.*



**Take Your Life & Business To The Next Level**

ONCE A Day. 7 DAYS A Week. 365 Days A Year.

[GREATNESSQUEST.COM](http://GREATNESSQUEST.COM)





---

*I know you do so much for us, and our relationship. And for our family. And for me. And for us.*

*I don't know a better woman.*

*And I want to be a better man for you.*

*I'm not half the man I could be.*

*That's just a fact.*

*What I hope, is that 6-months from now... 12-months from now... that you SEE a new man.*

*That you witness a transformation.*

*One that you like at all levels.*

*Not, a mildly different man.*

*Not someone who has gotten a little better at money, or better abs.*

*But a man that is unrecognizable from the man I am today.*

*The difference, so profound that it's like a caterpillar and a butterfly.*

*Closely related.*

*But massively different.*

*Honestly?*

*I feel like I've been in a cocoon.*

*A happy little caterpillar.*

*But I believe I was meant to fly.*

*I try not to talk to you about my dreams and ideas and thoughts and hopes and plans...*

*So that, instead of "wishing" with you...*

*And stressing you about a boys dreams of going to the moon...*

*I want you to see my dreams manifest themselves in reality.*

*I want you to see the world transform before your eyes because I willed it to.*

*I want to become the type of man that can bend reality to what I want it to be.*

**Take Your Life & Business To The Next Level**

**ONCE A Day. 7 DAYS A Week. 365 Days A Year.**

**GREATNESSQUEST.COM**



---

*I want my word to become my law.*

*And...*

*I'm far from that now.*

*I'm trying.*

*And I love you.*

*And I don't know how you put up with me sometimes.*

*All the time.*

*You are so incredibly amazing in every sense of the word.*

*You are such a great mom.*

*Such a great business woman.*

*And daughter.*

*And friend.*

*And wife.*

*And I just fucking love you.*

*And I thank you.*

*And...*

*And I'm not going to promise you anything.*

*I just want to become the man that deserves to have you.*

*I'm a lucky man.*

*Because I have you*

**Take Your Life & Business To The Next Level**

ONCE A Day. 7 DAYS A Week. 365 Days A Year.

[GREATNESSQUEST.COM](http://GREATNESSQUEST.COM)



WRITING A LOVE NOTE  
ONLY TAKES A MINUTE BUT  
LASTS A LIFETIME.

-TREVOR CRANE



#164

**Take Your Life & Business To The Next Level**

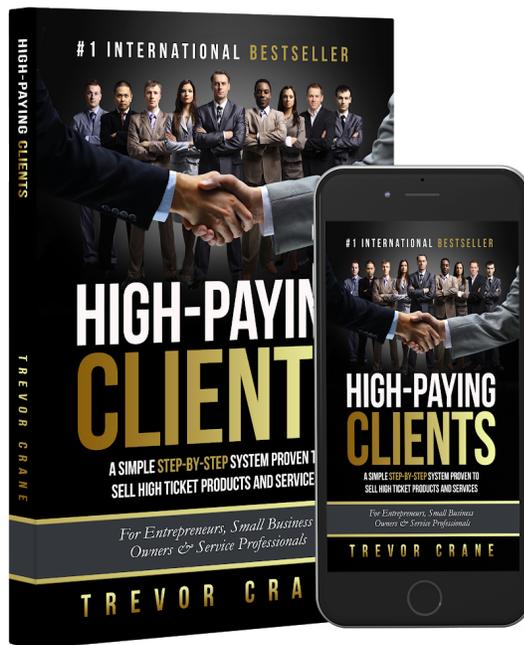
ONCE A Day. 7 DAYS A Week. 365 Days A Year.

[GREATNESSQUEST.COM](http://GREATNESSQUEST.COM)



## HERE'S WHAT YOU SHOULD DO NEXT:

Get a FREE COPY of my book, HIGH PAYING CLIENTS at: [trevorcrane.com/freebook](http://trevorcrane.com/freebook)



## ABOUT TREVOR CRANE

Trevor Crane is best known for 2 bestselling books, [\*High Paying Clients\*](#) and [\*Big Money With Your Book ...without selling a single copy\*](#). If you want to become IRRESISTIBLE to your ideal target client, and massively grow your leads sales and revenue, Trevor can help you craft a book that becomes your most powerful marketing tool, in 90-days or less. For details visit: [EpicAuthor.com](http://EpicAuthor.com)

**Take Your Life & Business To The Next Level**  
ONCE A Day. 7 DAYS A Week. 365 Days A Year.

[GREATNESSQUEST.COM](http://GREATNESSQUEST.COM)



---

## TRANSCRIPT

Welcome to another episode of greatness quest. Today we're going to talk about love notes. I've been having some really good luck with this lately.

I know you're gonna love the show.

(INTRO - AUDIO)

All right. Part of my daily discipline, and I do have a variety of things every single day, but one of them has been to send a message that shows that I care, love or appreciate someone in my family, like my immediate family.

So that's connecting with my wife and I do this almost every day, my commandments to get it done every day. I don't always do it every day because sometimes I've dropped the ball just to be honest about that.

But the idea is that I send a message sharing with my wife how I appreciate and or love and something that's special about her and here's what I found. This might take me 10 seconds to do it's a quick text message. I send it on Skype. I send it on text and on Facebook, mix it up sometimes. I'll leave her a little note. And I've left these around the house.

I remember I've heard this from Keith Cunningham years ago. He county and Keith Cunningham is the the rich dad that Robert Kiyosaki talks about in his book *Rich Dad Poor Dad*. And I've taken some classes from him.

I met him through Tony Robbins at one stage and I was at an event and I think he's counting Emma's this great guy. And he was saying at one stage that when he met his wife, he interviewed her on their first date and he said, Hey, you seem pretty special.

What is it that I can do to show you that I care about you and what makes you feel loved?

He has some kind of question about that. He said he was taking notes. She's pretty, pretty gal. And so you wanted to make sure you didn't mess this one up like he had previous relationships is my recollection of the story. And so he asked her and she said, one of the things that she wanted from her man was a love note like every day.

**Take Your Life & Business To The Next Level**

ONCE A Day. 7 DAYS A Week. 365 Days A Year.

[GREATNESSQUEST.COM](http://GREATNESSQUEST.COM)



---

Like a note, and I don't know that she called him love notes. And he was completely confused, because this isn't his love language. Like if you've ever read the book, *The Five Love Languages*, and you might be familiar with this, or if you've ever heard of it, there are five love languages.

And you can kind of get a brief summary on this on what the love languages are like. You can put it on an index card, you know, like one of them are words of affirmation. Another thing or like acts of service, things like that.

And like this was not his love language to leave a letter to receive one, but it was to her and so he called them Oh, babies. And I don't remember how often he or how regularly had been doing it to me how long you've been doing it, but apparently his daily discipline was to leave her a love note every single day. And it was called, he calls it an oh baby.

And so I'd always thought about that as as something that was cute and fun and something that I could do and I've played with it over the years, but it hasn't been until recently that I've been playing with love letters, not just for my wife, but with an extension to my family.

And so I've done that with my daughter. I've done that with my father and my mother and my sister. I've done it in situations where I want to build a better relationship with them. And I've done it because I might have a relationship that's a strange and not going well.

And I just recently shared this with someone on my team today. And I read through to them a message that I left for my wife and then a message that I left for my dad at both of those today. And this has been a commitment of mine to do this daily.

Now, I've been aware of this through the core for what I'm doing with the Warriors way in the wake up warrior movement. And so I didn't come up with this. I just told you that I heard it originally from Keith Cunningham. And then I got it from the wake up warrior movement.

But what I will share with you is it works. It absolutely is one of the most valuable things that I do in my day and it doesn't take me more than a few minutes. And I thought what I might do with you here is I read to you a note that I connected to my wife with my

**Take Your Life & Business To The Next Level**

ONCE A Day. 7 DAYS A Week. 365 Days A Year.

[GREATNESSQUEST.COM](http://GREATNESSQUEST.COM)



---

wife today.

And they did it early this morning. I sent it as a quick little message. And I put it to her on Skype is where we typically connect. And I know that we live in the same house. But my outcome is that I sent her a message that shows I care on a channel that I know she's going to listen to. So today, it wasn't a handwritten note.

That was the message I'm about to read to you. And I would, before I do that, I would challenge you to the daily challenge for you is to actually **commit to a discipline of writing a love note or sending some kind of text message or something to the people that you have in your your immediate family.**

And my commitment is two people a day it's my wife and then someone else and so I can pick my mom and do him or to connect with her every day for a week. Or I can go ahead and mix it up and I'm I do my mom, my dad, my daughter, my daughter, whatever. And so I've done really good with this in different sports.

I've been having some incredible results with it lately. And I want to share with you this other rule. The concept here is not that you get something in return. It's just that you show that you love and appreciate the other person. And is it a little weird at first kind of because you're sending your mom or your dad or your sister or your significant other some kind of nice message pretty much out of the blue.

So my messages are a little weird. They're little funny. They typically are poking fun at myself or poking fun at them because I'm throwing that in so it doesn't seem that I'm trying to do something manipulative. I am 100% just doing this to connect with and let them know that I care about them.

And I'm almost getting choked up while I'm sharing this with you right now because of the results that I'm seeing from it from such a small contribution on my part to receive back so much already value from it. And I've barely gotten started with the strategy.

So the subject for today is love notes. My challenge for you is to **use them and to give yourself a discipline to try for 30 days, you know, and and watch what happens with your relationships.** And this is key. I'm not looking for anything in return.

Oftentimes, my wife doesn't even mention that it has happened to her when she

**Take Your Life & Business To The Next Level**

ONCE A Day. 7 DAYS A Week. 365 Days A Year.

[GREATNESSQUEST.COM](http://GREATNESSQUEST.COM)



---

gets one almost every day, like I said, sometimes have failed to do it. But sometimes she gets, she gets teared up by it.

And she just really appreciates it and she shares it with some of her family when I'm not saying something inappropriate and half the time she thinks it what I'm sharing is inappropriate or sexual.

But to share that she's like she's asked me not to say some of the things I think are hilarious and sexy but she can't share because we don't live our life like that. Just want to show that stuff although I would be that's me. Okay. So that's my challenge for you. Please try this. I think you will love it and I'll now share with you the post that I put this up on Facebook as well. So all included in the show notes.

And if you're getting some value out of the greatness quest podcast, please share this with someone else, please leave us a review. And if you're listening to this on Facebook or YouTube or something like that, then please comment, like, share all that garbage garbage, Dude.

All right, let me share with you this note, I left my wife and my inspiration here. My decision to share this with you today is not to share with you how cute I am in my writing. That's not it. It is to give you an example of what I am sending and about how my wife appreciated it. And maybe you can do it better. I'm guessing you can do it a lot better than the messages I have sent.

But I wanted to challenge you and inspire you to do this for yourself. And oftentimes my message is only a few words or, or but whatever. I'm getting more creative with this as we go on.

Okay, so here's the message I left my wife this morning and I'm going to read it just as I have it here on Facebook and as all copied into the show notes. These are my private thoughts but I'm going to share them here. This is me sharing it on Facebook because I've committed to being as raw and open in my public communication as I am inside of my family.

So I'm sharing my private thoughts and fears and dreams here with you. And they believe that we are all connected. So perhaps there's something in these words that will matter to and will make a difference to you or not. But either way, here's what I wrote.

**Take Your Life & Business To The Next Level**

ONCE A Day. 7 DAYS A Week. 365 Days A Year.

[GREATNESSQUEST.COM](http://GREATNESSQUEST.COM)



---

And by the way, I share with you pretty raw on this podcast. If you're still paying attention to me on this podcast, you might notice that I have very few filters here on the podcast and that you are the this is the one of the places that I get to feel that freedom to connect with you in that role play. So thank you for that gift. This is called ***I'm a lucky man.***

*I know you like me. I know you love me. I know I also drive you nuts. And they scare you sometimes. I know you believe in me and you second guess me. And sometimes you trust me, and sometimes you do not.*

*And to be clear, I don't often deserve your trust. And I apologize. I know you worry about me on how I spend my time, money and commitment. I know you do so much for us in our relationship and for our family and for me and for us.*

*I don't know a better woman and I want to be a better man for you. I'm not half the man I could be. That's just a fact.*

*What I hope is a six months from now, 12 months from now. That you see a new man. That you witness a transformation. One that you like at all levels. Not a mildly different man but someone who has gotten a little better at money or better abs but a man that is unrecognizable from the man I am today.*

*The difference being so profound that it is like a caterpillar turning into a butterfly, closely related and massively different. Honestly, I feel like I've been in a cocoon, a happy little caterpillar but I believe I was meant to fly.*

*I try not to talk to you about my dreams and my ideas and thoughts and hopes and plans. So that instead of wishing with you and stressing you out about a boy's dreams of going to the moon, I want you to see my dreams manifest themselves in reality.*

*I want you to see the world transformed before your eyes because I will get to. I want to become the type of man that can bend reality to what I wanted to be.*

*I want my word to become my law and I'm far from them. I'm far from that now. I'm trying and I love you. And I don't know how you put up with me sometimes, all the time.*

*You're so incredibly amazing in every sense of the word. You're such a*

**Take Your Life & Business To The Next Level**

ONCE A Day. 7 DAYS A Week. 365 Days A Year.

[GREATNESSQUEST.COM](http://GREATNESSQUEST.COM)



---

*great mom, such a great businesswoman and daughter and friend and wife and I just fucking love you. And I thank you.*

*And I'm not going to promise you anything. I just want to become the man that deserves to have you. I'm a lucky man because I have you.*

So look at that. Jesus. Not pauses we're not dramatic pauses for your benefit, there were ones that I needed so that I could survive without crying on the phone here with you reading it,

I didn't know that doing that would actually choked me up. But I didn't really write that to again impress you in any way but to share with you the value that I'm finding and taking a little bit of time to connect with the people that I care about every day just for a minute or two.

And they do it in the form of something that is written down. You can do it in the text. You can do it with a note but I would just advise that you do it.

Alright, that's all I have for you today. Can't wait to see you tomorrow on another daily dose of greatness quest.

To get even more awesomeness, which means all my best stuff, download my app by texting **Trevor** to **36260**. It will show up right on your cell phone.

---

**DOWNLOAD MY APP ON YOUR PHONE:**

**Text the word: TREVOR To: 36260**

---

**Take Your Life & Business To The Next Level**

ONCE A Day. 7 DAYS A Week. 365 Days A Year.

**GREATNESSQUEST.COM**

