



Dear {{ contact.FIRSTNAME }}}

Welcome to the eleventh instalment of the serialisation of my upcoming book **“The Futures Effect - Change Your Story, Change Y’our Future!”** - the second volume in the **“Futurize Yourself”** series - that is scheduled for publication later this year or early 2023.

This week I’m sharing the last episodes of Chapter One:
CH1.11 A GREAT future becomes a GREAT life

In this week’s extras, I’ve included a presentation with my backstory. This is a presentation I gave earlier this year for students at the VIVES University of Applied Sciences in West Flanders, Belgium. The second extra is the article “Mental time travel is a great decision-making tool — this is how to use it” by futurist, author and game designer [Jane McGonigal](#).

I’m also delighted to share with you that my favourite futurist, [Gerd Leonhard](#), is offering a very special [GerdTalks](#) show with guest [Bill Halal](#) (GWU, Founder of Techcast, Author) on the coming era of Global Consciousness and the future of human work - moving beyond knowledge. This is a free webinar on LinkedIn and YouTube that will take place on **20 June** at 18:00 (CET).

Be good to you, be good y’our future, always.

Tom

PS: Audio and video links in this newsletter will redirect you to the respective platforms as Sendinblue doesn't support iframe embedding. My apologies for the inconvenience but I hope you will check them out.



[PREVIOUS EPISODES](#)

CH1.11 A GREAT future becomes a GREAT



The future is not defined, and we will never be able to predict the finer details of the future, as there is not one absolute future, but many relative futures. Therefore it shouldn't come as a surprise that futurists speak of futures in the plural. Its plurality makes the future difficult to predict to the letter, but that doesn't mean the future is a big unknown. We know, for example, that climate change will have an impact on rising water levels and mass migration. How much water levels will rise, well, that is another matter.



As I mentioned before, we also know with a good measure of certainty that technological disruption will influence millions of jobs over the next 5 to 10 years, necessitating mass reorientation plans and a reskilling revolution.

Much is uncertain - but what is certain is that y'our future, whatever it might be, is defined by y'our behaviour, in other words the decisions and choices we make and the actions we take or do not take. That includes your individual behaviour and mine.

With all of these thoughts, reflections and insights about our behaviour and possible, probable and plausible futures running through my mind, I'm more adamant than ever about raising awareness of the benefits of futurizing yourself to help you steer y'our future(s) towards a preferable future.

I firmly believe that you will benefit from evolving on purpose to manage and be ready for the changes ahead. For that, you need to have a clear vision individually and collectively for y'our life and the future you want to create. With the future you want in mind, your decisions, choices and actions will be better informed, and you can make that future into an ongoing reality.

I'm very hopeful that you and we all can create a good future. We human beings are very resourceful. Through our mental time travelling capacity, we can imagine scenarios in the future. Inside us all we have everything it takes to make well-considered dreams come true. I'm convinced because of my own experience futurizing myself.

Without my realising it at first, futurization has been an integral part of my life for more than 22 years. Everything I am and do today is thanks to futurizing myself and creating a new narrative of the future that I believe in and wanted to evolve into.

"Never let a good crisis go to waste," said Winston Churchill, who went on to become one of the founders of the United Nations after WWII. My life crisis was a sign that I needed to change. Since then, I've learned that change comes from within and that no-one can change me but me. I've also learned that the future is a result of my decisions, choices and actions, and that my behaviour benefits my health, wellbeing, happiness, fulfilment and contentment if it is aligned to a GREAT future.

A GREAT future is a future that is Good, Resilient, Evolvable, Actionable and Transcendent for myself and others. It is not a single step in time; every step is important. Neither is it a walk in the park, or a holiday that is over after a few weeks. A GREAT future is an evolving, ongoing reality that fills you with hope, joy, contentment, happiness and fulfilment in good times and a guiding light during challenging times.

A GREAT future becomes a GREAT life and an ongoing reality through your decisions, choices and actions – in other words, your behaviour.

Yes, you can leave y'our future to chance ("Que Sera, Sera"). That is up to you to decide, but then you also have to accept the consequences of that choice. If you are not ready to change or don't know how to do what needs to be done to change, continue reading. This book is for you. This book is about defining and designing a preferred scenario of the future that is better than the one we leave to chance. A scenario based on what doesn't change over time. How you want to feel, your aspirations and your potential.

You can choose to be clear where you are going but very flexible about how you will get there. Futurizing yourself is a mindset to evolve on purpose and create the GREAT future we all want. This isn't easy – nor is a life left up to chance. However, the benefits of futurizing yourself and living your life on purpose are way beyond your imagination and will stretch beyond your lifetime.

I ask again: "What the future do you want?"

I believe, if you boil it down, that, at a basic level, we all want the same thing. We all want to feel content, fulfilled and healthy and have a good life where we are resilient and evolve into the best version of ourself. We want to act with meaning and purpose, and we want to avoid pain. We want to leave this life knowing that we left it a better place for us being in it. We want to be good ancestors. In other words, we want to have a GREAT life – a GREAT future.

So, how do you create a GREAT future?

In his book *Future Consciousness*, Thomas Lombardo writes: "The most distinctive and empowering capacity of the human mind is to be able to consciously imagine, think about, and intentionally pursue preferable futures. We can amplify nature's vast and pervasive evolutionary process, and by doing so, we can flourish in the flow of evolution and create a good future for ourselves, human society, and the planet."

What a great summary of what I want to draw your attention to and empower you in. Yes, we use different words, but with "design your life on purpose" and "evolving on purpose", I do mean "consciously imagine, think about, and intentionally pursue preferable futures."

By empowering you to futurize yourself, I want you to flourish in the flow of evolution and thrive in this fast-changing world, and create a GREAT future for yourself, humankind, and the planet. A GREAT future that best suits and assures y'our health and wellbeing and so much more. It assures human evolution, peace, climate thriving, sustainable economic growth, tolerance, ...

A GREAT future starts with thinking about y'our past, y'our present and the future to make more informed decisions and choices that will guide your actions in the present. You need to know where you want to go, and giving it a timeframe helps you to evaluate your progress. Knowing what the future you want and need leads to informed choices, and makes it easier to make difficult decisions and take the actions you know are needed for the changes you want.

But again, when thinking about your future, some of the benefits will only be possible if you look at the bigger picture. You are not alone, and a GREAT future can't be achieved alone; nor can it be achieved when we have depleted the Earth's resources or haven't limited the effects of climate change.

I know it is a big picture and thinking about it might be daunting, but it doesn't have to be. Everybody can learn and adopt a futures mindset. You are already embracing its fundamentals when you plan a holiday, buy a new car, build a house, learn a skill, ...

Not choosing a future is leaving it up to chance, and what you fear might end up as a reality. Not because it was fated, but through y'our inaction. I know these are strong words and I'm sorry to use them. But it's a fact: ["Only by thinking about where we want to be tomorrow can we prompt the action we need today"](#) (World Economic Forum).

To be continued next week with Chapter Two: A Good Future

CH2.1 What does a good future feel like?



Preferable Futures

"Preferable futures" are those we think "should" or "ought to" happen. We all have preferred futures, whether we articulate them or not. It's really important to understand what our preferred futures are, to act towards them and help bring them into being.

This week's extras

Here is a presentation I gave earlier this year for students at the [VIVES](#) University of Applied Sciences in West Flanders, Belgium.

In this presentation, I talk about my backstory and how I futurized myself 22 years ago, which changed me from being good for nothing to becoming great at something.



This week's second extra is a link to the article "**Mental time travel is a great decision-making tool – this is how to use it**" by futurist, author and game designer [Jane McGonigal](#).

Mental time travel is a great decision-making tool – this is how to use it

Mar 10, 2022 / Jane McGonigal

When the future seems largely unpredictable, is there anything you can do to prepare for it?

*"Yes!" says **futurist and game designer Jane McGonigal**. All you need to do is to tap into your imagination and envision all your potential futures – using what she calls "futures thinking."*

*"Futures thinking isn't a superpower, and you don't have to fix everything or save everyone," McGonigal writes in her new book called **Imaginable**. "But futures thinking is an incredibly useful, practical tool to prepare your mind to adapt faster to new challenges, build hope and resilience, reduce anxiety and depression, and inspire you to take actions today that set yourself up for future happiness and success."*

Her book draws on the latest research in psychology and neuroscience to show you how to train your mind to think the unthinkable. In this excerpt, you'll get a taste of how you can start thinking like a futurist – and create a better future for yourself.

Continue reading the article on ideas.ted.com.

My third extra this week is a free webinar from my favourite futurist, [Gerd Leonhard](#). It will take place on **20 June**, and you can access it with the following links:

- <https://www.linkedin.com/video/event/urn:li:ugcPost:6939594554635366400>
- <https://youtu.be/L0HrX4Dh3sc>
- <https://www.eventbrite.sg/e/beyond-knowledge-towards-a-new-era-of->



Beyond Knowledge 

Towards a new era of global consciousness (GerdTalks#11)

Special Guest: **Bill Halal** **JUNE 20 2022** '22 6pm CET | 12 noon EST | 9am PST Futurist Gerd Leonhard

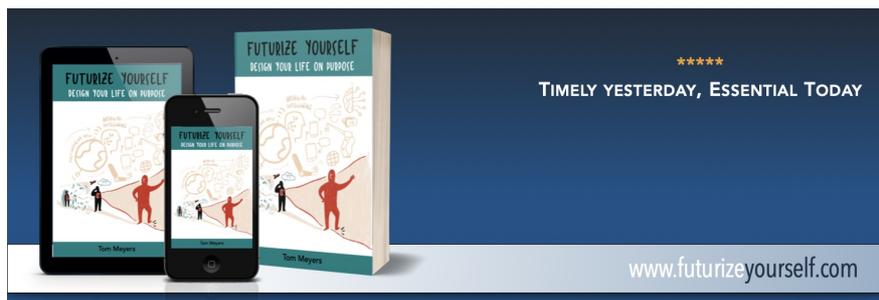
Join us for **GERDTALKS #11**
www.gerdtalks.com



About the author

Tom Meyers, also known as “TomTom the Health Navigator”, is an osteopath D.O., body-centred stress coach, the founder of the “Reset Approach”, a wellbeing futurist, space enthusiast, TEDx organiser and author of “Futurize Yourself - Design your life on purpose.”

His mission is to empower you to flourish and thrive in this fast-changing, uncertain and challenging world full of opportunities.



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