



BE THE DOG

EPISODE #166 of a Daily Dose of Greatness Quest with Trevor Crane

SUMMARY

If you want to have better relationships with your kids, if you want to have better relationship with your wife, your husband...

If you want to just have a better life, and you want to bring more light and love, then you are going to love today's show.

It is called BE THE DOG and what we can learn from man's best friend.

DAILY QUESTION

How would your life be different if you were to model some of the BEST BEHAVIORS of... "man's best friend?" (Yeah, I'm talking YOUR DOG.)

How would you greet the people you love, when they came home?

If you were REALLY a dog... Would you ignore your spouse? Or loved one? Or, finish an email or tweet? Or... would you wag your tail, lick their face, and hump their leg?

(The humping part is my favorite.)

DAILY QUOTE

"Be the dog and bring more light and love to this world." -[Trevor Crane](#).

DAILY CHALLENGE

BE THE DOG when you **come** home. BE THE DOG when you greet somebody coming

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home. **Try it for 2 weeks.**

Wag your tail, smile, show them the love and appreciation and gratitude that you have that they exist and spend just a few moments to connect with them and show them that you care and that you love them.

Try it for at least a week and see if you'll like it.

(And hump their leg, if you're feeling frisky.)

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



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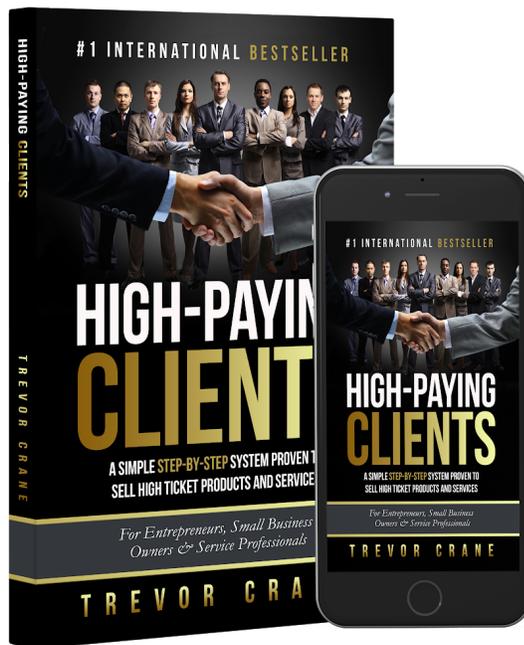
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ABOUT TREVOR CRANE

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TRANSCRIPT

If you want to have better relationships with your kids, if you want to have better relationship with your wife, your husband, if you want to just have a better life, and you want to bring more light and love, then you are going to love today's show.

It is called BE THE DOG and what we can learn from man's best friend.

(INTRO - AUDIO)

Today's show is going to be a little shorter. We are going to just jump in to modeling amazing best friend dog behavior.

Why do they call a dog a man's best friend?

I don't know about you but I received some of the most unconditional love I've ever felt in my entire life from one of my dogs named ISIS.

And actually, if I think back on it, when I was a little kid growing up with dogs, I kind of felt the same thing from her predecessors, the other animals I've had in my life.

And if you've never had a pet before, or you've never had a dog before, then I honestly think you're missing out the love that you can get from a dog and how they can make you feel.

And maybe you feel that way for your parakeet. That's totally cool. I'm just saying, let's model dog behavior. Now, let's think about it real quickly.

When you come home after work, or your husband or wife comes home after work, or you walk into a house was that with the Ricky Ricardo show, like Lucy? Oh, or something like that. That's way back. But what does a dog do when you come home? I don't know about you, but my dog greets me at the door.

And she can hear the garage open. She can hear me unlocking the door. She hears me coming in. And she's there to greet us. And almost every time I guess if she's napping in the middle the day she might miss it on the far side of the house.

But for the most part, she just can't wait to say hello. And if she's visit like it, let's say that, uh, I leave to the grocery store. And I come back, it might be the same damn thing. That tail is wagging. And it says though, I just came home from like, conquering

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some kind of war and like, winning like, she's just so I'm so excited to see you. Where have you been?

And all too often, we as humans don't use this behavior. We come home, we kick off her shoes. We go in and do our normal routine. Rarely are we yelling out like Ricky Ricardo, that we're home. Yet rarely are we being the dog as either the person who comes to greet the man or woman coming in the door. We're not being the dog.

And if we are the one that was out and about, if we were the one that was out and conquer in the world that day. And we don't come in to greet the people at our house like we are the dog. And just very briefly, that's what today's show is about.

My challenge for you is to think about how man's best friend and this idea of it is, is something a behavior that we should model. How would your life be different if you were to model that type of love and gratitude and appreciation and excitement for seeing the people that you care about most?

So my challenge to you is for the next week to be the dog when you come home. Or when you greet somebody who's coming home, be the dog, wag your tail, smile, show them the love and appreciation and gratitude that you have that they exist and spend just a few moments to connect with them and show them that you care and that you love them.

And that's all it is. Just do this as a short practice. Try it for a week and see if you'll like it. And then hopefully this is something you'll continue. It's a fun little thing my wife and I will sometimes do now sometimes it's not convenient because ministry maybe you're on the phone when they come home or they are on the phone. When you come home.

Whatever the deal is, that's fine. And I'd be busy and occupied with something else. If you were the dog, however, you would pause you would interrupt what you're doing immediately. And you go over there and greet them and show them the love appreciation and gratitude that you have.

Try it for a little bit. Model it. Be the dog.

If you haven't had a dog before, go get a dog. Go get your kids a puppy or watch Lassie. Do something to go ahead and understand how you can model the love and fun

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and unconditional attention that sometimes our pets and animals will give us.

That's all I got for you today. Make today magnificent and I can't wait to see you tomorrow another daily dose of greatness quest.

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