



FIRST PERIOD

EPISODE #198 of a Daily Dose of Greatness Quest with Trevor Crane

SUMMARY

My daughter just had her first period. She's pretty cool about it, but honestly, *I'm a little freaked out.*

Here's what my daughter said to try to make me feel better: *I'll always be your little girl.*

We all have a lot of firsts... However, oftentimes, as adults, we're scared to do try new things for the first time. On today's show, we'll talk about it.

DAILY QUESTION & CHALLENGE

What's something *NEW*, that you're willing to try for the first time?

Is it going to be your first Facebook Live?

Skydiving? Snow skiing? Ask somebody new, out on a date? Start a business? Write your book?

Pick something. Set a date. Do it.

DAILY QUOTE

"Anything worth doing well, is worth doing badly first." - [Trevor Crane](#)

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TRANSCRIPT

Welcome to another episode of greatness quest. This is Trevor Crane. This is a video episode.

If you're listening to this, make sure you check out to trevorcrane.tv. The subject for today is first period, first period.

I know you're gonna love this show.

(INTRO - AUDIO)

Okay, so welcome back. My daughter is 11 years old. And as much as she'd probably rollover and freak out that I'm actually going to do an episode about this. She just had her first period. Not today but yesterday and she's not freaking out about it. I'm freaking out about it a little bit like 11 years old. Honestly, it's driving me crazy.

Alright, so now how is this relevant to you today? And like, why am I gonna talk about this on on the show? You know, just the other day I shot a show about my son's first steps and how we need to take baby steps and you know that you got to get back up when you fall down.

So here's the thing about the first period. There is there, there are a lot of firsts in our life. You know, my daughter is going to play tennis for the first time here, here soon. You know, you and I went ahead and we had to make the decision to do a lot of things for the first time.

You know, the first time driving, the first time that you go on a date, the first time that you try to make a sale, the first time that you try to be a realtor or a doctor, or you do brain surgery or something. There's all these firsts in our lives. And oftentimes, as adults, we're scared to do the next first time.

But the cool thing about like my daughter with her having this, you know, getting her first period, she is not freaked out about it. She's like, she knew it was coming. She knows coming sometime, like we thought it might come in a year or two or now it is come when she's 11, which we think is a little early but she's like, it's no big deal.

And I was like, well, and and I'm trying not to freak out about it. Like I'm freaking

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out on the inside and freaking out by telling you about it. But I mean, come on. What like I know it was gonna happen and it's just me being a song. The and wanting to keep my little girl a little girl.

But here's what my daughter said to make me feel better. She said, I'll always be your little girl. So you and I get the opportunity to do a lot of things for the first time. You know I got married for the first time there's a million things right?

My question to you is what's going to be your new first time? You know what what's what's what's it going to be? I went recently skydiving but not just skydiving. We did the inside skydiving and it recently it was a year ago that we did it and I want to go do it again. Like it was so super cool.

There is a lot of things in this world. We're not going to have a lot of time to do necessarily all of them. What is it that's going to be your first time? Is it going to be your first Facebook Live? Is it going to be your first Facebook group? Is it gonna be the first time you post on Instagram?

Is it going to be your first book? How did I bring it back around two books yet. Yes, I did, bringing it back around the books. My daughter is 11 years old and she has 10 number one best selling books. Have you written your book yet? Because I've got to show I'm going to shoot, I think I'll do it tomorrow on, or maybe I'll maybe I'll actually shoot it.

And then I'll show this video later on how to write the right book fast. I'm going to give you just my little synopsis on the steps that you need to go through so that you can write your first book and get it done really fast.

But here's the thing. I believe that when you write a book, or when you decide that you're going to jump out of an airplane and go skydiving for the first time, or whatever it is, that's going to be your first thing that you should do it the right way you should write the right book.

I have people coming to me all the time that have written books and their books suck or they don't know how to use them in their marketing and they got something done in a weekend or a month or they bought some course or program or whatnot. They wrote a book that they don't know how to use and leverage into their mission and into what makes a difference and they're messing it up.

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So my show's good. I'm going to share with you about how to write the right book fast. I'll share it with you how I got how I got my first book done in 24 hours and how it wasn't my first book idea it wasn't my second book idea wasn't my third book idea. It was the fourth book idea that I shared with my book mentor.

By the way, I think you need a book mentor. If you have a book mentor and someone to work with and you're just going to not do it the right way. It's like building a house you know you're going to go build your first house all on your lonesome all by yourself. You're gonna drop the plans all by yourself and then you're gonna pour the concrete and then put up the the shingles and do all that. Like dude, get some help.

My daughter going through her first period had some help. She called and talk to my mom should talk or my mom just go and talk to my wife. She talked to her her mother. She was prepared because we knew this was coming.

So what are you going to do like when I went and when I went skydiving to give me a dim parachute. And then they dropped me through training. And then when I did the indoor skydiving, which so super cool.

I can't wait to do this more hour. I want to go fly around all this stuff like I went through a training and got support and help. And I'm not on my own. And I wasn't alone. So what is going to be the new first thing that you're going to go do? That's my question for you today.

My challenge for you is to set the date. What is it? When are you going to go do this? Like I it was a long time since I had played sports so I decided that the sport I was going to go play tennis now my tennis man okay for like a month. I've been playing tennis for a month but I had to decide no I pulled into my garage. I'm home to this episode's gotta be over.

So my challenge to you is to think about that next first time. Is it skydiving? Is it snow skiing? Is it actually ask somebody out on the date? Is it starting a business? Is it writing your book? I don't know what it is.

But whatever it is for you. Don't be scared. Even if you are a little scared. My daughter was 11 tried to make me feel better that she'll always be my little girl. So don't

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worry about it. Just go ahead and pick something and get started.

And I'll see you tomorrow on another daily dose of greatness quest

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