

————— FUTURIZE YOURSELF BOOK TWO —————

AN INTRODUCTION TO

THE FUTURES EFFECT

Change Your Story, Change Y'our Future!



BOOK INTRODUCTION

WHEN THE FUTURE PRESENTS ITSELF, WILL YOU BE READY FOR IT?

Tom Meyers was born in Antwerp, Belgium in 1970. His life has been eventful, to say the least, but came to an abrupt halt at age 29 when his gourmet deli business failed, leading him into an existential crisis. Three revealing steps – what he now calls “Futurizing Yourself” – saved his life and helped him overcome his limiting beliefs and make his preferred future into an ongoing reality.

Today, Tom is an osteopath and body-centred stress coach with a private practice in Brussels. He promotes health and wellbeing and is the founder of the “Reset Approach”. Tom combines his health practice with his work as a wellbeing futurist, speaker and author. His mission is to help people flourish and thrive as they prepare for the future with confidence.

Does thinking about the future fill you with hope or dread? If it was up to you, what would your future be like? Do you know how to ensure a good life and a great future, or are you leaving it up to chance?

Stories shape our reality and influence our decisions, choices and actions – which, in turn, have an effect on our future. In this book, Tom provides an engaging and highly practical approach to adopting a futures mindset to successfully prepare for the stress-provoking rapid changes of modern living.

Reflecting on his own journey, and blending insights with scientific evidence, Tom shows how becoming more conscious of the future and addressing life’s challenges proactively can help you flourish and thrive in this fast-changing and challenging world.

BUILD YOUR LIFE AND FUTURE ON WHAT DOES NOT CHANGE (DNA)

Written in a clear, direct, and easily understandable style, Meyers’ book highlights the critical importance of understanding and guiding your life from the perspective of your envisioned future. Instead of following the habits and mindsets of the past, the key to a better life is to become more conscious of the future and its possibilities and opportunities—to infuse the future into the present.

Filled with illuminating examples from his own personal history and experiences—of difficulties and successes and insights—Meyers’ *The Futures Effect* is an enthusiastic and constructive roadmap for heightening one’s future consciousness and re-energizing one’s life.

Thomas Lombardo, Ph.D.

Director of the Center for Future Consciousness

This book is all about inspiring you to think constructively about your future. By providing a straightforward and useful framework based on unwavering principles, it fosters the development of a guiding narrative for the future, for one’s life.

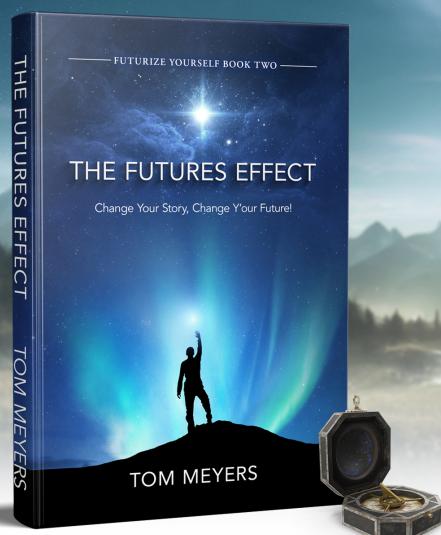
Everyone can easily follow the steps suggested by the book to progress, live a meaningful life, and assure a “GREAT” future in this fast changing and challenging world. It teaches us how to analyse, develop, and pursue our preferred plans using language that is simple to read and understand.

Alireza Hejazi, Ph.D.

Analyst for Leadership and Futures Studies

Author of a.o. Responsible Foresight

Don’t let life stand in the way of your future.



FUTURIZE YOURSELF BOOK TWO

TOM MEYERS

presents

**THE
FUTURES
EFFECT**

Change Your Story, Change Your Future!

www.futurizeyourself.com



The Futures Effect

Change Your Story, Change Y'our Future!

By Tom Meyers

Short Description

In "The Futures Effect", Tom examines the essentials of futures thinking in personal development and discusses how to successfully prepare for the stress-provoking rapid changes of modern life by creating a guiding narrative for one's future.

Backflap

Does thinking about the future fill you with hope or dread? If it was up to you, what would your future be like? Do you know how to ensure a good life and a great future, or are you leaving it up to chance?

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Synopsis

In "The Futures Effect", osteopath, body-centred stress coach and wellbeing futurist Tom Meyers shows how thinking about the future and increasing your future self-continuity can help you to flourish and thrive in this fast-changing world.

Tom illustrates the benefits with illuminating examples from his own personal history and experiences and underpins them with lots of research from other futurists, (mental) health experts, philosophers and scientists. These beneficial effects are not only for y'our health and wellbeing, but also for the wellbeing of the planet on which we depend.

Tom's clever use of "Y'our" rather than "Your" helps to remind us that our choices, decisions and actions influence more than just our own lives. So, as responsible people, we need be aware of that as we construct our future.

Tom starts his book by sharing his personal and professional concerns about our future, and especially the lack of consideration that is being given to how we will cope – both

individually and collectively – with all the changes and challenges that lie ahead and which will, without a doubt, increase the already out-of-control levels of stress.

Stress is a survival response that is experienced when demands outweigh y'our resources. When left unmanaged, it leads to musculoskeletal, cardiovascular, respiratory and immune problems. Stress also adds to anxiety and depression, mood changes, memory problems and changes in time perception.

As changes and challenges increase, so too will stress levels, and thus also all the health problems that are related to and made worse by stress. Tom can already see in his osteopathy practice how this is playing out – and more change is coming!

Tom's concerns are valid – but he also has a solution, a solution that involves you. Tom argues that you have the power to make the future GREAT. You have the power within to empower yourself to evolve on purpose and become more resilient for the seemingly uncontrollable changes and challenges of tomorrow through your decisions, choices and actions today. That power starts with creating stability and clarity – something to hold on to while everything changes. Something to hold on to that doesn't change with time but can be expressed in different ways.

In this second book in the "Futurize Yourself" series, using language that is easy to read and understand, Tom provides an engaging and highly practical approach to how you can create this stability and clarity by creating a personal "DNA for the Future". A "DNA for the Future" on which you can create a preferred scenario and a guiding narrative for the future. In other words: by changing your story, you can change y'our future! Instead of leaving life and y'our future up to chance, you think about what kind of future you want, and through your own volition – through your decisions, choices and actions – make it into an ongoing reality.

In "The Futures Effect – Change Your Story, Change Y'our Future!", Tom provides a constructive roadmap for heightening your future consciousness and increasing your future self-continuity by utilising tools like forethought, foresight, backcasting and being futurewise. Tying this all together, futurizing yourself becomes an effective way to cope and be better prepared for the digital revolution's impact on our lives, including our employment prospects, in a VUCA world.

But the clock is ticking away – so the best time to start futurizing yourself is... right now!

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Metrics

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- A special "Author Copy" hardback (case laminate) is available upon request and can be personalised for larger orders.

New Concepts

- **Y'our:** "Your + Our" to remind the reader that their choices, decisions, and actions influence more than just their own lives.
- **DNA for the Future:** A framework that "Does Not Alter" on which one can build ones future i.e. life.
- **Futurizing Yourself:** Living your life on purpose. Instead of leaving your life and the future up to chance, you use images, a narrative or story of your preferred future as a starting point to change your behaviour in the present. The images, narrative or story are in turn are based on your "DNA for the Future".
- A **"GREAT future i.e. life"**: A Good, Resilient, Evolvable, Actionable and Transcendent future i.e. life.

Keywords

Social Science, technology, social aspects, Evolution, Life Sciences, Futures Thinking, Personal Development, Change, Coping, Stress Management, Life Planning, Personal Futures, Futurize Yourself, The Futures Effect, Futureready, Health, Wellbeing, Futurization, Mental Health, Future Goals, Foresight, Scenario Thinking, Futurewise, Futures Mindset, Future Self-Continuity, Futures Literacy, Forethought, Prospection, Anticipation, Episodic Foresight, Expectation Effect, Futurecasting, Purpose of Life, Consciousness, Motivation, Spiritual journey, Inspiration, Personal Growth, Mindset, Goals, Self Development, Self Awareness, Wisdom

Primary BISAC code

SOC037000	SOCIAL SCIENCE / Future Studies
TEC052000	TECHNOLOGY & ENGINEERING / Social Aspects
SCI027000	SCIENCE / Life Sciences / Evolution

Bio

Tom Meyers was born in Antwerp, Belgium in 1970. His life has been eventful, to say the least, but came to an abrupt halt at age 29 when his gourmet deli business failed, leading him into an existential crisis. Three revealing steps – what he now calls “Futurizing Yourself” – saved his life and helped him overcome his limiting beliefs and make his preferred future into an ongoing reality.

Today, Tom is an osteopath and body-centred stress coach with a private practice in Brussels. He promotes health and wellbeing and is the founder of the “Reset Approach”. Tom combines his health practice with his work as a wellbeing futurist, speaker and author. His mission is to help people flourish and thrive as they prepare for the future with confidence.

Other books by Tom Meyers

Futurize Yourself - Design Your Life on Purpose

www.futurizeyourself.com

ISBN 978-1912635146

A Very Short Introduction to Futurizing Yourself (Bookboon:)

<https://bookboon.com/en/a-very-short-introduction-to-futurizing-yourself-ebook>

ISBN 978-87-403-4433-2

Reviews

Thomas Lombardo, Ph.D.

Director of the Center for Future Consciousness

Executive Board Member and Fellow of the World Futures Studies Federation

Author of Future Consciousness: The Path to Purposeful Evolution, Essays on the Future of Psychology and Consciousness, and numerous other books and publications

<https://www.centerforfutureconsciousness.com>

Tom Meyers, in his new book *The Futures Effect*, provides an engaging and highly practical approach to transforming your consciousness and your way of life.

Written in a clear, direct, and easily understandable style, Meyers' book highlights the critical importance of understanding and guiding your life from the perspective of your envisioned future. Instead of following the habits and mindsets of the past, the key to a better life is to become more conscious of the future and its possibilities and

opportunities—to infuse the future into the present. For Meyers, the future should become a way of life.

The Futures Effect examines the essentials of personal empowerment and taking a proactive, rather than reactive stance toward life's challenges.

Embracing the concept of self-directed purposeful evolution—we have the power to personally evolve ourselves—Meyers discusses how to successfully prepare for the stress-provoking rapid changes of modern life, creating a “resilient future,” and how to envisage a “future self” to serve as a guiding light for navigating and understanding the present.

Meyers addresses human emotions and feelings, decision-making and planning, knowledge and thinking, and purpose, self-narratives, and self-identity in outlining his futurist philosophy.

Filled with illuminating examples from his own personal history and experiences—of difficulties and successes and insights—Meyers' The Futures Effect is an enthusiastic and constructive roadmap for heightening one's future consciousness and re-energizing one's life.

Linda Hofman MSc.

Senior lecturer & futures researcher, Fontys Academy for Creative Industries

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As an osteopath and an autodidact futurist, Tom links the most important skills from futures thinking to learn how to feel with your whole being.

His vision is not so much about shaping your vision about the future; it's about shaping your feelings about the future and using that as an instrument to choose directions. It is not a book that is made to be read at one time. It reads like it is simple, but it is not. It's a book that you should read chapter by chapter and think through and let the content make sense for you before passing on to the next chapter. You need to take time to digest.

In his writing, Tom takes you by the hand. Sometimes the text seems to repeat but then it comes to another point for which you still had to go back to what was told before. He teaches us personal futures thinking through his own experiences and underpins them with lots of research from other futurists, (mental) health experts, philosophers, and scientists.

My greatest learning from the book is that a lot of things are uncertain but there are also a lot of things you can count on. I love the insight that “...certain feelings I longed for were constant in life, like feeling content, fulfilled and healthy... I knew I would not always experience those things, but I would always be striving for them”.

Working with Tom on GREAT futures is not about knowing; his futures effect is about wisdom with all your body, mind and soul.

Review with Chapter Analyses

Alireza Hejazi, Ph.D.

Analyst for Leadership and Futures Studies and author of a.o. Responsible Foresight and Becoming A Professional Futurist

<https://nutsaboutleadership.com/about/>

Core Message

This book is all about inspiring you to think constructively about your future. By providing a straightforward and useful framework based on unwavering principles, it fosters the development of a guiding narrative for the future, for one's life. By using that framework, we can define and design a preferred scenario of the future that is better than one left up to chance. Everyone can easily follow the steps suggested by the book to progress, live a meaningful life and assure a "GREAT" future in this fast- changing and challenging world. It teaches us how to analyse, develop, and pursue our preferred plans using language that is simple to read and understand. The clever use of "Y'our" rather than "Your" by the author serves to remind us that our choices, decisions, and actions influence more than just our own lives. We must thus construct our future based on that awareness to be responsible people who care about the future. For readers at all educational levels who want to live a purposeful life in our volatile, uncertain, complex and ambiguous (VUCA) environment, this book is highly helpful.

Content Analysis

Tom Meyers, after training to become a chef, travelled the world and worked as a waiter and sommelier in hotels and aboard Cunard's flagship, the Queen Elizabeth 2, rather than studying or even making plans for his ideal future. Then at age 29, Tom started his own business, a gourmet deli – which failed and led him into an existential crisis, wanting to give up on life. Three revealing steps, what he now calls "Futurizing Yourself", saved his life and helped him to overcome his limiting beliefs and evolve into the person he was born to be. He is currently an osteopath and body-centred stress coach with a private practice in Brussels, as well as the creator of the "Reset Approach", a novel body-mind and educational approach to manifesting your best, most "stress-resilient" self, today. He is also an autodidact futurist, speaker, mentor, and author.

Meyers' debut book, *Futurize Yourself: Design Your Life on Purpose* (2018), represented Meyers' holistic thoughts on developing a future-oriented life. In his second book, *The Futures Effect: Change Your Story, Change Y'our Future!* (2022), Meyers delves further into the principles and insights that have contributed to futurizing himself. He deepens his understanding of those principles and expands them to bring more clarity. The book reads fluently and benefits from the author's unique narrating style. Because of this, readers are not forced to engage with complicated futures-thinking terminology in order to understand the author's point of view. Meyers' work is important because it emphasises the psychology of thinking about the future, which sets it apart from other publications that advocate deliberate futures thinking or promote developing future-oriented mindsets.

There are seven chapters in the book. It begins with an introduction that emphasises the significance of cultivating a future-focused mindset and describes a proactive process and attitude where we actively incorporate futures thinking into our present-moment decisions, choices, and actions that are compatible with the future we believe in and want to evolve into. According to Meyers, "a GREAT future is a future that is Good, Resilient, Evolvable, Actionable and Transcendent for myself and others". He views "effect" as a "transformation" brought about by responsible thinking and action concerning our future, which affects our health, well-being, and life entirely. Socially speaking, such a transformation also benefits society in a variety of ways, such as reducing climate change, fostering a more sustainable global economy, maintaining peace, etc.

The need for changing deliberately, the decisions we make, and how to use the power of futures thinking through the future narratives we create are all topics covered in the first chapter, which also highlights the benefits of thinking about the future. This chapter contains Meyers' main point: We can steer the future in the direction we want and avoid unwanted futures, while enhancing the present, by creating a narrative for the future and aligning our decisions, choices, and actions to the preferred future. When creating a narrative for our future, he emphasises that it is important to take into account various future situations and see them as diverse future narratives, or scenarios. By doing that, we will be able to embrace change, live more content, fulfilled and healthier lives and steer the future, avoiding unwanted futures rather than being forced into one.

A morally upright, adaptable, changeable, practicable, and transcending future is what Chapter Two characterises as a good future. In this sense, some ideas come into play, such as the purpose of life, examining who we are, and pondering various future possibilities. According to Meyers, "A good future lies within you, within the realm of your potential – and that potential is very specific." In his opinion, self-care is the most important ability to acquire in order to construct a good future. Future-proofing ourselves is a sort of self-care.

Meyers discusses creating resilient futures in the third chapter. To put it more plainly, he defines resilience as our capacity to adjust to change or recover from difficulty to resume

our normal lives. Reflecting on his experience, he urges readers to find a dynamic balance between stress and relaxation so that they may adapt or adjust to new situations, problems, or expectations easily and successfully. He recommends that, by creating a preferred image of the future, we can better adapt to the ups and downs of life and, in the best case, emerge stronger.

The evolutionary character of futures thinking is seen in Chapter Four. Meyers explains how he came up with the idea for writing his second book while considering what additional explanation someone might need when deciding to futurize themselves through a personal account of his life, from outlining his vision of becoming a therapist to becoming a future-focused writer. He was persuaded by this voyage that his sense of self was changing and that actions needed to be taken to accomplish his vision. Based on this comprehension, he discovered recurring patterns that may happen in anyone's life. People will be able to mould their chosen futures on their desired life routes by learning from such patterns. Meyers, who sees himself as being on a road of constant evolution, thinks it's crucial to think and work pragmatically with and for the future. By doing so, we may determine what is and will be feasible, reasonable, or likely for us as we move closer to our objectives in life.

The fifth chapter explores the potential for making deliberate decisions to mould desirable futures. The author discusses the psychological foundations of making responsible decisions by drawing on his stories of success and failure. According to him, there is no way to avoid failures in life, but it is possible to learn from them and use those lessons by looking toward the future and getting to know oneself more thoroughly than before. Meyers believes that certain rules helped him take successful measures to construct his desired way of life based on a knowledge of bodily unity, self-regulatory mechanisms, and the interplay of structure and function. Meyers bases this belief on his experience as a therapist.

The smallest chapter in the book, Chapter Six, centres on the idea of being a good ancestor. In a nutshell, it expresses the author's concern for transcending the self – which is a fundamental theme throughout this book since it is a crucial component of thinking about long-term possibilities. He thinks that this is a step in the process of futurizing ourselves which enhances the qualities of meaning and purpose and helps us make the choices and decisions that will alter the way we behave.

The emphasis of the last chapter is on accepting our future selves. Meyers' suggestion that we need to renovate ourselves for the future is impressive since, after reading this chapter, we discover that we can see our future selves. This calls on us to see the future, develop future scenarios, and envision what our idealised future should entail. We can influence and cultivate the future in the here and now in a way that will help us avoid undesirable outcomes. All of this is possible if we remember and commit to our future selves, make deliberate judgements and choices, and act appropriately while keeping our future in mind, as the book advises.

Conclusion

Overall, this book may be grouped with others that talk about the psychology of personal future planning. The book argues that our consciousness of the future determines our present and the future itself, despite the inherent uncertainty of the future and the numerous changes and difficulties that will affect our plans. It teaches readers how to go forward and build a GREAT future for themselves and others by proactively and purposefully incorporating futures thinking into their decisions, choices, and actions. Creating a "DNA for y'our future", to evolve on purpose and to create a meaningful life and future for oneself and others, is the foundation of the book's concept.

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