

## Passions and Purpose Interview

**Kimberly Rhodes:** Well, good morning. Hey, you guys! This is Kimberly Rhodes with [WorkFromHomeRadio.com](http://WorkFromHomeRadio.com). This is the official first launch of this absolutely hands-on *Work From Home Podcast and Radio Talk Show*. I'm your host Kimberly Rhodes and I'm so excited for you guys to be here with me today. We are all about creating wealth from home; seeing money where you live. It's with great pleasure that I have Antonio Goodwin today.

This guy is a great dear friend of mine. He is like family. He is what we call an Empowerment Trainer. Now, I got a lot of stuff to tell you about him. Let me just kind of give you a little bit. I want you to pick up your java coffee latte, get some notes, piece of paper and pencil because he is going to give you some stuff to take your life to the next level.

So, here is just a little bit about Antonio. Now, he is a speaker, author and they refer to him as The Empowerment Trainer. OK, he got a list of degrees that are too many to mention but let me just give you a little insight on this Renaissance man. He has a BA in Music Theory and Composition, a Masters in Folklore focusing on –ok, you guys, let me see if I can say this right- Ethnomusicology. His particular interest was in African-American religious sacred music and West Africa music as well.

He has an MDiv which is a Masters of Divinity which is a focus on ethics and social advocacy and he is an attorney to boot. He has a JD; a law degree in litigation and advocacy. So, would you say he is a Renaissance man? I say so too. However, let me tell you why he is here today. We are about helping you to create the life that you love. It's interesting with his varied background; he's an expert on teaching people passions and purpose. He's designed this incredible product and process: *The Interpreted Life*.

So, Antonio, are you there?

**Antonio Goodwin:** I am here, I am here. Hello everybody.

**Kimberly:** Wow! I got to tell you, your whole bio is like a mouthful but I'm so excited to have you here my dear friend. [Giggles]

**Antonio:** It's good to be here. Thanks for having me on. I'm looking forward to talking about this exciting system.



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**Kimberly:** All right. Before we get started, why don't you just share a little bit about who is Antonio and what do you do?

**Antonio:** That's a great question. A lot of people ask me, and I like to maintain this air of mystery, to some degree. In general, I'm really simple. I love adventure, I love creating the life that I love and that I enjoy. I love being passionate about life and experiencing life in a passionate way. I don't mean any of that stuff in a cliché way; I really do live my life that way and have lived that way since I can remember, really.

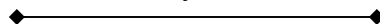
I've just come into the knowledge, maybe several years ago, about writing it down, what is it that I've been doing that I can enjoy the life that I have so much. This is why I've come up with this new system called *The Interpreted Life*. I like to think of it as prophet--eering but I'm sure we'll get to that later on.

Let's see, what do I do other than live the life that I love and have adventure and travel and be passionate about the things that I do. Well, I own an interpreting company as well, a sign language interpreting company, which is just another area of my life that allows me to impact the world in which I live in a way that's positive.

Really who I am, Kim, is really about creating possibilities in people's lives for freedom and independence. I am a person of passion, a person of purpose and a person committed to creating legacies. Those legacies for me are about changing people's lives in a way that it really is ongoing generation to generation. I want families to be changed; the children who are not even born yet, I want them to be changed. When I say changed, I don't mean something is wrong with them. I really mean that they can appreciate that they are able to create a life they love. They can do that through *The Interpreted Life*, the system that we are going to talk about today.

**Kimberly:** I think that's great. So, tell us a little bit, you know, when you say that you've been doing this for a long time. How did you get started? How did you come to get this whole process of *The Interpreted Life*?

**Antonio:** Well, the process has been what I call "codified". I put it down in words, finally, into a system. About two years ago, I started looking over my life to see what is it that I've been doing. And, I know that this is a big thing about purpose and passion and I love talking to people about it. I started thinking about, "Well, how I've been doing this in my life since I was in high school, since I was in elementary school even?" I looked at a variety of scenarios



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that demonstrated that I love doing this. I love being a part on people's life and having a commitment to seeing that they get the greatness that's in them,

that they get, that they have power to create; that they get empowerment within themselves. I saw that along and along.

One good example, when I was in elementary – well, middle school, I was in middle school. My sister, she is one year older than I am, she and I are great friends I mean we are very close. I would say she is probably my best friend interestingly enough and I tell her tons of stuff and I look to her for advice. Well, during middle school it was time to run for student council president and she was in eighth grade, and I said, “Catrina, you would be perfect for this.” At that time she hadn't even considered it, but I saw something in her, and I still see it. I mean, my sister is – she is phenomenal! She is a phenomenal woman – even back then in middle school I saw this. I said, “You should run for president.” Well, she did. I was her campaign manager.

**Kimberly:** [Laughs]

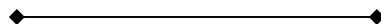
**Antonio:** I came up with all these ideas and quotes and slogans. I wrote her speech; I coached her on her speech and of course, she won.

**Kimberly:** Wow, campaign manager in middle school.

**Antonio:** In middle school! I created this whole vision because of what I saw in her. That's just one example of the things I did constantly growing up looking into other people's lives to see, “Wow, I mean, there is greatness in this person” and doing something about creating a spark in their lives so that they can see the same thing.

**Kimberly:** I think that's fabulous because I believe that people have natural gifts. I think everybody is given a uniqueness and a natural gift, if you will, that, if used correctly, I mean, can manifest anything, anything in their lives. What I hear you saying is that you have the ability to see people's natural gift.

**Antonio:** Absolutely, absolutely. It's nothing that I necessarily created; there is a natural ability in me and a calling that I feel pulled towards doing that. When I meet people, automatically, I'm drawn to a conversation about passions and purpose and seeing what it is that I see in them and then having them see that same thing; creating possibilities in their lives.



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**Kimberly:** I think that's great. So, tell us a little bit about who inspired you, what's behind – I mean, obviously, ok, you are in middle school and you're doing this already.

[Both giggle]

**Kimberly:** So, along the way who inspired you kind of to take it to the level you are at now?

**Antonio:** Well, I got to say, three very powerful women in my life. The first would have to be my grandmother, Vernola Davis. She is still alive. She is – I mean, literally not just walking around alive but she is full of life. What inspires me about her is that she is a strong woman and even as a child I saw that. I *loved* her as a child, dearly. She raised my sister and me. The strength that she had to go through a variety of adverse circumstances not only growing up, the stories that I heard, but to see how she translated that in her life to giving love to my sister and me. I mean, she loved us unconditionally.

It was because of her that I had in me at that young age the idea that I could do absolutely anything I wanted to. Nothing was impossible for Antonio Goodwin. I attribute that strength, that amount of sensibility about myself to her. She put that in me. I would say looking at her life and really having the experience of being raised by her, she would be my first inspiration.

My second inspiration would be my mother. Although she was not the one who raised my sister and me, just by seeing who she was and what she created in her own life, that was impactful for me. That was inspirational. I'll give you an example. My mom – I'll give you two examples in fact. My mom never drove when she was younger. She was afraid to drive. In her mid-20s, though, something clicked; I call it just a decision, a choice. She decided she was going to buy a car. Somehow she decided she needed to drive. There wasn't any particular circumstances that I'm aware of and without having taken driving lessons she went down to the car dealership, bought a manual car and drove it off the lot.

**Kimberly:** [Laughs] Oh my gosh!

**Antonio:** That is by choice. That's the first example. The second example, when I graduated from law school; my mother had said, you know, that she would never fly, she was afraid to fly, she would never fly. Graduating from law school, having a conversation with her, giving her the details of graduation, making plans, I assumed that she's going to find a way to drive up or carpool

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with someone. She said, “Well, I’m buying my plane ticket.” I said, “Plane ticket?” She made a choice. She intended to fly to see her son graduate from law school and divinity school.

Those types of things were just amazing to me. She took what was apparently at some time, point in time a phobia, a fear and just by a choice, a decision she changed it just like that. She flew – now, I live in Pasadena, CA, and I just went to Hawaii to meet my family. Who was in Hawaii? My mother.

Even after she flew the first time, after I moved to California, she said, I don’t think I’m going to make it so far out there to California. I think if she can make it in Hawaii, I’m sure she will be able to make it to California.  
[smirks]

**Kimberly:** [Laughs]

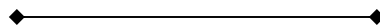
**Antonio:** So that’s the second person just her tenacity, her ability to choose in her life and to create the life that she wanted; that’s a powerful inspiration to me.

The third person I would say is my sister. Once again, I said earlier she is a phenomenal woman. She is a phenomenal woman. She time and time again, every pageant she was in, she was phenomenal, if not first runner up, she was the winner. Every election she ran for she won and she’s brilliant. She was a top honor student. She graduated from Duke and became –I out of her first year, she was teaching elementary school and was nominated three times, three years in a row, as best teacher of the year.

Those type of things – she is a consummate mother, she’s phenomenal as a mother. Really, she is somebody to look up to and I love her dearly. Just by watching what she has created in her own life and seeing how she does it with joy and with excellence. That’s what inspires me about her. Her commitment to excellence.

**Kimberly:** Let me ask you this, how do you translate those three women and the lessons that you’ve learned from them? What can our listeners take from those three women and the lessons you learned from them?

**Antonio:** Well, I would say from my grandmother, from adverse circumstances you can literally do anything. If all you do is translate that experience that you have from what you think it might mean, from what you say it means in the negative and change that to something in the positive; translate it into



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something that impacts someone else in a way that causes a life-affirming event for that other person. This is what my grandmother did.

I think for my mom, you can take that all it is, is a choice. It's a choice, not a fear, not a phobia; unless you choose that is remains the one thing that

controls your life, but if you fear something choose to face it. If you want to get somewhere choose to do it, be in action.

And then for my sister, I would say the spirit of excellency. Just being excellent about what it is you do and do it with joy and do it with passion.

**Kimberly:** OK, great. Now, you've come up with a kind of system if, you will, to allow people to go through the process of discovering their passions and creating a purpose in their life. I know you have a whole book and series coming out: *The Interpreted Life*. Can you kind of just tell us a little bit about the whole system and how that has been created?

**Antonio:** Yes, absolutely. The book that is coming out is called *Passions, Purpose and Prophet--eering*. I know that word prophet--eering people think it's about making money and profit, but really it's about P-R-O-P-H-E-T-eering, prophet--eering because my system is designed with a declaration element to it. It is what one or what you or I *declare* that becomes so.

So, it's really a very simple system. When it comes down to determining what is it you want to create, you start off with the three basic elements, which is what I call discern, define and declare. It's very simple.

In the discerning process, we've come up with – we have a variety of exercises that we people do. They are very simple. The idea is that they get you started in the process to think about what are those passions; to put those emotions, those feelings to words. To give you an idea what would come to the surface for you, what you've been doing all your life and to help you realize that.

One example, of an exercise that we do is I use Venn diagrams. What a Venn diagram is is just two circles in this exercise that we draw and we allow the circles to intersect. So, one circle overlaps the other one and there is a space in between that's left open. What we end up doing is I have people take two exercises and they'll write at the top of one circle the name of that activity; as opposed to "exercises" it's an activity. It's something that they love to do or that they are good at doing.



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They'll put that activity on one side at the top and then on the other side the same with the other circle choose another activity. These activities don't have to be the same; they don't have to be the same category; they can be something that people think that would be mutually exclusive; they can be as little as "I like cleaning up" to as great as "I love traveling the world."

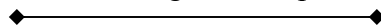
You can put those side by side and then you start asking yourself questions. What is it about cleaning up that I enjoy? I love sweeping, I love using my hands and this is the stuff that you write in the circle but leave open that space where the two circles intersect; leave that open, we'll use that for something separately.

In one side, let's say if it's cleaning up: I like sweeping; I like using my hands; I like organizing; I like the process of organizing. Those are the things that you would write. Then, if you get stuck you would say what am I good at doing while cleaning up? Maybe you are good at organizing; maybe you are good at putting things away. You would write that down even the smallest detail.

Then you go to the other side and if it's "I love traveling the world" you ask yourself the same question. What is it about traveling the world that I like? I like meeting new people; I love planning the trip; I love sitting at the computer and researching the trip; I love organizing the facts; I love reading about historical facts and dates and seeing the chronology of how things took place and what happened over time. You write that stuff down. If you get stuck you say, "Well, what am I good at while traveling?" Well, I'm good at talking to people; I'm good at bringing people together; I'm good at planning large trips.

Then you look at both sides and you see what is similar on both sides. Well, while listening maybe it is organization. You like organizing things or you are good at organizing things from when you clean up and you are good at organizing trips. So, you put organization in the center. So, you look at those things that are common or those things that are similar on both sides.

When you get down to it what you are creating is what I call your "fodder"; meaning your material that you are going to work from to create a Life Purpose Statement. I call that your Reason for Being Statement. And when you get to that statement, once you've gone through the entire process, that is your declaration right there. You are going to declare your reason for being and that is the under the very first step to getting started to creating a life that you love and then living that life passionately.



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**Kimberly:** I find that really fascinating. I always said to people, “when you know why you are here, when you know what drives you, what moves you, you know, why you do what you do, then the how to do it comes almost effortless”.

**Antonio:** I absolutely agree.

**Kimberly:** The work, the real work is to dig deep in figure out, you know, why am I here? For some people, people say that’s a life journey. I do believe that can change over your lifetime but when you get that sense of purpose and direction... I was kind of thinking back to when you said when you were a child in middle school how for you, you know, you did this campaign for your sister.

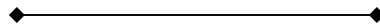
I’m thinking about a life experience for me and it has shown up in my entire life. When I was a little girl, I was raised by a single mom and I was sent to what was called one of the better schools across the way, so to speak. During that I used to always catch the bus and drop my self off in the wealthy part of the neighborhood. I would literally whether it was ring someone’s doorbell or if I saw them on the outside; I’d walk up to them and say, “What do you do for a living? I really like the way you live.”

[Both laugh]

It is funny because throughout that I was a person of natural curiosity. I’m always asking questions and when I look over my life, I mean, I’ve been a freelance writer and reporter. Here I am now; I do interviews and you’re right, I always loved speaking and talking so, when I found that commonality it was very easy for me to find the things that I have that sense of purpose and joy.

I totally agree with you because one of the things –I want to see how you would respond to this. One of the things I’ve heard is that people say when you’re operating in your natural gifts for other people they may be in awe because it seems like “oh my god, I can’t believe how easy you do that” but for you its effortless. Now, how do you respond to that?

**Antonio:** I’d like to make the distinction. I call that your “fish in water.” My “fish-in-water” would be speaking. My “fish-in-water” would be passion and purpose. It’s my “fish-in-water” because I’m doing what I do. I know it sounds circular, but a fish breathes and lives in water; just like we breathe and live in air.



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So, I agree there is a sense of effortlessness, but, this is my distinction: we do it and things happen naturally and results are obtained naturally. But to get it to the next level where we are literally impacting the lives of other people and our own lives in a way that really is a contribution to the world – that’s the other element to *The Interpreted Life*, it is others-centered, it is about contributing to the world – when we take it to the other level it requires some

work, it requires some attention, it requires honing those skills of those natural abilities to help us to do even more than we can probably think or imagine. It creates world where we could not have thoughts that the worlds existed in our own lives.

**Kimberly:** What I love about that is that it’s about playing the bigger game.

**Antonio:** The bigger game.

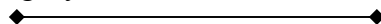
**Kimberly:** Yes, I love that, I love that. I really think – I was reading a book and I know you for read this book as well *The 4-hour Workweek*...

**Antonio:** Yes.

**Kimberly:** ...by Tim Ferriss which is just absolutely transformational on so many different levels. What I love about it is he talks from entrepreneurship to people who are in a current job. But one of the things I love when he talks about when people gets the money out of the way, they really have an opportunity to create things that they could only imagine. With here at *Work From Home Radio*, people are about trying to get out of corporate America and working from home so that they can create this abundance. When I say abundance that just not means money because I think purpose creates abundance in every aspect of your life; kind of much more circular and holistic.

**Antonio:** Right, right, right.

**Kimberly:** What I love about what you’re talking about and I want you to speak more too is that creation of legacy because I think one of the things is that when you’re working for something that’s bigger than just you, when you feel a certain –I don’t want to use the word obligation- but I can’t think of a better word now but an obligation to create something where when you leave this earth there is something left behind. There is a sense of gratitude in the moment of that creation. I think people often times will do more for others than they will themselves. So, can you talk a little bit about your system as it relates to legacy creation?



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**Antonio:** Absolutely. It is an integral part of *The Interpreted Life*. Contributing back and not even – even if we didn’t add the word “back” to it; it’s about contribution to the world because we as human beings are created by our creator to be with other human beings – to be and to be with it’s a part of who we are. When we do that, when we connect to that natural ability to contribute to the world it’s amazing what opens up for us.

The law of reciprocity is always at work. You put out; it will come back to you and in a manifold number of ways. The blessings are greater and it’s not just about giving to get but it happens. The process happens. We live in a world where you plant and if you cultivate it, the seeds will grow.

**Kimberly:** Absolutely.

**Antonio:** You are going to get something out of it. That’s just how it is. And so, *The Interpreted Life* requires that when we create and declare our reasons for being our Life Purpose Statement it is about how to impact someone or some group other than ourselves, other than own group. It has to have that element. And once that happens it frees you up from selfishness, from greed, from thinking it’s only about me to a great the perspective of what “me” really includes. And me, the me, “myself” really includes everybody else because if we don’t have everybody else how then we define who we are.

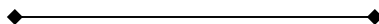
We live in a world of people. We are not an island, we are not living by ourselves, the majority of people aren’t hermits and so we have to live in a world of people, what a beautiful way to live in a world with people by contributing to the lives of others. *The Interpreted Life* requires that that be a necessary element in the declaration process, when you talk about your Life Purpose, or your Reason for Being Statement.

I really do love what you’re saying when you say that having your purpose or understanding your purpose allows you to play the bigger game. It absolutely does because what that does is ... and I like to think of it in terms of physics. When you put a current through a coil and you establish opposite poles, the end of the coil has a negative charge and a positive charge. What ends up resulting from that when you turn that current on it’s running in one direction, right?

**Kimberly:** Hm-mmm. [Agreeing]

**Antonio:** Is not running in all direction; it’s has a specific direction.

**Kimberly:** [Laughs]



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**Antonio:** What happens is that becomes a magnet, an electromagnetic field is created. When you create a magnet things are attracted to it, right?

**Kimberly:** Hm-mmm. [Agreeing]

**Antonio:** That's the same thing with human beings. When we have a purpose, when we get that, when we declare what that is, we have the resources that we need, they start to become attracted to us because we are moving in a direction. It's amazing what, what starts to open up. You're probably the best example I can think of how that works. Time and time again I've seen that happening in your life. I mean, you have a purpose, you know what it is and resource after resource starts to come your way and it opens up and people are there for you and the things that you need are there for you and it's amazing.

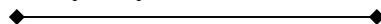
**Kimberly:** Well, thank you. I appreciate that. I can site very specific examples. You're right, and sometimes it's almost shocking to me. I really have to learn to live in it and to be grateful to the universe for that abundance in gifts. But what I really started to get – because in the beginning I would think, “how is this possible?” but, you're right; once you declare it the universe really does opens up.

One of the things that I learned that was an “ah-ha” moment for me – and you know, you and I have had many conversations over breakfasts and dinners and everything about this because we love to stay in this conversation – is that often times we have the resources already. There don't even need to come to us. They've been, almost like the book *Acre's of Diamond*, they've been in your back yard all the time.

**Antonio:** Right, right.

**Kimberly:** But it's only when you declare them and put them out into the world that they start to show up and so, what I want to listeners to hear what you're saying is and what I hear you saying is really you have to declare what it is that you want.

**Antonio:** Yes, absolutely and be clear about what that is. That declaration process what does it looks like. You talk about that, we talk about this quite often: What does it looks like? I mean, write it down. There is a verse in the Bible that says “Write the vision and make it plain.” There is a reason for that because not only do you know what it is but when you understand what that



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vision is and when it's clear is plain and it's written your either not are open to the resources that have been right there before you all along. It's just because you have not made clear or plain that you can't see it.

**Kimberly:** Absolutely.

**Antonio:** Yes, declaring it and making it clear and plain, writing it down; it's all a part of the process.

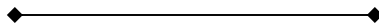
**Kimberly:** You know what I love about what you are saying is because when I do coaching to people and I've been telling people this for years, when you are starting a work from home business and for you guys that are listening whether you have one or you are right here on this call because this is your first step that you've always wanted to create something where you could work from home and create true wealth from home. Not simply an extra \$400 - \$500 a month. Albeit if that's all you want, that's great but understanding that really you live in a world where you can create whatever it is that you want from your home. I always tell people: you must be clear on what you want your life to look like particularly as it relates to your business.

When I say that, and Antonio I want you to tell me if this is in alignment with what you're saying, if you only want to work three hours a week or a day or whatever it is and you know you want passive income versus trading your time for dollars and you know you don't want to work on the weekends because you want that for family or you know you are going to church on Sunday and that's just never a day that you're going to work or you know you want it to be from remote locations so it needs to be Internet based. You really want to create a very – and I always say – clear in the sense that you can almost touch it, feel it, smell it. Put yourself and your family in it and once you get really clear it becomes so much easier to design as I talk about design your business around your life versus your life around your business.

**Antonio:** Well said.

**Kimberly:** And so, what I here you saying is just that. I'm so happy to hear that kind of confirmation that be very clear on what it is that you want so that the universe can help you create that.

**Antonio:** Absolutely. This is why I start the whole process declaring your Reason for Being and starting with the whole idea of discerning and defining and



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declaring. Discerning your passions and defining what that is and what that means to you and what that looks like and defining the group that you are impacting. Then, declaring once you've got that statement written; declaring your Reasons for Being or what many people call your life purpose.

It has to be clear and what that does – and this is why I am in full agreement – what that does is once you know things that come your way that are not in line with that life purpose or your Reason for Being, you can simply ignore it.

You don't have to waste your time; you don't have to waste your energy; you don't have to wonder; you don't have to doubt, should I, should I not; it's not even a question.

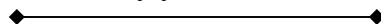
**Kimberly:** Absolutely.

**Antonio:** Because either it fits or it doesn't. When you get to the book, your audience will be able to see in *Passions, Purpose and Prophet--eering* a detailed outline of what it means to create the life... – when you start – the life that you love – when you start with your Reason for Being and you work your way down to creating a vision of your life, it's exactly what you're talking about: what does it look like?

You help me a lot, Kim, when we talk, and we keep each other sharp, you know iron sharpens iron. You ask me specifically, when we were talking about a variety of things “Well, what does it look like?” You help me to focus and to keep it clear in my head so that I'm not off wondering down some different path that takes me away from really what I want to do.

In the book *Passions, Purpose and Prophet—eering*, we talk about creating your vision and what your life looks like. In fact, we go through visualization techniques. When you mentioned how you have to see it and taste it and smell it and really put yourself there. I have a technique called DreamScapes. It's about landscaping your dreams; it's about landscaping your life. You can use it and apply it in many different ways. For not just goal setting but really what you want your life to look like when you are designing, you know, this 4-hour workweek or when you are designing the life that you say, “hey, I want to spend more time with my family, and instead of trading time for dollars I want to do something different where I get passive income” like you were saying. You DreamScape it; you draw it out; you visualize it; you write it down; you describe it so that you can get a clear idea what it is.

Then you create what I call your Fulfillment Portfolio Plan. What's in that fulfillment is not only your Reason for Being and your vision of your life



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that you want, but you also include the goals. We talk about how you set goals and what really a goal is. We talk about opportunities and how you create opportunities but because opportunities really don't knock. We create opportunities. We are the ones who are knocking and saying "I create you opportunity now".

We talk about how that's done and ultimately what you end up with is what I call a Blueprint for Living. It's your Blueprint for Living. So, I have am definitely in agreement with – writing it down, making it plain and being

purposeful about your life and how all of that really causes your resources to come to you. It helps you to knock down all those other –what would you call those, those stray paths or those activities that really don't add purpose or meaning to your life.

**Kimberly:** You know what I love about that? A couple of things that you said were "aha" moments for me that I really love. First of all, with the Blueprint for Living; we live in such an information overload society.

**Antonio:** Right.

**Kimberly:** I mean from the television to the 1,900 satellite channels to the commercials to even in the internet, we are so bombarded that unless you have an absolute clear picture on your life, you can be so distracted by what other people may define as "good for you".

**Antonio:** Right.

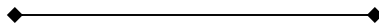
**Kimberly:** [Laugh]

I mean, I always hear myself saying to myself and people whom I love, you know, be careful what you just accept as people saying "I think this is good for you" because if it's not congruent or consistent with where you're going, who you want to be, how you want occur in the world it really is just like a kind of said is that detour, it's taking you off your life's purpose.

**Antonio:** Right.

**Kimberly:** I *love* the fact that you give people this blueprint because it my mind when you said blueprint, you know, you do the heavy lifting so to speak. Now is just like paint by numbers, I just can follow this map.

**Antonio:** Absolutely!



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**Kimberly:** And stay on course.

**Antonio:** You know you are staying on course; you are staying exactly what – that was exactly what it was designed for. I tell people that I coach this is really your life's bible and I don't mean it to replace it in a religious sense. It really has for you your life's blueprint for what it is that you have declared you've been created for and the life that you want and how you want to live it passionately.

When you feel underwhelmed, you're bored, it's not happening for you, you're not inspired, you're lacking inspiration, you are lackluster, you go back to that blueprint and you get inspiration from there. Or when you are feeling overwhelmed you go so many things coming at you at once you don't know what way to go, which to choose, which way is up, which way is down and you don't know if you are coming or going; you go back to that Blueprint for Living.

You go back to your portfolio, your Fulfillment Plan Portfolio and you look at your DreamScapes, look at your Reason for Being Statement, you look at the vision of your life, you look at your goals and you help yourself to get focused again. Exactly.

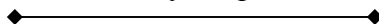
**Kimberly:** I think that's great. Well, you've shared a lot about the system that you have. Tell us just a little bit when will the book be coming out?

**Antonio:** I'm expecting the book within the next month in fact.

**Kimberly:** Wow, congratulations. We definitely want to make sure – first of all, let me just give the site that you guys want to check Antonio out is [www.passionsandpurpose.com](http://www.passionsandpurpose.com). That's [www.passionsandpurpose.com](http://www.passionsandpurpose.com), which is so appropriate for the work that you're doing. Now, I know you are going to be developing and you've got some tele-seminars and your coaching. I'm looking forward for our listeners to be able to see you live as well and some of your upcoming events.

**Antonio:** Absolutely.

**Kimberly:** Tell us a little bit about what do you see in terms of – we've heard a lot about *The Secret* and a lot of people are talking about passion and purpose. What do you see for people in their lives? You know, we live in a life of people watching TV, there are a lot of challenges that people are having around the world and in the country to speak of. What do you see that in terms of what



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you are designing help people live a live of possibilities even if they are on the most difficult time right now today?

**Antonio:**

Well, Kim, the answer that I'm going to give might sound for some people might be a little jarring. This is how I start my coaching and I always start with myself in this perspective so I'll explain. There are three principles or pillars that I based this system on. These are the pillars that undergird my life and the system in how I interact with other people.

The first one I would say is responsibility. I call it a principle, really. It's taking responsibility for your life. When I say taking responsibility I don't mean taking blame, being culpable. I don't mean anything about feeling guilty about anything. There is nothing negative about what I'm saying in taking responsibility.

Another way to think about it is taking ownership. If we don't take ownership to say the life that I have now is the life that I created. Doesn't matter if it's good or bad; only you can determine if it's good or bad – I can't say it's good or bad and no one else can, only you can determine that. When you decide that I take ownership for the life that I have then that means you have the power to create something you want, if you don't have what you want. That's the first pillar.

The second pillar is creativity. Remember what it was like being a child and imagination took over. Imagination was a part of play, every-day play, from sun up to sun down. I had this experience recently when I went to Hawaii with my family. My nephews, who are six and four, whom I love dearly, they continue to keep me in that space of imagination and creativity.

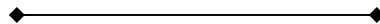
For them being on the beach from 10 to 6:30 is nothing and we got – I was able to get dirty with my nephews...

**Kimberly:**

[Laughs]

**Antonio:**

...sitting in the sand creating sand castles and protecting the sand castle and protecting the queen, who of course was my sister their mother, protecting her castle which sat up on the hill and digging moats and digging reservoirs for water for the people, the inhabitants who lived there. Imagination is key because from imagination you are able to create; you are able to dream; you are able to landscape your dream through the DreamScapes process.



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The third pillar is empowerment. I can't empower anyone. It's not about giving you the right. You know, our country is founded upon these principles called inalienable, inalienable rights. One of those – the three that are talked about, and there are more – what is it, the pursuit of happiness – life, liberty and the pursuit of happiness. In the same way, we have an inalienable right – meaning given to us as a human being, we were born with it – to create our lives and we do it every day we wake up. Empowerment starts there. The power to create brings worlds into being. So, from sun up to sun down when we wake up, we are creating our world. Right now, I'm living in Antonioville. Kim is living in Kim City... and the listeners, you all are creating your experience right now while you are listening to my voice and

who you see me to be and what I'm saying, if it has meaning for you and I'm sure it does. I know my words are hitting home right now to a lot of people who are listening.

From those three pillars you get, from understanding, you get how you can change your life if you want to change it. It starts with you; it starts with responsibility and taking ownership; it starts with understanding that you have the power to create; being imaginative in allowing yourself to play and being creative and then it starts with empowerment; those three pillars. If you feel like you don't have what you want, start there. Start at those three pillars, and I guarantee you, you'll be able to create what you want.

**Kimberly:**

Well, Antonio, thank you for your time today. I'm sure you've enjoyed this as much as I have. On behalf of our first interview for [WorkFromHomeRadio.com](http://WorkFromHomeRadio.com) it was a pleasure to have Antonio Goodwin who is the creator of [www.PassionsandPurpose.com](http://www.PassionsandPurpose.com) and you guys can check him out there. For all of you guys listening, if it's your first time out the box in creating a work from home business or if you are a veteran at it, if you are having great success or if you are struggling it doesn't matter: choose to live the life that you love. Take these words of wisdom, these tools, these tips, these strategies and make sure you create a life that will leave a legacy for those you love and care about. On behalf of myself, Kimberly Rhodes and Antonio Goodwin you guys have a fantastic and purposeful day.

Have a good one. Bye, bye.