

LeaderImpact Podcast – Episode #22 – Anthony Thompson - Signs to Your Assignment in Life

Release Date – October 26, 2022.

Episode Summary:

He is a coach, consultant, author, and speaker at Thompson Coaching & Consulting.

Born and raised on the south side of Chicago is where Anthony's life of resilience began. And that life was not easy as he buried his pain in drugs, sports, and status.

While achieving this status, and working with celebrities and Fortune 500 companies, Anthony received an invitation to work and travel with a renowned evangelist. As his life started to shift, he met and married the love of his life in Australia and this is where he launched and grew a successful social media agency.

His personal access and observations of some of the greatest leaders in the world led him to become an Amazon best-selling author, as well as an official YouVersion partner where he has written nine devotionals amassing more than 40,000 subscribers.

Seeing people win is what Anthony calls his “assignment” on earth. Through his studies of psychology, spiritual teachers, and the Bible, he wants to share with us today that we have everything we need to become the champions we were created to be.

How to Contact Anthony:

- Website - anthonythompson.org
- Instagram - [@anthonythomps0n](https://www.instagram.com/anthonythomps0n)

Books Mentioned:

- As a Man Thinketh by James Allen
- 7 Habits of Highly Effective People by Stephen Covey
- 4 Agreements - by Don Miguel Ruiz

Show Notes:

0:00 - Show introduction

0:45 - Anthony's introduction

2:10 - How Lisa connected to Anthony

3:04 - Anthony's move to Scottsdale, AZ from California

“You don't have to be part of your past story. You can write a new story.”

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3:52 - How Anthony got into coaching

- 4:01 - Anthony's upbringing
- 4:47 - Working with high-performing individuals
- 5:25 - How he was able to line up his gifts and his heart

6:34 - Anthony's view of high-performing people resigning

- 7:12 - Seasons of life
 - 7:16 - Spring - there is growth and you are excited and motivated
 - 7:32 - Summer - the peak. Things are going well and you love what you are doing
 - 8:00 - Fall - Not as motivated, not as inspired. Either need to reevaluate and go back to spring or go into winter
 - 8:45 - Winter - Invest in yourself. When you discover what your gifts and talents are. A time of discovery. You are probably by yourself.
- 9:18 - Many of these people are probably in the fall season
- 9:43 - People think that moving to a different company will make things better, but a time of personal discovery is needed or else the process will probably repeat itself

“You are a solution to someone's problem.”

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10:08 - Signs of finding your assignment.

- 10:59 - Things that anger you. An anger for wanting to change something that causes you pain
- 11:29 - Creativity and solving problems.

- 12:42 - You need to believe that you are a solution for someone.
 - 13:04 - The worth of a human body and how valuable we are
- 15:10 - What you love. What would you do if you had all the money in the world?
 - 16:28 - Qualify yourself to do the thing you love

“Our experiences are our greatest teachers and lessons.”

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- 17:25 - Revisit to what angers you
 - 17:43 - How the story of the founding of Mothers Against Drunk Driving influenced him
 - 18:34 - The origin of Toms Shoes
 - 18:56 - The founder of Charity Water
- 19:26 - Definition of signs - Sparks or notes to signal you should look into something further.
 - 19:38 - Another definition - Out of the blue or a coincidence happens. Something happens for a reason and you are now noticing it.
- 21:13 - What makes you cry?
 - 21:40 - Find out why you cry in a movie. What is it about that movie that makes you cry?

“Look back at your wins.”

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- 23:13 - Take a step back and be quiet to find what your signs are and why you have those signs
- 25:36 - How distractions can take us away from our assignment
 - 26:45 - What are the distractions that will take us off of our game?
- 27:49 - Invest in yourself and know who you are by finding out your strengths and personality.
- 28:58 - It might take a tragic experience to know your signs.
 - 29:09 - Some of Anthony’s experiences
 - 31:53 - Have perspective in our seasons even though it is hard to deal with at the time
 - 32:16 - Read stories that inspire you.
- 34:40 - Get obsessed. Obsession is a big sign to your assignment
 - 34:47 - Examples of Jeff Bezos and Bill Gates getting obsessed

- 35:25 - Anthony's obsession
- 36:23 - The obsession of Michael Jordan and Kobe Bryant

37:45 - Summary of the 7 signs for your assignment

38:25 - Anthony's favorite leadership books

- 38:41 - *As a Man Thinketh* - by James Allen
- 39:13 - *7 Habits of Highly Effective People* - by Stephen Covey
- 39:59 - *4 Agreements* - by Don Miguel Ruiz

“Remember what matters.”

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41:40 - The faith legacy Anthony wants to leave

43:07 - Anthony's greatest joy