



Dear {{ contact.FIRSTNAME }}

Welcome to the twelfth 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 first episode of Chapter Two:
CH2.1 What does a good future feel like?

In this week’s extras, I’m highlighting my first book, **“[Futurize Yourself - Design your life on purpose](#)”**. I do this because in this Episode 12, I’m sharing only a snippet of the backstory of how I, from feeling good for nothing, discovered that I could become good at something. That was more than twenty years ago. My first book’s topic is the story of what sparked and set me off living on purpose instead of leaving life up to chance. If you want to know the full story, this would be a good time to get a copy of my book. I’ve included a link to an excerpt from it below. Please check it out.

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](#)

CH2.1 What does a good future feel like?



November 1999: The gourmet deli that I had opened two months earlier was failing, and I along with it. The good life I'd imagined having my own business would bring me, including the big house, big car and big motorbike, the recognition and standing in the community just like my friend had with his deli, quickly became a shattered dream.

How had it come to this? How was it possible that my golden ticket to success, a gift handed to me on a silver platter, turned out to be a losing streak, a financial disaster, and a personal prison from which I could see no escape?

Looking back on what seemed like a rollercoaster of short-lived ups and ever more lengthy and deeper downs, this was not what I had expected life to be. Life had to make sense and evoke a feeling of progress. Or was it all hogwash that we were meant to evolve, get wiser and become more complete in the process? I had hoped things might get better, but personally, I couldn't see it. At 29, I was a failure, a good-for-nothing. What had I learned? Nothing. And life had become more difficult year after year, not better. Progress, what progress? If anything, I was regressing rather than evolving. How did I get here? How did I get myself into this conflicted life experience even when the opportunity of the deli had seemed so promising? Surely this couldn't be what my life was all about. This was pointless, and for life to continue to exist, there must be a purpose to it. If there wasn't, why continue living?

Why continue living when life had no purpose and was only going to bring misery and pain? That was the question I ended up asking myself. I had no answer. All I wanted was to feel content, happy and fulfilled. Content as in feeling whole, complete, no matter the circumstances. Happy and fulfilled as in feeling in my element and doing what feels meaningful and brings joy.

I wanted to succeed in life and belong to something bigger than myself. To have a good life, like everybody else seemed to have except me. It seemed so little to ask.

I don't know your current situation, but I wonder: what does a good life – a good future – mean for you? I know it is not an easy question. But if you untangle all the complexities of life and living, if you take away all the stimuli and go deep within, what is left that is truly important? What do you want that can only be fulfilled from within?

For me, ultimately what I want today and what represents a good life and future is a feeling – a feeling of wellbeing that results in the experience of

happiness. Wellbeing as a state of harmony within that is dynamic and vibrant and where I feel content, healthy, fulfilled and in my element, regardless of what is happening externally.

Looking back, what I want today is what I've always longed and aspired to have, and I can't imagine that this feeling of wellbeing will change in the future.

It was only recently that I came to this realisation. So much had changed and was continuously changing, but how I wanted to feel hadn't changed, and I couldn't and still can't imagine that it ever would. In other words, I had discovered a constant. How interesting was that?! You might now think that I've gone off my rocker, but stay with me a bit longer.

We often hear or read the quote from Heraclitus (535–475 BC): "The only constant in life is change." Turns out, as with so many sayings that we take for granted, that when you dig a bit deeper it ain't that black and white. Like, change is not the only constant at all. The Earth orbits the Sun, and the Sun comes up in the morning and goes down at night. Gravity is also considered to be a constant – a constant that is always fluctuating around an average value. Anyway, as I said, it ain't all that black and white, and we seem to forget that – or, more likely, never really think about it. So, when I found that certain feelings I longed for were a constant in my life, like feeling content, healthy and fulfilled, that was a revelation. I knew I would not always experience those things, but I would always be striving for them. And that they were always in some way interdependent, of that I had no doubt.

The means of getting these feelings would change over time, too. What I as a 10-year-old needed to feel content, healthy and fulfilled was very different compared with when I was 21 or now at 50+ and they would certainly change later in life. But the feelings themselves are eternal.

Was I the only one who wanted to feel this way? Or, as I could imagine, is this something we all share? Intrigued by this discovery, I started to ask my patients how and what they wanted to feel, by way of comparison.

To my surprise, most people I asked had never thought about it. It was so strange to see how this question seemed to make many people disappear for a moment. Disappear within themselves, and what was left was this blank stare back, accompanied by a deep silence. I could see them struggle through the question, and after a moment that seemed like an eternity, they slowly but unsteadily came back from wherever they were in their mind and refocused their gaze. When they were back, there was still no answer.

Those who had an answer I could categorise into two groups. The bigger group responded in terms of knowing what they didn't want to feel – for example, they didn't want to feel pain. The other group mostly answered that they wanted to feel happy, but when asked what else, rarely could they come up with anything more.

Why is this important? Ask yourself: why do you do the things you do? Isn't it because you want to feel content, healthy and fulfilled?

Ultimately, that is the way I want to feel, and that is why I do the things I do. Today, being an [osteopath, body-centred stress coach](#), and author is how I bring about these feelings.

In my practice I sometimes need to go back to these roots with my patients, as some are far estranged from their own senses.

So, if I want them to feel good again, in their element, I feel that the best start is to reconnect them with their feelings, with what they want. So when they have it (for example, after the treatment), they can actually recognise it. It is also very important – in my eyes anyway – that patients have a better framework to continue working on themselves after the treatment as part of their self-management.

It is just common sense and a simple equation: by knowing how and what you want to feel, you can at any time evaluate yourself. Evaluate and be grateful for feeling in your element or, when necessary, make the decisions and choices and take the actions needed to return to feeling like that. For some, making the necessary changes isn't easy. If that is you, I hope that you will seek help. Self-management doesn't mean you have to do it all by yourself. Self-management is also seeking external help from an osteopath, a psychologist, a coach or a doctor when needed.

So, yes, as a promoter of health and wellbeing, it's important to help people have a clear image of what they want to feel. So, I ask them and coach them to think more deeply and uncover what they want to feel – which, it turns out, is more or less close to feeling content, healthy and fulfilled. Guess what? Once they've thought about it, they also feel they always had wanted this and couldn't imagine not wanting to feel this way in the years ahead. No matter which part of the world my patients come from, their age or gender, it didn't make any difference. So not only was feeling content, healthy and fulfilled a constant; it was ageless and intercultural.

Let me ask you: **“How do you feel right now, in this moment?”** and “What do you want to feel?” Put it into words, and if you find it easier use a scale from 0 to 10.

How do you feel about the idea that the feelings we strive for are the ones we always want – past, present and future? That said, I've just had the insight that this is as much true for some feelings we strive to avoid, like pain. I had never considered that until now.

I know that the context and/or needs that engender these feelings might change, yes. As I mentioned before, what made me feel content, fulfilled and healthy was very different when I was 10 compared to today, and it will be different again when I'm 80, I'm sure. The world will change, and I will need to adapt, but the way I want to feel won't.

A good future will always be one where I feel content, healthy and fulfilled, and because it doesn't change, I've made it one of my anchor points, my ultimate motivation and purpose in life for which I strive on purpose.

Doing some online searching on the topic of things that don't change, I was pleasantly surprised that one of the strategies of Jeff Bezos, the founder of Amazon and the private space flight company Blue Origin, is to [build on what doesn't change](#).

At an Amazon annual shareholder meeting, Jeff Bezos was asked about how to make long-term plans, to which he answered:

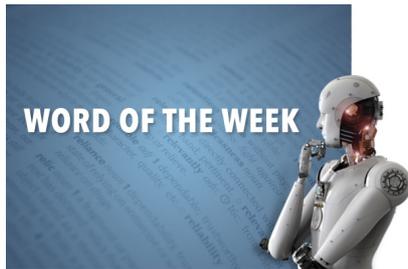


Well, certainly, in 10 years many things will evolve; technology will change. Machine-learning technology, in particular, will evolve very significantly over the 10-year time horizon. But I would always encourage people, when they think about 10 years, to ask the question, what won't change? That's actually the more important question. You can build strategies around things that will be stable in time. In that 10-year vision, there are a bunch of things at Amazon that are not going to change.

With that in mind: **“On what feeling do you or will you build your future?”** It's your life, after all, so make it a good one.

To be continued next week:

CH2.2 What do you need to have a good life?



Potential Futures

Everything beyond the present moment is a “potential future”. As Professor Riel Miller, Head of Foresight at UNESCO says, “the future doesn't exist” because, ahead of every moment, there are multiple possible potential futures available.

This week's extra

Futurize Yourself

Design your life on purpose.

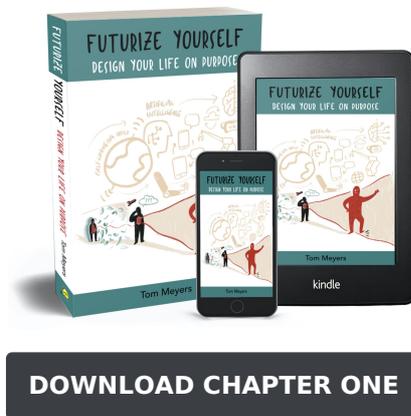
**What makes your life worth living? What purpose do you serve?
How do you flourish and thrive in a fast-changing world?**

As new emerging technologies like artificial intelligence, robotics and machine learning reshape our world with unprecedented speed, scope and complexity, learning how to live and act “on purpose” will become the greatest gift you have ever given yourself. This gift will empower you and enhance your health, wellbeing, self-actualization, welfare, relationships, self-esteem and stress-resilience.

But how do you find your purpose?

How can you design your life “on purpose” and become the person you were born to be?

As Tom recounts his moving personal story, you will learn how, through a three-step process, you can find a deeper and holistic understanding of your talents, your potential, and who you are. With this knowledge, you can design a life you wake up to every morning with a smile on your face, feeling happy, fulfilled, resilient and ready for the future – regardless of what other people say or how much the world changes.



Futurize Yourself is a hands-on “how to” manual about finding your potential on purpose. Having a purpose and finding something meaningful to do are proven to be beneficial for your health, well-being and longevity.



Testimonial

I finished reading your book... And yes, I couldn't put it down once I started reading it... You are a wonderful storyteller, connecting different dots of life to transform “Impossible” to “I'm possible”... Such an inspiring story! I really hope that you will consider designing and delivering workshops based on this book. Or retreats - whatever sounds better to you. I'm saying this because I could see you already doing it while I was reading the last part of the book.

[Adina Bratescu](#)

Leadership and Team Development Coach & Consultant



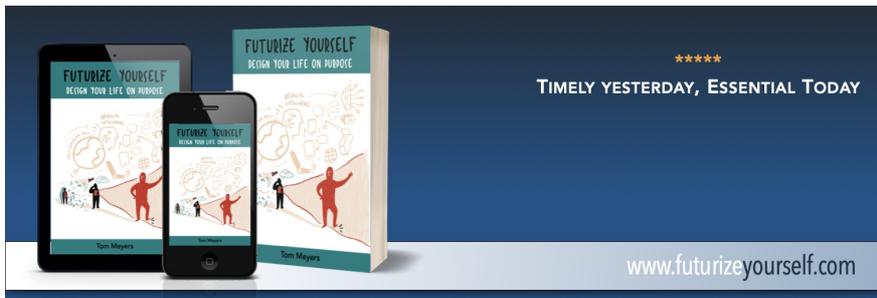
About the author

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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