

[00:00:00] <music>

Annie: Hi friends! Welcome to another episode of That Sounds Fun. I'm your host Annie F. Downs. I'm so happy to be here with you today.

Before we dive into today's conversation, I do want to tell you about one of our incredible sponsors, [AG1](#). Listen, I love the way AG1 makes me feel when I drink it. It's one of the reasons I've been partnering with them for so long. I just feel more clear-headed and ready for the day. Plus having a ton of vitamins and supplements to take is a lot to keep up with.

But AG1 is a one-stop shop since it's filled with all the vitamins and minerals and immune support that I need. My favorite way to drink it is by adding a little frozen lemon juice to it. If you try it, tell me what you think.

So as the new year gets closer, try AG1 for yourself. It's the perfect time to start a new healthy habit. AG1 is offering new subscribers a free \$76 gift. Let's go. Whenever you sign up, you will get a welcome kit, a bottle of D3K2, and five free travel packs in your first box.

So make sure you check out DrinkAg1.com/SoundsFun to get this offer. That is for my friends. That's DrinkAg1.com/SoundsFun to start your new year off on a healthier note.

Intro: Today on the show, I get to talk with my friend Anthony O'Neal. You may know him as AO. And we are talking about who we're giving seats at our tables to. Anthony is a financial expert, but today he's not only helping us think through the vision of how to use our resources, but really the big vision of who's around us and how to help us get where we want to go spiritually, relationally, financially.

This is really similar to our Build Your Board series last year, which we'll link to in the show notes below. And I love that we're ending the year here. It's why I call him AO because this is the exact conversation I wanted to have to set us up well, as we think about what kind of 2025 we each want to have.

Single Purpose League, you're especially going to love this one too, because Anthony's single and also navigating the dating world while continuing to work on being the healthiest version of himself. His brand new book, *Take Your Seat at the Table*, comes out January 14th. It's an incredible resource to help us start the new year well.

So here's my conversation with my friend, author, and podcast host of The Table, Anthony O'Neal.

[00:02:25] <music>

Annie: I mean, Anthony, it is about time you came back to That Sounds Fun. So thank you for fitting us in and making the time.

Anthony: Yo, listen, I am so happy to be here. I told you before we hit 'record' button that I'm surprised because my team told me we got a surprise interview for you today. And so I'm excited to know it was with you. I was like, Oh my gosh, I'm happy now. This is a great day."

Annie: What did you think was happening? My team... they would all be...It would not go great for them to go, "Hey, we've got a surprise interview for you." Is that a normal behavior by your team?

Anthony: No, it's not. That's why I'm like, wait a minute. And it had to be somebody who they know I would really want to be connected to. They know I love you. There's like five people. I was like, Yeah, I would do it for anybody. You're one of those people. And I was like, "Yo, let's go." I'm happy.

Annie: You're very kind. Well, that'll make this all the more fun because you haven't prepped, you haven't thought about. I mean, we're just here to chat.

Anthony: I haven't done nothing, but hey, we're going to have a good time though.

Annie: That's it. Okay. Last time you were on the show, you lived in Nashville. In your new book that comes out in a couple of weeks, *Take Your Seat at the Table*, you talk about the moving process. I mean, you and I as friends, I don't know all this story. So will you tell me where you're living now? And kind of like, what's God doing in a new city for you?

Anthony: Man, you know what? I am now living in the DMV area. And beforehand, like I said, I was living in the Nashville, Tennessee area. And you know what? It was interesting because technically when I resigned from my position there in Nashville, Tennessee, you even gave me some good wisdom when I first did it, I was going to move to Houston, Texas.

I would say right before I made the final decision, one of my close friends who is a senior pastor here of the great called Union Church, Pastor Stephen Chandler, he called me. And me and him have been best friends for almost, I would say about 10 years. And he says something to me that he's never said to me before. He said, "Anthony, I think God is calling you to Maryland, to the DMV area." And he was like, "And it's not to come serve at my church. It's not to come be on ministry at my

church. It's so that you could get around a community who loves you and who doesn't need you for anything so that you can grow into the man that God needs you to be in this next season of your life." And he was like, "My biggest fear is that you'll go somewhere and they will use you, but they won't help you grow." And right now we need you more growing.

So I stepped back and I was like, "DMV? It is expensive here. I'm going to stay taxed." I'm like, "God, this better be you." So I prayed about it for years. And this is why I think it's so important and why I love just what's in this book is because I stepped back and I prayed about it and God said, "If you're really stepping into this season of taking a seat at your own table and leading your own life, you need a season where you just sit still and you're being fed into, and you're not always feeding out." And so He said, "Yes, I put that on his heart and I'm going to put it on your heart that DMV for a season of your life is where you're going to be at so that you can grow."

And this is not even in the book, Annie, but you know, I came here, got back in... finished my bachelor's degree, came back here, jumped into seminary school, and God has really just been feeding me and serving me and helping me grow and mature and evolve as a man, as a leader, and even from an educational standpoint. So this was one of the best moves I could have ever done simply because it's just a God move.

Annie: I mean, that is such a flex by your pastor to be like, "God says Maryland." That's a strong move by a leader. So I'm betting somebody listening has had that happen and someone's had their Maryland moment, and then they got there and it was not good. Or someone said, "Hey, I think God's telling you to date that guy or to move to that city or to take that job," and it doesn't work out well. How did you know that that was the start of hearing God when it was someone else beginning...? Because false prophets are a dime a dozen, right? So how do you know when it's real, even if it doesn't go great on the other side?

Anthony: You know, here's how I knew it was God because for one, my pastor has never said that before. He's never TikToked it.

Annie: Wow, right. He's not like tossing states left and right.

Anthony: No. No. He's never said, "Hey, AO, AO, AO, God said, God said." So when he said that, I was like, "Okay, this might be God." Then two, I stepped back and I went to just praying for myself. And then I went to my local pastor there and said, "Hey, I know it's time for me to shift and to leave Nashville. Here's what I'm thinking." my best friend said this, who's a pastor... Here's the only reason why I know it was God to start because what he told me, it didn't benefit him or the church at all. So I'm not

coming on payroll, not coming on staff. I'm not doing anything. It doesn't benefit him at all. So I was like, Okay, cool.

Then when I went there, the Bible says, try the spirit by the spirit. Then when I came and I just got inside a DMV and I got back into the church there and I said, "Okay, how is my spirit feeling with the spirit of this place?" And he just felt connected. I think sometimes when we say things are of God, it's not going to be perfect, Annie, but it should be smooth. And the transition was smooth. It wasn't perfect. So it has some obstacles that I had to get over, right? But it was such a smooth transition. And then whenever I was met with some kind of, maybe an obstacle I had to get around, God just orchestrated that thing and it was just smooth in the transition.

So for me, I always, one, listen to the spirit, two, try the spirit by the spirit, and then, three, seek multiple counsel. And all three of the people who I sought counsel from said, "Man, I think that's a good move." And I agree that for years you were able to serve on this great place, but you really didn't find a community who knew you and loved you. And it was like, I think it's just time for this next season of life that God is going to take you to, which is so important because now I see the season that God is taking me to, Annie, if I'm being real with you. I see where God is taking me in '26.

And if I would not have come here, I would not have been ready for that. A lot of people don't know this, but I'll be a professor at Virginia Union next year, teaching financial management.

Annie: Oh, my gosh.

Anthony: Yes, teaching financial management.

Annie: Professor AO. Watch out. Won't he do it? Won't the Lord just open up doors? I mean, the guy who... you write in the book. The guy who was homeless on the streets with a sign asking for food, a professor at Virginia Union. Come on.

Anthony: I wouldn't have done that if I would not have tried the spirit by the spirit. So God knows what He's doing. God knows what He's doing.

Annie: Yeah, that's it. I was at a church thing a couple of weeks ago and they were reading Psalm 16. And one of the verses is, I bless the Lord who guides me. And I just kept... I mean, if I had a dollar for every time I've said that in the last month of like, I bless the Lord who guides me. Because what I'm actually saying is, I remember you guide me. I remember you guide me. I am blessed. Even when I feel confused, even when the path doesn't make sense, even when it feels dark and I can only see

what is right in front of my feet, I bless the Lord who guides me because then I'm reminding myself that He's actually guiding me.

Anthony: He's been guiding me along His way, man. When I tell you I'm extremely grateful to know that I will be, you know, adjunct professor, and then I'll be... it's just... Oh my God, you're amazing. Even as a man, and if I'm being honest, I cried. I got emotional. I'm like, God, like, what are you doing? Like, wow. Like, okay.

But if I would have run, if I would have did what Anthony O'Neal wanted to do, I wouldn't be taking a seat at the head of my table, I wouldn't be leading my own life. I would be running away from my life because I wanted to do what I wanted to do. And to be honest with you, Maryland was not on my top list. I was not excited about Maryland because it's expensive out here compared to Nashville. But my life would not be where it's going if I would not have been sensitive and listening to the Spirit. So I'm grateful for it.

Annie: Help our friends who are moving soon or moving, you know, at the beginning of the year. How'd you make friends? Have you made friends? What's it like getting in a brand new community?

Anthony: You know, one of the things I love about my church is, man, they make it super easy, man. I've joined small groups here and I've just gotten involved with the church. Now with my schedule, Annie, you can relate to this sometimes. Because of what we do, we're not able to make everything and be a part of everything because we're always on the road.

But when I am here locally, man, every Friday I play golf with my pastor and he bring out different people. I started mentoring young men from Howard university who are trying to start their own business and do their thing. So I have a community of serving.

And here's my philosophy, right, is I have 33% of people who are higher than me in some area of my life. And that's a community of people who I submit myself to from leadership. I'm still single and I've been dating better. I haven't gotten married since the last time you and I talked, but I've been dating better because of the people ahead of me.

Annie: Me too. We're dating better.

Anthony: That's it. So I'm making progress there. And then 33% of the people are on my level. You know, we're all like-minded, but we're all holding hands together and we're in small groups together. And what we're doing is just trying to really grow. And then the 33% are below me now, not as far as in the caliber of people, but what

if they are, you know, wanting to be financial advisors one day, what if there wanted to be content creators or a minister one day in the area? I can reach down and help them get stronger in that area.

So what I've done when I first moved is, man, I first immediately found a local church, got connected with my local church. Then two, I reached out to my local community. You know, I know the majority of my neighbors, man, and we have such a great time connecting.

Annie: Oh, cool.

Anthony: And then three, Annie, believe it or not, I think we, as in Christian, sometimes we think the only community we need is the local church. But I've stepped out and I said, You know what? Let me just go over to the lake. Let me just go over and work that out at the gym. Let me just go over and go to a function that is community-driven and just get out there. So now when I get out there, I'm like, Okay, it's cool. So I'm learning how to enjoy it. It's been an interesting journey though.

Annie: I had the same experience in New York is I... there's something really cool about moving in your 40s. You're 40, right? Do I remember that? I thought we were really close. There's something really cool about moving in your 40s because you have this moment where you go, I've done this a time or two and now I kind of know the steps to do... I don't know how this will turn out, but I know the steps to do. So I'm like, yeah, I know I got to find a church because that's where I'm going to have friends. And then I know I've got to find people outside of the church because if I'm only friends with Christians, what am I doing with my life? And I'd like to date someone. So I should start looking around at the places where the people are gathered who are like-minded to me and start making friends with the dudes and see what kind...

So it's been really sweet doing that in my forties in New York and being more grateful for the open doors. Because I'm like, Man, none of these people have to be nice to me. They don't care about my job. Just like in Maryland, they don't gain from the work I do and they don't gain from having me around them. But the friendships have been such a gift, Anthony, to get to do that again. I didn't know I'd ever move part-time somewhere. So I didn't know I'd ever get to start over in a community.

Anthony: And you know what, Annie, what's been so funny in my 40s? Creating friendship and community is different today than it was in my 30s. And I think it's because-

Annie: Let's talk about it.

Anthony: ...I know where I'm going and I don't question who I am anymore. So it's like now I have more clarity on who needs to be connected to me, who needs to be in my life and who I don't really have time for. So it was like, now when I meet people, I can tell upfront, Oh yeah, you cool, but we're just not aligned in life and so... or it can be like, "Yo, wait a minute. We are aligned. Can we get some coffee? Can we step out?" I want to conversate and grow.

And it's been so funny because now I'm like... Even in a dating world... We got to do a whole another show in the whole dating world. But even in the dating world, I'm like, you're cute, but we're just not aligned.

Annie: Dude, Anthony, I could stand up about this. I could stand up about this because bless God, dating in your 40s is such a joy because you go, You are so handsome, you are so lovely, you will make someone so happy. I'm not your partner, bro." There can be sadness around it, but it is such a gift to go, Man, I know exactly where I'm going and I'd rather go by myself for the gospel than go with the wrong guy. Right?

Anthony: Listen, Annie, I just had to do that. She was gorgeous. I mean, I said, "My gosh, you are beautiful." And then when I told her, I was like, "But we're not aligned. Like we're not going the same direction." She was a Hebrew Israelite. I know you've heard of them and you know, I'm a Christian. I was like, "We just don't see eye to eye." And that's fine. You know what I'm saying? But she's like, "But really?" I was like, "No, really." She's like, "So you're saying I'm beautiful, you're saying I'm cool, but you're saying because of this one thing over here...?" Absolutely. Because I mean, we can't connect.

And if I'm building and God is telling me to go here, "You can't go with me there because of your stance on the doctrine. So I gotta respect that. Now watch this. So if I'm being honest in this show, I can say it on your show-

Annie: You can say anything here.

Anthony: ...because of how she looked, in my 30s, Annie, I would have stayed right there. I would have been like, "Girl, you're so fine. I'll be a Christian and a Hebrew."

Annie: That's right. That's right. I mean, Anthony, I need you to know that a man in a recent season told me, he was like, "I think you should fast and pray about that." And I was like, "Can we get married? Like done." You're talking about fat Annie in my 30s. I don't know if she'd have... Annie in my 40s is like, "Sorry, did you say fast and pray?" Because you might as well have said, "Move in my house. I'm so attracted to what you just said." Right? It's just different.

It's different now because I know what I'm up to and I know what I'm called to. And all of the dudes are called to something too. I'm just looking for the one that we go, man, we are going to go faster and farther together than apart. And everybody else go with God. I wish you will find another girl.

Anthony: No. And that's it too. Because think about it, who we choose in this season of our life is sitting at the table with us. They're sitting in our life. Like I have a section of my life that is waiting for her because I know that I can go further, like you said, I can go higher, like you said, I can do so much more with the right partner. And so there is a place in my life that I am waiting, that I am holding, and if we're using the table as a metaphor, on the other side of the head of the table is her chair. That I don't want nobody sitting in that chair that should not be in that chair. I only want her in that chair because now we're in partnership together, now we're growing things together, now we're building a kingdom, we're building our families, we're building a legacy. And I want it to be so aligned that it's like, I can't do life without you. That you can't do life without me.

And in my 40s, I know what that looks like. And as fine as you may be, or as fine as he may be ladies, it's like one thing I've learned for men, I can speak for men, let you talk for the ladies, is how do I know that? I got to write down the vision clearly for my life. So it was like, I've learned how to write the vision, make it plain. So when a woman comes into my life, I don't say, no, I don't like you. My vision says, no, she can't rock with this. Because now it's like, wait, you said God told us to go here, but she's going over here. So we just can't align. But when my vision is this way-

Annie: "Okay, here's the problem."

Anthony: ...I'm sorry. Go ahead.

Annie: No, no, no. I'm interrupting you. Keep going.

Anthony: If my vision is saying we're going this way and then I meet her, I pursue her and her vision is going that way to, oh, then we good. Now it's about, okay, do we click? How do we vibe together? But the vision is the foundation that we got to build on. And before, if I'm being honest and transparent, it was all about flesh. It was, do I like her? Is she beautiful? Does she make me laugh? But I didn't care about substance of can she help me and can I help her, you know, really grow.

And so now I have a vision — it's right behind my desk here — of where God has taken me, what God has told me to do. But watch this. Inside of my vision, I still have right next to my vision, her vision to where I need to see if we're aligned.

Annie: Now tell me what happens... This is purely just an example. Tell me what happens to you when the vision does align, because when the vision aligns, I can accidentally be eight years down the road. Do you know what I mean? My self-control now has to come in. When the vision aligns, I have to make sure, do I like his family? Like, do I actually enjoy being around him? Are we like personality a good fit? Because I can actually accidentally flip to, well, if we're spiritually aligned, then, go. Instead of, okay, that is one important thing, there are two other, three other, four other things. Has that happened to you where the spiritual alignment is there and then you have to pull the horses back a little bit?

Anthony: No, absolutely. One of my things is I have five Ss. And the very first S is saved. Like, are we aligned spiritually? So when that one was clicked off, I'm like, Yo, let's go. Well, there are other things that are important to me that I think... my dad said this best. He was like, Son, praying is not going to keep y'all physically in love with each other. If you understand what I'm saying. And he was like, so you better be physically attracted to the woman. You better have somebody that you all can vibe off of.

So what I've learned is, okay, when that spiritual there, okay, cool, great, it gives you a solid foundation. But can I look at her and be like, "Hey, you know what I'm saying? How are you doing?" Can I be around her and feel like I could be my authentic self?

One of the things that I struggle with when we're on this page is I'll forget the whole... Okay, she saved part. I got that part. But I forget the part of, can I be Anthony Bernard O'Neal Jr. The world knows me as AO but can I give you Anthony Bernard O'Neal Jr. Can I expose some of my insecurities and you steward those well? Can I give you some of the flaws that God is still working on me and you not judge me, but you pray with me and cover me and hold me accountable? Can I lay on your shoulder and cry as a man, right? Can you steward that well?

So for me, after I see the foundation, I'm like, okay, cool, if I'm giving you a seat at my table and a seat in my life, can you steward my heart well? And that is a problem that I'm struggling with in a single season is everyone loves AO and they love to pray and go after God and we fasting, but can you steward the vulnerability of me? And that has been a struggle for me.

Annie: That's right. That's right. That's really hard. I'm with you. I have found watching my friends meet up and match with the right person for them, especially in our 40s. The thing I noticed most is how real they are. I'm watching one of my friends fall in love and I'm saying to her, "I'm seeing you be the best you. I haven't even met the guy yet, but I like him because of who you are in it."

And even I was praying for this morning, Anthony, and I was going, "You know what, God, she's closer to you than I've seen her be in a long time. She's hearing you really clearly. She is pursuing you. She has put aside some other things and this is happening?" She's her best her. So that tells me a lot about the... now, whether the relationship last isn't my business, but God is using it right now.

And I think that is so interesting is, can you be fully you? Do you feel like a good version of you in this and not that you're having to play/ But that's going to take time, Anthony. I think that's the problem is once you're aligned on the safe stuff, time is going to tell whether you can be vulnerable.

Anthony: Yeah. I was vulnerable in one situation, Annie. And it hurt me. It was a Christian woman and it hurt. Literally, I talked about in therapy. And he said the same thing. It was like, "Hey man, vulnerability is important, but you don't just jump out into being vulnerable with just anybody neither because you still got to protect your heart. And so now look at you, you jumped out there a little bit too soon and you didn't allow time to show you if she was capable of stewarding your vulnerability."

And so I'm dating better, I'm making better decisions because I'm literally trying to build a life that is pleasing to God. And I know a part of that is my wife being at my table. I'm excited about when that season comes because I've been stewarding it well now.

I think the hardest part for me is knowing, can I trust you with my vulnerability? Can I expose that? Because a lot of people would think us as public figures that who they see on internet or who they hear on the podcast or who they see on stage, that's everything. And the truth is, no, that is us but there's a deeper side of us that, no, you're just not going to get.

Annie: That's right.

Anthony: And that I want my wife, I want my kids, I want my family to get. And so exposing that side, it's just like, Oof. That's scary. You know, that's scary. Bishop T.D. Jakes said this best. A long time ago he said, man, all of us have a little boy inside of us. All of us have a little girl inside of us that wants to come out. And I have that. You know, I'm the guy that's like, man, I'm a little goofy sometimes. I like to play around sometimes. And sometimes I just want to lay down and take off my Superman coat and just be Anthony Bernard O'Neal and not answer any money questions, not talk about the Bible, and just lay down and watch a good Martin Lawrence TV show and crack up.

[00:25:27] <music>

Sponsor: Hey friends, just interrupting this conversation to tell you about one of our incredible partners, [Thrive Causemetics](#). The other day during a Q&A with Single Purpose League at Dollywood, they were asking me which products we talk about that I actually truly love. And first thing that came out of my mouth was Thrive Causemetics.

I, hand to heaven, swear by their Liquid Lash Extensions Mascara, and apparently so do like 30,000 other people because that's how many five-star reviews it has. Their mascara is their bestselling product. One is sold every 11 seconds. That is wild. I love how long and full it makes my lashes look and it lasts all day without any clumping or smudging or flaking. I think taking off my makeup at the end of the night is kind of worst, but their mascara comes off really easily. It slides right off with warm water and a washcloth. No soap is even required.

If you've been thinking about trying it out, now is the time. And any of their makeup would make for fun stocking stuffers. I highly recommend their brilliant eye brightener too, which comes in 25 different shades. All of their products are certified a hundred percent vegan and cruelty-free and they're made with skin-loving, high performance and trademarked formulas. They also donate to eight major causes, including those impacted by cancer, domestic abuse, and veteran and education organizations.

Spice up your holiday season with Thrive Causemetics, luxury beauty that gives back. Right now my friends can get an exclusive 20% off your first order at ThriveCausemetics.com/TSF. That's ThriveCausemetics.com/TSF for 20% off your first order.

Sponsor: And one more incredible partner I get to tell you about. This show is sponsored by [Shopify](#). While you're getting those last online orders in so everything arrives on time for Christmas, don't miss the behind-the-scenes magic so many of your favorite brands are using to run their e-commerce stores, including us.

Shopify is the reason online shopping is so easy. And brands like Thrive Causemetics that we just talked about and Shop Annie F Downs are powered by Shopify. Nobody does selling better than them. They are the home of the number one checkout on the planet. And the not-so-secret secret is Shop Pay that boost conversions up to 50%, meaning way less carts go abandoned.

So if you're into growing your business, who isn't, your commerce platform better be ready to sell wherever your customers are scrolling or strolling: on the web, and

your store and their feed, and everywhere in between. Businesses that sell more sell on Shopify.

Upgrade your business and get the same checkout we use at ShopAnnieFDowns.com. Sign up for your \$1 per month trial period at Shopify.com/SoundsFun. All lowercase. Again, that's Shopify.com/SoundsFun to upgrade your selling today. Shopify.com/SoundsFun.

Sponsor: Okay, friends, I have to tell you about something that has seriously changed my hair game, [Prose](#). If you've been following along, you know I recently went a little darker in my hair color for fall and winter, but the real magic, the health of my hair, I don't have to stress about it because Prose has this custom care system that has totally transformed my routine.

Since 2017, Prose has been taking hair and skincare to a whole new level with custom formulas created just for you. We're talking about real personalization here. Prose uses smart AI and a team of cosmetic chemists to craft products that are based on over 80 unique factors specifically for you.

Plus Prose is so confident you'll love their products that they offer the Prose promise. If you're not totally in love with your first order, they've got you covered. It's on Prose. Prose is so confident that they'll bring out your best hair that they're offering an exclusive trial offer of 50% off your first hair care subscription order at Prose.com/ThatSoundsFun. So get your free consultation, get your one-of-a-kind formula, and see the difference custom hair care can make with 50% off at Prose.com/ThatSoundsFun.

And now back to our conversation with Anthony.

[00:29:43] <music>

Annie: Who else is sitting at your table? You're talking about this table metaphor with you being at the empty seat for a future spouse at the other side. Who else sits around and helps you make choices? Because as we're going into 2025, if we're trying to fill up a table of wise people around us, who else are we looking for?

Anthony: You know, one of the things I would tell people... there's a lot of people that sit at my table, close about eight people in my life. But one thing that has changed my life dramatically, Annie, is having an emotional coach, a therapist, and a spiritual advisor. They're all in one technically, right? And I call those, you know, mental people.

I started noticing when I was running my own company that my emotions will be up and down. If I went through a breakup from dating, my emotions will be down. When my emotions are down, it impacted how I work. It impacted how I let my team.

Annie: Me too.

Anthony: And sometimes I couldn't write the best content. I didn't feel like studying for class. I didn't turn in my homework. And I'm like, why does this happen? Well, because no one really taught me how to control my emotions. Because if something bad happened in life, it's like boom.

Like for an example, I'll never forget when I resigned from Ramsey, but I was emotionally down for two weeks because I was fearful. Everyone was telling me, "You're crazy to be resigning. You're not going to be able to win. You're leaving the guru of the guru, the financial world," and dah, dah, dah, dah. So for two whole weeks, I was like, "Did I make the right move? What's going on? God, are you going to be there with me?" And I was emotionally down and I didn't produce anything.

So I invited an emotional coach to my table to really teach me how to process what's going in my mind and how to block it from taking me all the way down emotionally. It's going to hit you emotionally, but I've learned how to process things differently to where it doesn't get me there.

I've learned through my emotional coach, focus on the things that you can control, but don't allow it to control you if you can't control it. So I've invited that and a therapist because a lot of us, we're going through something, we'll have retail therapy, but we won't invest money into actual therapy. So I've really mastered how to really in this season of my life. If you're going to build something of substance, if you're really going to take control of your life and start that business, get that job promotion, be a better husband, be a better wife, be a better father or a better mother, or just be a better individual, period, we got to step back and work on our minds first and go deeper to understand why are we thinking the way that we're thinking, why do we respond the way that we respond, why do we process the way that we process, and why do we feel the way that we feel?

So now when I say I'm offended, I ask myself, why am I offended by that? And when I find out why I'm offended, it really wasn't from the individual. It was about something that was already on the inside of me that sparked it. Now I know how to check it. Now I'm not offended. I can go on about my day.

But those are people who I really have at my table right now. That's really been a huge, huge thing for me because they even helped me out with stress. I'm in school full-time, working, building a business full-time, just wrote this book, *Take a Seat at the Table*. I'm already starting on my next book to come out in 2026. I'm trying to date. I'm tired of being single in this big old house all by myself. So emotions are all over the place right now.

Annie: It is a beautiful house, by the way. People are going to slide in your DMs just for the house, bro. I mean, that is a good-looking house.

Anthony: So that's where I'm at. That's one of them. And I'm a preacher, so you got to tell me to shut up sometimes. I could be talking all over the place. I'm just happy I'm back on here with Annie. Let's just be honest with you.

Annie: Get out of here. I'm loving this. A thing you did in the book that I thought was really interesting is you split up and talked about your mental health, your emotional health. And you also talked about your physical health and having people at your table around you. And everybody, new to you in January.

But I'll tell you the most interesting thought in that chapter to me is you asked, does your doctor know your name? And I was like, Oh, he's not talking about how our bodies look. And he's not talking about going to the gym as the only thing about our physical health. You're saying like, hey, are you responsible enough to have medical professionals in your life who know who you are? Will you talk a little bit about who's sitting at your table as we're going into 25, who's sitting at our table to help us be...? And talk about your why, behind why your physical health matters to you.

Anthony: If I'm being transparent, I walked in to get just my physical and we did a weight check and I weighed in and I'm being honest here, he said, "Man, your body is saying that you're 58 years old." And I was 38.

Annie: Oh, wow.

Anthony: And I was like, "What? I'm in the gym. I'm working out. What do you mean?" He was like, "Yeah, your body is saying this, this and that." And I was like, boom. Okay. He said, "Anthony, what you do right now between your 38 and 50 determines how your body is going to be 70 and 80." And I said, "Okay."

Here's where I said, did your doctors know your name? He said Anthony. He didn't say son. He didn't say daughter. He said, Anthony. Why? Because I've been going to this doctor for years. And anytime I've had any scares, any fears, man, my family

would tell you, I call my doctor. My doctor knows my name. He knows everything about me. We have a relationship.

And I think that if we're really going to steward our lives well, and really be to take a seat at the head of our table, we're called to steward this body. If this body is not doing well, y'all, we're not going to do well. We're not going to build that business well. We're not going to be able to be a good husband.

Like I'm 40 with no kids right now, Annie. I don't have one child. And sometimes that emotionally gets me down. But the reason why it doesn't scare me, because physically I'm good. Physically, I'm eating better. I'm working out. I'm healthier. So now I can have a child at 42 and I'll still be able to play basketball and whoop his behind a little bit. You know what I'm saying? I can still be out there on the golf course. I can still run behind my daughter on the bike if I have a daughter and catch her, make sure she don't fall. Why? Because I'm stewarding this body well, because I'm constantly getting the checkups. I'm constantly making sure that I'm taking my vitamins. I'm constantly going in to get the unpleasing checkups.

I just had the colon cancer checkup and that was very uncomfortable. But I would rather take a pill than have to go through so much more because I didn't want to get checked up. And so that's why I just think it's very, very important for us to do that.

But I have a doctor. I have a coach as far as in a gym coach that gives me just a layout. I have a nutritionist that helps me eat better. And what I love about my nutritionist, I can tell her, Hey, this is what I like to eat, which is, okay, cool. So we make up a custom thing for what I want to eat.

And I think everybody going into 2025, I want you to get on a meal plan that you can sustain. Sometimes we'll in the first 30, I'm going to eat only this just so we can see the result. But no, find something you can change your life and it benefits your life, but you still have in it what you like and what you desire.

So I'm a sweet tea, have lemonade guy. Annie, I love pancakes. So that's still inside of my diet, but I still have other things that's going to fuel my body to sustain it from a long period of time.

Annie: I think a lot about living to be 100. I would like to be 100. So I'm like, if I want to be 100, I don't decide that at 99. I'm deciding right now how long... for what I can't control. There's so much about our health we cannot control. But the things I can control, I'm like, man, I do not want my body giving up before my calling is done. So I have a little bit of agency in that. I don't have all the agency, but I have a little bit of agency in that. And that over the last four or five years has really changed my

life to be like, hey, you have a little choice here to make sure your body goes as far as your calling goes.

Anthony: Absolutely. The caliber of your future will be determined by the choices that you make today. And I think a lot of people need to understand that if you want the caliber of your future to be bright, healthy, fruitful, then you got to make bright, healthy, fruitful decisions today.

One of the reasons why I'm so adamant about that is because I am 40 without a family. And my God knows I want to live until I see my grandchildren. So now that I'm 40, that means I need to live at least another 30 or 35 years. So that puts me at what, 75, 80. I'm like you, if I can get to a hundred, that'd be great.

One of my old pastors, Mr. Rudolph McKissick Sr. is 98, still driving, still talking, still preaching. And I'm like, Wait a minute, if he can do that, I can do that.

Annie: Tell how.

Anthony: So that's why I'm like, wait a minute, God, what do I need to do? That's why I got the people at my table to help me do that because I still want to be healthy for my children. I don't want to have to walk on a cane because of the poor decisions. Now, if life happens, I was out of my control, I'm with it. That's God, right? But I don't want to have to walk in the cane because I made poor decisions when I was 30, when I was 40, when I was 50. So I'm trying to make all the right decisions that would impact me so I can live to I am a hundred like you. And when you turn a hundred, I'm coming to your birthday party. And when I turn a hundred, you come to mine.

Annie: That's it. That's exactly right. I'll make you that promise right now. I mean, you're a financial guy through and through as well. And a lot of the things about people sitting around your table cost money. Going to the doctor costs money, going to a therapist costs money, having a nutritionist costs money. How do we become the person we want to be on our budget? I mean, we watch celebrities get to have all these resources that help them have the mind, body, spirit that looks like it takes a full-time job to be that healthy in every way. How do we do it if we don't have a celebrity budget? I don't.

Anthony: Well, when you talk about money, you talk about like just looks and stuff like that.

Annie: No, I'm talking about the money. How do we have the money to get the people around the table that helps us to be the people that we want to be?

Anthony: At the end of the day, Annie, here's my thing. When it comes to money, what I want you to do is really sit down and just have that clear budget. And this is what I mean. I remember one season of my life I was sitting at the side of the table of my own life and bankers and loan officers and all these people were telling me what to do.

And what I started realizing is I couldn't do the things that I wanted to do. Like I couldn't go to see my nephews play basketball. I couldn't go and hire these particular people to help me fulfill the goals and the dreams and the assignment that God has given me on my life. I couldn't afford to go pay a therapist because I had to go pay back all these other people. I couldn't afford to hire a mental coach because I had to pay back all these people.

So what I tell people to get the life that you desire, if you want to be able to pay certain people to come help you out with your life, the very first thing is you got to get rid of the people who's robbing from your life, who's stealing from your life. And those are people who have lent you money. You got to pay them back and get them out and get them away from your table so that way you can take back the head of your table.

I was talking to this young lady about six years ago. And she had come into, not the office, but she came into the church and she knew I was this financial guy and she was crying. I said, "Why are you crying?" And she said, "AO, I have not been able to go to my son's basketball game in two years." I was like, "Wow, why?" She was like, "Because I have to work three jobs. I have to get up and work an extra job." And I was like, "Okay." She said, "I feel like I don't control our life. I feel like my bosses and my jobs and all these people tell me what I have to do. Because it's like I owe them so much money."

And so I said, Well, you've given them that position in your life, sis. So what you got to do so you can get out of that is you got to pay them back and then stop borrowing money. You got to get on a budget for your life because budget brings you freedom. And when you have no debt, some savings, and you only have one job that you have to worry about, and maybe a side business, now you can bring different people to your table to help you fulfill your assignment. And watch this, not just fulfill your assignment, but help you fulfill your son's assignment. Because in this season, your son may need a special coach at his table to help him get better at his basketball game. He may need a tutor at his table to make sure that he's studying well and doing right.

And so when we have freedom from bondage, as far as in debt, now we bring in other resources that help us. Inside the book, I literally lay it out. How do we do that? How do we get out of the bondage of debt so that way we can have financial freedom to fulfill the assignment on our life that God has given us? And I think if

we can really get there, man, we can have anybody that we desire and that we need at the table.

But for me, man, I want so much financial freedom, Annie, that a lot of people don't know this, I'm buying land right now. And the reason why I'm buying land is because I want to build community centers on these lands. I want to build centers where young people can come inside of these schools, come inside these centers and learn financial literacy and learn business development skills and learn LOCs, and learn investing because we're not offering it inside the schools. Our church can't teach everything. So why not have a ministry of myself that I could teach them this? But I can't do that if I have a bill collector at my table telling me what to do with my money. So I got rid of them and now I'm able to do what I want to do and who I want to do it for. And I'm excited about it. So I've just been buying land all over, sitting on it, and then I'm just building up that plan to launch the first center.

Annie: That is very cool. I mean, you're bringing something to my mind that I have not thought about. Last year, we did a series on the podcast called Build Your Board, which is a version of this, right, of kind of talking about who's sitting. And so we will tell people where they can find that. But I think my deeper question that you're bringing up that I haven't thought about at all that we didn't talk about before is, are we building tables for our kids? Like, should our friends who are parents be thinking about who's sitting around their kids' tables? Like, I have not thought about that at all.

Anthony: Annie, no one has never asked me this question, and I've done 100 interviews. No one has. And thank you. I think that's God speaking to you, Annie, because I've been on that lately. Throughout my show, everything has been about... even for myself, I don't have kids. I haven't met their mother. But I'm still like, how do I build their own table?

I don't know about you, but in my family, we had the adult table and we had the kids' table. And the kids' table was small, and we set up the kids' table while the adults were around there. And that analogy is what God put in my head. You don't even have a table prepared for your son or your daughter, and you're telling me you want a kid. Your heart is going to be where your treasure is. You have no investments for your kids. You have nothing going in, but you have a real nice car, Anthony. You have a real nice house. You have this. But wait, you're saying you want a kid, but I don't see even a small table prepared for your son or for your daughter.

I know some people may be saying, well, what does that mean? Let me tell you something that I did that really I felt convicted about. I sat down with my financial

advisor. So at my personal table, I have my own financial advisor, and I'm a money guy. And I came to her, and I said, "Hey, is there anything I can do to set my kid up for success?" And she was like, "Wait a minute. You got a kid?"

Annie: I love walking by faith. Let's go.

Anthony: She was like, "I've been here five years. I ain't never heard of no kid. Did something happen? You find out something from the past?" I was like, "No, I've been good. I've been living right." I said, "But no, God just put that on my heart that I haven't prepared a kid's table." And she was like, wow. And she was like, yes. She said, I've never had one single person ask me this question. But she said, Yes.

I said, Okay, what can I do to start investing into the kids? She said, you can open up a 529 and have that go to your trust. And then when your kid comes in inside the trust, you can move the beneficiary from the 529 over to your kid. And then she said, "Anthony, here's a benefit to you. Because you live in Maryland, you can start putting money inside of this 529 now, and you can write off up to \$2,000 in your taxes." I was like, "Wait, what?"

Annie: Oh my gosh.

Anthony: So it was like, Yeah, instead of me paying money to the IRS, I'm sowing money and creating a small table for my kid. And can you only imagine, Annie, what happens when my kids turn 18 and I come to them and I tell them, "Hey, here was a check for a quarter million dollars to go off to school. And if you don't go off to school, we can reroute that into an IRA. And now you're already starting to build. Can you imagine?"

And then she gave me a list, and I can't give you all of them on here, but you got to go to my website or Annie's website and get the list. And then she gave me a list of everything I can do right now. And watch this. I'm not putting a lot of money into it, but I am putting \$2,000 into the 529 so I can write it off. I'd rather pay into my kid's future than into the IRS.

So she gave me another account where it's not locked up because 529 is only for education. Another account is, I was like, Okay, wait, I'm putting money in there. So I'm putting \$100 a month in there, it's \$1,200, don't have a kid. So I'm already getting a compound interest.

When they turn 18, we can take that out. Can you imagine another quarter million dollars to sit in this account? Now they can go buy a house. Now I've helped them with their life. They're starting off, if they go to college, debt-free. They got a quarter million dollars to go towards a mortgage. Now they are ahead of the game.

Now they're not stressed. They're not trying to figure things out. Why? Because their father was thinking about their future and thinking about their life, AKA their table ahead of time.

But a lot of people don't think about that. And when God gave me that conviction, I said, God, I'm so sorry. Because I bought my dream car before I even thought about my kids, but I'm telling God I want kids. And I said, I'm going to change that. So now that's what I do. There's so many different things about a kid's table. Because when they come out, man, they're going to have a good table because I want them to see doctors. When they come out and they're able to talk, I want them to have a therapist they can talk to from the very beginning as they grow older. So I'm already mapping out how their table will be. But even from a financial perspective, their table is going to start off better than what my financial life started off with. Because my parents gave me wisdom and knowledge, but they didn't give me financial resources. And I refuse to duplicate that going forward into my kids.

Annie: That is so cool. I mean, talk about sowing a seed of faith. That is putting that money somewhere that you could be doing something else with and holding so tightly to hope that you're like, I'm just going to go ahead and put American dollars over there. I'm going to put American dollars over there in my hope and faith and see what God does with it. You can't lose on that. I don't know how your story goes, but you can't lose on that.

Anthony: No, I can't. And I won't, because I believe God will honor my heart. I know I'm going to have a kid.

[00:50:04] <music>

Sponsor: Hey friends! Just interrupting this conversation one more time to tell you about one of our incredible partners, [DailyLook](#). Okay, if you're still trying to think of a gift, you want to ask for a DailyLook box. It is so much fun to have a personal stylist, pick out clothes for you. And you don't even have to leave your house. A box of clothes just shows up at your door.

DailyLook is the number one highest-rated premium personal styling service for women. And you're going to love it. Okay. I got my box and I loved everything they sent me. Truly, all of the items in my box have become staples in my closet. I'm wearing the jeans right now.

You just fill out their style quiz — you know we love a quiz — and then you get your own dedicated personal stylist who curates the box of clothes for you. Thank you, Esmeralda. And this is a real personal stylist, not AI. So send this gift idea to a family member who has been begging you to tell them what you want.

It's time to get your own personal stylist with DailyLook. Head to DailyLook.com to take your style quiz. And my friends get to use the code THATSOUNDSFUN, and you'll get 50% off your order. Once again, that's DailyLook.com for 50% off and make sure you use our promo code THATSOUNDSFUN, so, you know, they know you're friends with us.

Sponsor: I know it's confusing to go grocery shopping sometimes because you're trying to figure out if the marketing on the front of the label matches up with the actual ingredients on the back. Like it may be marked as healthy, but is it?

I legitimately love [Thrive Market](https://ThriveMarket.com) because certified organic is always their first choice. And they study every label to search for the best wholesome ingredients that have been vetted for safety. This way we don't have to spend hours reading the back of ingredient labels. They even restrict a thousand-plus ingredients that are found at the conventional grocery stores.

Plus I save money every time I shop Thrive Market site, and then it all gets shipped right to me, which is my preferred method of grocery shopping. Their mission is to make a healthy and sustainable living easy and affordable for everyone. So they seek out brands and products that follow ethical practices.

Want to shop at a grocery store that actually cares for your health. Go to ThriveMarket.com/ThatSoundsFun. You're going to get 30% off your first order plus a free \$60 gift. You guys. That's ThriveMarket.com/ThatSoundsFun.

Sponsor: Listen, I've gotten a lot of texts from friends asking if I really do like my [Helix Sleep Mattress](https://HelixSleep.com) because they're in the market for a new one. And I am telling you, I sleep like the dead on that thing. You guys, I am telling you, I'm sleeping so good.

My old mattress had done its time and formed a real lump that looked like I was sleeping in a ravine, but I hand to heaven, overslept every day for the first week I slept on my Helix Mattress. It is so comfortable it was concerning. I was late every day.

And their sleep study stats say I'm not the only one who's sleeping like a dream. Helix measured the sleep performance of participants after switching from their old mattress to a Helix mattress like me, and here's what they found. 82% saw an increase in their deep sleep cycle, including me. Participants on average achieved 39 more minutes of overall sleep per night or in the morning as was my case.

So basically this mattress is changing lives out there, including mine. If you're looking for a new one for Christmas or you're refreshing some things around the

house before the new year, don't miss this deal, you guys. My friends get 20% off and two free pillows for all mattress orders at [HelixSleep.com/ThatSoundsFun](https://www.HelixSleep.com/ThatSoundsFun). Again, that's [HelixSleep.com/ThatSoundsFun](https://www.HelixSleep.com/ThatSoundsFun).

And now back to finish up our conversation with Anthony.

[00:53:53] <music>

Annie: You know, the other group of people I'm thinking of is like people who volunteer with church youth groups and teachers and like Sunday school teachers. I'm like, man, they sat around my table when I would not talk to my parents at my table. I would talk to Kathleen who led my small group and I would talk to my youth pastor and I would. There were people, my teachers.

So even for our friends listening who are part of other villages, we're getting... I can think of a lot of kids whose table I sit at and who talked to me at times... and their parents, but will talk to me about stuff too. And I think, man, that's an honor. When someone else puts you at their table, that's an honor.

Anthony: No, it's a huge honor. You know, especially me being a former youth pastor, just thinking about that, how many lives I spoke into, how many lives did a pivot because I spoke into them. And I think anytime you have the opportunity to sit at someone else's table and give wisdom, give them sound wisdom, give them sound knowledge.

But watch this. Don't give them your opinion based upon your personal life. If that makes sense, like listen to what they're saying, listen to where they want to go. And if you know that's the right move for them, but let's say for an example, it wasn't the right move for you, well, don't tell them, but I wouldn't do that because... No, no, no, no. If you can look at their life, you prayed about it and you see God is telling them to go there, give them sound wisdom and knowledge on how to make that decision better, not based upon your personal experience that may have been negative.

And I've had to learn that because... I don't do Bitcoin, for an example, right? But I know people who do do Bitcoin. And I'm like, yo, go talk to them because I don't know that expertise. But what you're going to do with the rewards or the returns of your Bitcoin, I can help you out with that. I don't do day trading, right? I don't really like single stocks, but I know that if with the right wisdom and knowledge, you could honestly win in day trading, right?

So I'm going to give you the wisdom based upon that. "Hey, here's the best way to go about that. I can help you over here, but I can't give you that." So I got to be

sensitive when I'm sitting at someone else's table to not bring my whole life and just say, You got to do this at their table because their life is different from mine. Their calling, their assignment is different from my calling and assignment. And I'm still required to steward our relationship.

And so if you invite me into your life for some reason, Annie, I got to say, okay, what is my purpose? What is my assignment here? How do I best help her? And watch this. When that time is up, it's time for me to leave. Not saying that Annie is not my friend. No. But it's like my assignment here is up. Let me step back. So someone else who needs to help Annie get to the next level, to the next season of her life can come in and be in an intimate setting with her. But I'm still rooting from her. I'm still going to call her. I'm still going to be like, cool, great. Like, how are you doing? Celebrate with you. But I'm not in the intimate section because I'm no longer needed.

And that is a problem too. We ain't got enough time, but you got so many people sitting at your table and so many people sitting in your life that should have been gone. That should not be in an intimate setting with you because it's like, yo, they are prolonging you from getting you to where you need to go with God into your assignment.

And so I've had to kick people out of my life, literally. And when I say "out of my life" in the intimate setting part, but we're still cool. Still chill, get something to eat, laugh, crack up, and talk on the phone. But some of those people are my family. Like my mom and dad isn't sitting at the intimate level of my table because they haven't really done the things that I'm doing. But it doesn't take away the love that I have and the time I want to spend with them.

I'm trying to build an eight-figure business. They haven't made a seven-figure business yet, so they can pray for me, but they can't give me sound wisdom and knowledge on how to do it. So I need someone like Annie. I need someone who can sit at the table and say, Hey, you know what? This is what you need to be doing. This is the difference, dah dah dah.

But why do you have people sitting at your table who's only made 50,000 and you're trying to build an eight-figure business? Why do you have a bunch of single people at your table when you're trying to be married? Why do you have a bunch of people who are drowning in debt at your table when you're trying to become debt-free? If you're trying to make a podcast, why do you have non-podcasters at your table and you're trying to make a podcast?

So for me, I've learned it has to be a mutual benefit. If you haven't done the things that I'm trying to do, you just can't be in an intimate setting, which is take a seat in my personal life. You can't hold me accountable.

Sometimes we hold people because we don't want to hurt their feelings. So we've become experts at saving somebody else's feelings at the cost of our feelings and at the cost of our life being put on hold because we're scared to tell them, Hey, we need to make some pivots in this relationship. And I've met people in 2024 like, "Love you. You're my brother. You're my sister. But where I'm going next, man, you just can't be at this part in this close of life. So things got to change. But you know, we can go play golf next month for sure. Let's do it." So that's where I'm at.

Annie: And there may be another season where they sit back down, where it's something loops back around and you go, Now I need you back because now you're an expert in this other area that really matters to me. So come on back. That's why you don't burn the bridges. Because you're like, thank you for your voice. I will probably need it again.

Okay. So finish this here. For 2025, give us a marching order. What's the first thing you tell us to do to set ourselves up next year for like, man, we don't know what the world's going to throw us, but what we can control... what would you tell us to do next year to start off having the year we want emotionally, spiritually, physically?

Anthony: Here it is. It's super clear and it's super simple and there's nothing deep. I need you before the end of the year, before December 31st of this year, and if you're watching this after, or listening to this after that's fine, do it as soon as you hear it. But before you go into 2025, I need you to write down a clear vision for your life and a clear vision for your money. And you got to make sure that the two are congruent and they're working hand in hand.

Prime example, if you're saying, Hey, I want to get out of debt this year in 2025, cool, great. In your budget, write down, Hey, how much money are you going to be putting towards debt? Hey, I want to buy my first house. Hey, I want to buy a business. I want to build a business. Hey, I want to get married. Right? Does your budget show that?

For an example, my goal is in 2025, that I'm intentionally dating, and that I'm going to find and propose someone by the end of 2025. So what I've been doing is I've been saving money and putting money into for a ring and for the wedding and for the honeymoon. So that way my budget is matching my vision and I'm speaking it into an existence.

And so I encourage everyone this year to spend time and to write down your vision. And I need you to write it down super clearly. And I need you to send that off to someone who you know, who can hold you accountable for that and ask them for their feedback.

But watch this. Sometimes our vision can be so farfetched. Oh my God, you got \$125,000 in debt and you're saying, I want to be debt-free in 2025, but then you're only making \$70,000 a year. Y'all, that's not realistic. We need to make realistic visions and goals for the year.

And watch this. When you get into 2025, here's a margin order. Once you have the vision, you should never say no. When you're asked to do something, when you're thinking about doing something, go back to the vision and ask the vision, if I do this, will it delay me getting care? If the answer is yes, then the answer to that part is no. If I do this or can I do this and that the answer is no, then the answer is like, okay, cool. It doesn't stop us. Do you have the financial means to do so? Are you okay with doing it? Is it going to cause any other issues outside of your vision? Then if not, y'all go enjoy it.

And so live by the vision for just 12 months. If you're tired of certain things that you've experienced in 2024, live by the vision for the next 12 months. And I promise you, if Annie allows me to come back on next December, I promise you all, you're going to feel different because you stuck to the vision. And I can tell when people don't have a vision because they're all over the place.

One month they're here, one month they're there. I don't know what I'm going to do. No. Spend some time. I want you to cut off the light, cut off the phone. If you have kids, put them to sleep. If you're married, get with your spouse. And what I'm doing, and I do this every single year, is I get into my prayer closet. I have a little room and it's a little section in there and it's like a closet. It's not literally a closet, but I call it my prayer closet. And I turn off the lights. I turn off my phone, literally, I turn it off. I just put on worship music and I just sit in the dark and I say, God, what is the vision? What is my summit? Where am I going? And then I say, why? And I asked myself "why" three times.

And I know my vision is clear when I start getting emotional about it. When I feel like I want to cry a little bit and just weep a little bit because now it's gotten down to my gut. And then I take that and I write that down. And man, everything that I put on my vision for 2025, I accomplished everything but one of them. And watch this. Y'all could say, well, you didn't accomplish your vision, I got a whole lot closer to whatever it was. But it's like for me, if I aim at nothing, I can hit that all the time. But if I have a target, if I have a vision, I can get real close to that. And so

I am further than where I was this last time, last year. And so I'm excited about what's next.

Annie: Oh, that's so good. Listen, I'm sitting down with my financial planner tomorrow. So you just shaped my night. You just shaped my mind. Because I've never sat down with them and said, here is my vision for my money. I've just said, Are we all right?

Anthony: I'm sure. And that's what we all should do is sit down and tell your financial planner, what you want to do? And they should be able to give you a plan based upon what you want to do. So that's super important. Your financial advisor and your accountant should be able to be there.

Annie: Yeah, that's really good. Anthony O'Neal, you're the best man. Okay, well, you know, we got to ask you one more question and then we'll let you go. Because the show is called That Sounds Fun AO, tell me what sounds fun to you.

Anthony: Hey, you know what? Right now what sounds so fun... hasn't been fun lately, but I was gonna say it. Dating just sounds real fun.

Annie: Listen, cuffing season is upon AO. We're gonna work it out.

Anthony: Listen, I'm gonna live right, but girl, come on over here and just cuddle and watch the Christmas movie. That does sound fun.

Annie: That's it. I'm with you. That does sound fun. Thank you for coming on, my friend. I cannot wait for everybody to get *Take Your Seat at the Table*. What a helpful conversation this was! I appreciate it.

Anthony: Thanks for having me on, seriously.

[01:05:11] <music>

Outro: You guys, isn't he the best? Oh, my gosh, we literally walked out of that conversation and I walked straight to my team and I was like, did y'all love that as much as I did? And everyone did. We all did. He's so brilliant.

Go preorder your copy of *Take Your Seat at the Table* right now and go follow Anthony on social media, tell him thank you so much for being on the show. If you enjoyed this episode, I think you're really going to love our Build Your Board Series. And there's a guidebook that would be a great way to help you start the new year. You can find everything at AnnieFDowns.com/BuildYourBoard. It's an entire podcast series, multiple episodes, helping you figure out who should be sitting

around your table with you right now. So AnnieFDowns.com/BuildYourBoard or that's linked in the show notes for you too.

If you've got any questions from this episode, just drop them in the Q&A box on your Spotify app, if you're a Spotify listener like me, how did your Wrapped go? Or send them to us on Instagram @ThatSoundsFunPodcast. We'll try to answer them there for you. Don't forget to be following That Sounds Fun podcast because we got a lot of fun stuff coming in the new year.

If you need anything else from me, you know I'm embarrassingly easy to find. Annie F. Downs on Instagram, Twitter, Facebook, TikTok. Anywhere you need me, that's how you can find me.

I think that's it for me today, friends. Go out or stay home and do something that sounds fun to you and I will do the same. Today what sounds fun to me, my adorable nephew is arriving in Nashville in just a few hours. I cannot wait to hang out with him. He's been dying to have Alexa turn on my Christmas tree. So that sounds fun to me.

Y'all have a great week. We'll see you back here on Thursday with another favorite friend of ours, Matthew West. See y'all then.