How was it even possible to think that life could be any different from what it had been in the past – a rollercoaster of a few ups...but many more downs, a mere struggle to survive day in and day out? So, yes, it felt completely preposterous, too soul-destroying and just a waste of time to think about the future. However, luckily, I did as I was asked. Now, in hindsight, I know that contemplating the future I wanted and needed, to shape into a narrative for my life, was exactly what I needed. It was the best strategy to pull myself out of my misery and onto a path that benefited my health and wellbeing. It not only got me to be who I am today – an osteopath, a body-centred stress coach, the founder and international instructor of the Reaset Approach and the author of "Futurize Yourself" and "The Futures Effect" – but also onto a path that equipped me to flourish and thrive in a fast-changing and challenging world. I'm all that today because, 23 years ago, in the midst of my crisis, I got help to begin what I now refer to as futurizing myself. Futurizing yourself is living your life on purpose. Instead of leaving your life and the future up to chance, you use images of your preferred future as a starting point to change your behaviour in the present.

Futurizing myself started with creating a new narrative for my past, uncovering and defining my "DNA for the future" that I used as building blocks to create my preferred future.

I first needed to establish a new narrative for my past, because my self-image was at an all-time low. I needed, for example, to shed the limiting belief of being "good for nothing" so that I could become good at something. So far, I had also left my future up to chance ("Que Sera, Sera") or others to decide. I needed to learn that the future not only didn't have to be a copy of my past but that, instead, I could become the master of my fate. It seems silly now that I didn't think of that myself, but I needed to be told.

Only then came the task of uncovering and defining my "DNA for my future". That DNA was based on how I wanted to feel on an ideal day and my aspirations, i.e. what I needed to have in my life and my potential to fulfil what I wanted to feel and aspired to have. I wanted to feel content, fulfilled and healthy. What I aspired to was a Good, Resilient, Evolvable, Actionable and Transcendent future – a GREAT future. Through asking myself three questions, and with guidance analysing my answers, I discovered that there was a therapist, teacher, communicator, researcher and traveller in me, someone for whom freedom was vital. So what was I doing selling charcuterie and cheese? No wonder I was feeling depressed. As I said before, I thought it was preposterous to think about my future while I could barely pay the bills every week and was facing the worst personal crisis I had ever had. But luckily, I did it. So after establishing my "DNA for my future" – which, it turned out, "Does Not Alter" (DNA) over time – I had the building blocks on which I could envisage my preferred future ten years ahead.