



SELF RELIANCE

How self reliant are you? And how do you define it?

EPISODE #72 of a Daily Dose of Greatness Quest with Trevor Crane

DAILY QUOTES

“The measure of a man is what he does with power.” -Plato

“Mastering others is strength. Mastering yourself is true power.” -Lao Tzu

DAILY QUESTION

What does it mean to you to be self reliant?

DAILY CHALLENGE

1. Define what these words mean to you:

man -

woman -

self -

self governing -

independence -

ability -

access -

own -

power -

2. Take the “SELF ASSESSMENT” I got from Garrett White copied in this PDF below.

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SUMMARY

Question: Are you self reliant? Really? At what level? Have you DEFINED it? I've found that by REALLY THINKING about the MEANING of words, can give you incredible perspective.

Today, we talk about **SELF RELIANCE**. I also challenge you to **DEFINE** what some simple, but **POWERFUL** words mean **TO YOU**. And I share a **SELF RELIANCE ASSESSMENT** with you that I borrowed from Garrett White, and the Warrior Movement.

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ASSESSMENT (*copied from a Wake Up Warrior assessment I got from Garrett White)

Self Reliant:

A man characterized by his self governing, Independence and his ability to access his own power.

Level 1, 2, 3

You truly experience that your life is not your own and at the end of the day you feel your results are always a function of “Others” willingness to do for you, serve you or assist you with you. You lack personal awareness and power with yourself and unless others are “Watching” and “Holding You Accountable” you struggle to actually create anything that matters. You are driven by the opinions of others and thrive on the acceptance of others as “Motivation” to do what is necessary in your life.

Level 4, 5, 6

You are aware that your life is not working at the level it could and that your need for “Acceptance” from others is destroying you from the inside out. You are aware of this dependency on others for Power yet are rarely able to do anything about this fact and still find yourself leaning heavily on the power and certainty of those around you in order to DO what you know you need to DO. You are starting to see the light at the end of the tunnel when it comes to your Independence but still lack the belief in yourself sufficient enough to actually live in that reality.

Level 7, 8, 9

You have finally given yourself permission to ACT and to DO regardless of the Opinion’s and Acceptance of those around you. You are discovering intimately the actual power that you have inside when you slow down, block out the noise of the world and simply lean on your own Personal Power and certainty as the standard.

Your trust levels of yourself are starting to skyrocket and your level of personal responsibility is actually starting to be noticed not just by you but by those around you

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on a day to day basis as you begin to settle into the reality that you ARE THE CAUSE of your REALITY.

Level 10, 11, 12

You KNOW without a shadow of a doubt that no one is coming to save you from yourself. Your level of Integrity and ownership of results and reality is beyond anything you could have imagined in the past. You recognize in every moment the teaching and the truth of your action or lack there-of. You KNOW that liberation is the game and the keys to accessing it are driven by the level of self governance. You experience a level of Power and Freedom that few will come to understand as you settle into a life of Independence, Accountability and Trust in Self.

WHAT'S YOUR SCORE? _____/12

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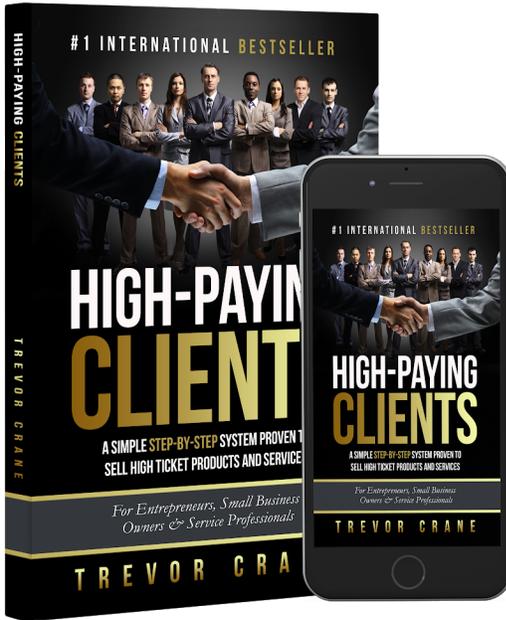
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ABOUT TREVOR CRANE

Trevor Crane is best known for 2 bestselling books, [The 7 Year Plan](#) and [The 6 Weeks to Irresistible](#). 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

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TRANSCRIPT

Today we're going to go deep and we're gonna redefine what **self-reliance** means to you. That we're going to get really deep about the definition of that and the definition of every word in **self reliance**. **Because when you get deeper into the question, you can actually get more clarity about your answers.**

I know you're going to love today's show.

(INTRO - AUDIO)

So I'm going through a program with Wake Up Warrior right now. This is a program put on by Garrett White and the whole team now of brothers. And one of the things we're doing is we're going through a personal assessment of where we're at with our wealth and our body, being, balance and business like where are we really strong and where we're still showing some weaknesses or areas that need massive improvement. And today I want to go into just the concept of **self reliance** because I do think it is a key to us having everything that we want.

And what was really cool today is coach Sam is in the group of Wake Up Warrior. And he was leading himself through this assessment. Like, how does he go ahead and show up? And one of the things he dug into is the definition of the terms. And he started breaking it down where there's a definition of every single words. I want to read it for you now and I'm going to go into the meaning of these words for me.

And so what we're going to do today is not just read the definition and then do this self assessment. And I'm actually copying the assessment that he gave me for self reliance. And I'm sharing it with you, so you get to go through and on the downloadable pdf that I have for today's episode. You can go ahead and read the little assessment and you can give yourself a personal assessment of where you show up. And it's actually from a scale of one to 12. And I'm going to spend some time with you today on redefining terms.

Now. I did this years ago when I was, I realized that I was making excuses for things and part of my language pattern around it was that **I TRIED**. Hey guys, **I TRIED** to show up on time. I tried to do this. I try to do that. And I started looking at it really more specifically like what does **TRY** mean to me? And I know this is very simple, but it can be

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very complex if you look at the meaning of words. So there's a difference between what it means to you and what it means in the fucking dictionary or on wikipedia.

So, TRY. What I realized what I was really saying when I was saying I TRIED is I was saying I FAILED. And it didn't feel good for me to say I FAILED. But like that was the reality, you know. Yoda talks about it and he says there is no TRY, there is only doing it or not doing it. And I realized that every time I was using the word TRY I actually meant I was FAILING.

Now TRY was a softener for me, though. It kind of lets me off the hook. And I was saying it sometimes out loud and sometimes to myself that I TRIED and I was justifying that it's okay for me to have not get done whatever I said I was going to do. Okay? So what I did is I challenged myself for a period of time. It was a number of weeks that I just, I replaced the word FAIL for TRY. So I never used the word TRY for like, let's say it was weeks or a month or something like that. I always put in the word FAIL and this is challenging because if I talked to somebody and I had screwed up, I now had to say I FAILED to get here on time.

So what it did is it changed the meaning of the word for me. And even right now, when I say that I TRIED, I didn't go. I said I don't use that still, that pattern of language anymore. I'll still say I TRY, you know, whatever. But it triggers an emotional response in me because it means I FAILED.

So what I'm going to talk to you today about **self reliance** is giving you the challenge to go ahead and define the term for you. And I did this one day. I'm going to tell you one more thing. I did this with the word DISCIPLINE and it shifted things for me. I realized when I was asked the question and it just mentioned the word DISCIPLINE, that I didn't know my definition of it. I didn't like the word. I didn't want the word in my vocabulary.

I thought it was going to limit me. I didn't want anybody telling me what to do, not even me. And so it took me days to figure out my own definition of the word DISCIPLINE. But it became something that was very powerful for, became very powerful for me. Now I believe I am a very disciplined man. I made a significant amount of improvement in this area. I exercise every day and it's been over 2000 days in a row because I defined it. A DISCIPLINE meant for me that I have to do something every day. And I'm not talking

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about brush my teeth or pee or poop or something like that. But something that is what I'm committed to, something that is good for me, good for my family and also the greater good. And so, I just decided that that was the meaning for me and that in order for me to demonstrate DISCIPLINE, I had to do something every day or else I wasn't DISCIPLINED and they just needed something really simple.

So let's get into this because today we're going to talk about **self reliance**. So let me give you the definition. First. This is how it was given to me. A man characterized by his self governing independence and his ability to see his own power from an repeat that a man characterized by his self governing independence and his ability to access his own power.

Now again, you can go ahead and take this assessment. You can just download the pdf that I include with this podcast and you can take this assessment yourself and there's phenomenal definitions about what level you're playing. At and I strongly advise you to go into that, but what I'm going to do here is we're going to define the different terms because this is what coach Sam did for me and it was transformational. All right, so let's just look at self reliant.

Now he's defining that whole thing with this long sentence, but what is a man to you or a woman to you? If you're a woman, like what? Who are you? What is a man? What is a woman? And I'm focused on this man thing and focus on, excuse me, on this warrior thing, and I believe a man is somebody who is his word and I don't know what you would define a man being or a woman being, but I believe that as a man, it is my responsibility to be my word.

I love the movie with Tom Cruise, the last Samurai where the concept was that your word was your bond and that your word and your, your honor, and loyalty and integrity was all around your word. And I had this idea of me being this, having the identity of a Samurai because it meant I held myself to a high level.

Every day I wear a bracelet around my wrist, a little rubber thing that says, "Wake up warrior" to remind myself of my identity of who the fuck I am. But let's define the terms of this. So I'm, man, one of my challenges for you today is to define these different terms. So what does a man to you, how do you define that? What is a woman to you? And again, we're going into how you can discover your own level of self reliance just by

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digging into these terms. Okay. A man characterized by his self governing. So we need to actually define what does self mean to you. And for me, self, my self means who I really am at a deeper level more, I'd like a spiritual or soul level. And how do they come up with these definitions? So first of all, I paused like I'm asking you to pause today to consider the answer and the meaning of these different words.

I actually started googling these different terms, so I want you to Google or figure out for yourself what it means to be a man, what it means to be a woman, and what it means, what the word self means to you. To me it's my true self and sometimes I'm not even aware of, but it is my soul and it is my spirit. That's who. That's what that defines for me. So you need to do that for yourself.

Now let's go on to self governing. What does it mean to have a self governing? To me, self-governing means the exercising of control, like I have the ability. When you have the self governing, governing means control that I can turn it on or I can turn it off. Self-Governing. So what does it mean for you? Then let's go into independence. Independence. I believe independence is freedom from dependence and this is really important, man.

I don't know if you're getting this or not, but it gives me a deeper understanding of what it means to become **self reliant** and then it makes it easier for me to assess where I'm at, in it right now. Okay. Let's go on to the next one. So, define independence for you. Define the word ability. So I'll read this first sentence again. **Self reliance**, a man characterized by his self governing independence and his ability. What does it mean to you? To me it's power. You know, **if I have the ability, I have the power**, I have the ability to go ahead and impact others and it's the ability to affect change. And we're going to talk about that in a second because the ability, you know, it means I can, I have access to this power. It doesn't mean that I'm necessarily going to use it.

So I've access to power. It's going to access because that's another part of their sentence here. A man characterized by self governing independence and his ability to access his own power. But let's go one word at a time. Access. See, I believe that that is a right and a privilege, that you have the ability to reach inside yourself and to make use of this access like you have the door, doesn't mean that you're going to use it. You have the ability, means you have the skills and the power to be able to and then you have access because you, you, you, you can dip in. Now you've got to choose to access his own. Let's

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talk about own for for just a minute. I know this might be a little crazy. You're like, dude, you're going to break down the meaning of every word and the answer is yes, except for like the word, like a buy, stuff like that, but own.

See, this is what does it mean? What does the word own? When you own something, what does that mean to you? See the. I believe this means belonging to one self, like I own it. It is mine. This belongs to me. I own myself and in this case I own my power is the sentence finishes out. A man characterized by his self governing independence and his ability to access his own power, so define, own, and then define power. What does power mean to you now? I just said that the ability is my access to power and now let's define power. For me, power means my. The first thing came to mind and I looked this up on wikipedia and I'm looking for different meanings of these words so that I could choose what the definition meant to me, not what it is on wikipedia and the dictionary.

What came up for me is my ability to effect change. That is power, but it's bigger than that. It's more than that. I believe that **power is fuel**. It is the heat, the raw fire and raw energy that I have the ability to impact that change.

And so, that's my challenge for you today is to just define these terms for you and then to take the self reliance assessment. Again, I didn't create it. You can just go ahead and make sure you read it on the pdf and then give yourself an assessment. I give myself a strong 12, which is crazy. Now that I redid this, I might go ahead and say, "You know what? I have room to grow here." But if you read the definition of the final, like level, not 10, 11, 12 on this, like I just owned that fucker and I just admitted to you that, you know, there's still room for growth because I sometimes don't like to give myself like the top score because I still want there to be room for improvement, but I'll just take it to a fucking, another level of 12, whatever that is for me.

So let me give you a real quick quote of the day or two. I was reading this thing about Plato and the measure of the man. "***The measure of a man is what he does with power.***"

And then there's another great quote here by a Lao Tzu. I think he's the author of The Art of War. And he says "***Mastering others is strength. Mastering yourself is true power.***"

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Today's **self-reliance** focus of today's podcast is just all around **power**, man. At least that is for me, I don't know what it means to you. So, that's my challenge for you today, is to figure that out. Give yourself your own assessment.

And then make today magnificent. I can't wait to talk to you tomorrow on another daily dose of greatness quest.

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