



Dear {{ contact.FIRSTNAME }}

Welcome to the fourteenth 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 third episode of Chapter Two:

CH2.3 How do you create a good future?

In this week’s extras, you’ll find a link to **“The Future Of”** – a new show on Netflix that explores different aspects of our future.

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

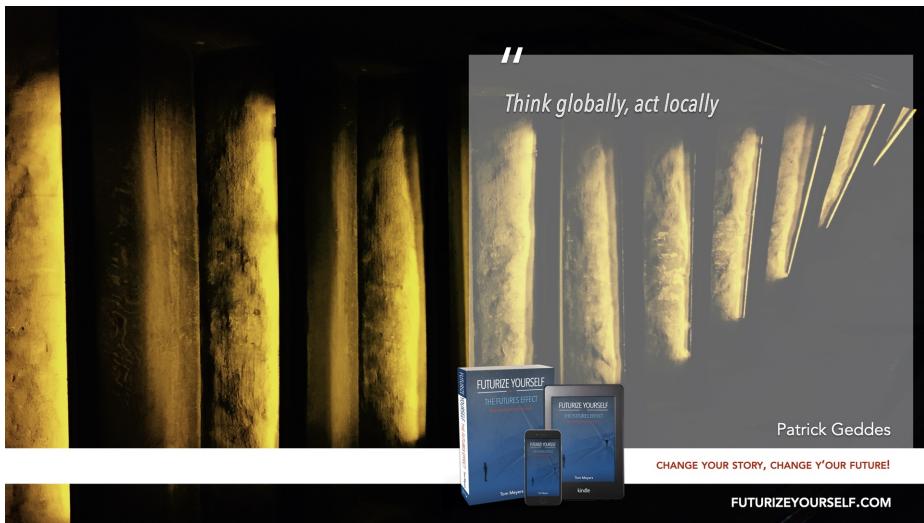
Tom

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](#)

CH2.3 How do you create a good future?



When everything around us is in chaos and the future outlook is bleak, how can you create a good future for yourself, others and the planet? What can you do in the midst of a crisis to stay positive and hopeful? It seems impossible...

These are things I've been asked about multiple times, and I got asked them again yesterday as a question after a talk I gave on the benefits of futures thinking for y'our health and wellbeing. [A talk I gave at the 5th International Conference on Time Perspectives 2021](#). The participant was from San Francisco, where a heatwave was leading to record temperatures, water shortages and hundreds of deaths, bringing close to home the catastrophic consequences of global warming.

What could he do while outside the heatwave was soaring? Wasn't it too late to act? I could sympathise with him, as meanwhile many villages here in Belgium and in Germany and Austria were completely under water due to the heavy rainfall of the past few days.

I'm not a climatologist, but I believe that it is never impossible or too late to do something. I know from personal experience that, when faced with a disaster or tragedy or in the midst of crisis, one feels completely powerless. You feel powerless – but that doesn't mean you *are* powerless! As long as you're alive, there is always something you can do, even if it is only changing the way you look at the challenges you are facing. Viktor Frankl, Holocaust survivor and founder of logotherapy, sums it up like this: **"When we are no longer able to change a situation, we are challenged to change ourselves."** As long as he was alive, he had power – the power within that no one could touch.

Nelson Mandela once said: **"It always seems impossible until it is done."** I saw Nelson Mandela when I was working as a sommelier on the cruise ship Queen Elizabeth 2, and what I remember most is his smile. A smile that came from deep within, just like his unshakeable belief in the equality of all people and his determination to overthrow the system of apartheid in South Africa.

When you look back at your own life, I'm sure that it hasn't been smooth sailing all the time, but here you are. What challenges have you faced? What waters have you sailed? How did you overcome these challenges, these troubled waters? Think back to a particular difficult moment that you overcame, when impossible became possible. How did you do it?

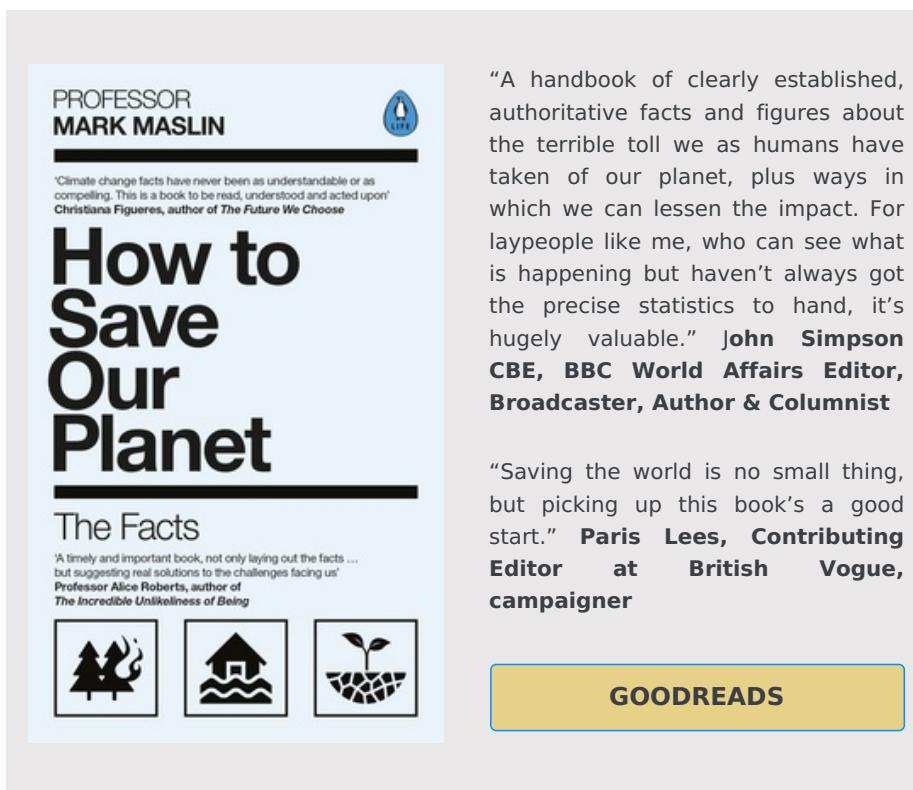
One of the principles of osteopathy is that the body has an inherent

capacity to maintain its own health and to heal itself. In the same way, there lies within everything that is needed to succeed. Within us all lie all the resources we need to create the good future we want. But success, just like good health or a good future, isn't given - it is earned and created through your decisions, choices and actions.

During a crisis, the first step is to literally or figuratively take a step back. A step back to get an overview perspective. You need to distance and calm yourself to be able to think and take stock of the situation. To think carefully about the situation or event and consider your options before you can decide what you need and/or want to achieve, aspire to, or create. Only then can you make the needed decisions and choices and take the actions that matter.

Not stepping back is like clearing a flooded cellar when the water around you is still rising. Completely bonkers! Get yourself to safety first by stepping back from danger and return to ease (reaset), and then make a plan before you act.

Professor Mark Maslin, the author of *How to Save Our Planet: The Facts*, writes that we need to develop new modes of thinking and start with imagining our future history where the focus is on human wellbeing (globally) as the primary measure of success, not dollars. Then create pathways towards this shared goal and only then act to make it happen (locally).



"A handbook of clearly established, authoritative facts and figures about the terrible toll we as humans have taken of our planet, plus ways in which we can lessen the impact. For laypeople like me, who can see what is happening but haven't always got the precise statistics to hand, it's hugely valuable." **John Simpson CBE, BBC World Affairs Editor, Broadcaster, Author & Columnist**

"Saving the world is no small thing, but picking up this book's a good start." **Paris Lees, Contributing Editor at British Vogue, campaigner**

GOODREADS

This is, in other words, saying: before you do anything, you need to envisage what the future you want (create your future history), design your life on purpose (create pathways) and follow up on this consciously (act to make it happen). When I read that, it was so recognisable, as these were the same steps I had taken when my business and I were failing.

Stepping back, shedding a new light on my experiences and the world around me, then imagining what I wanted to evolve into based on my potential. Then using my envisaged future to direct my decisions, choices and actions – that was how I exited from my conflicted life experience and turned what seemed impossible at the time into an ongoing reality. I know

it is easy to say all of this with hindsight. Maybe it sounds as if it was all self-evident.

I know from personal experience that, in reality, it is far from self-evident when you're in the midst of a crisis. In my crisis, my world had collapsed; my dreams and hopes were shattered. I was plagued with doubts and low self-esteem, and I was suffering enormously under the burden of the past.

Even when I had created a new narrative for my past, found my potential and designed my life on purpose, it wasn't self-evident. I was plagued with so many limiting beliefs that I had lost all hope of a good future. Yes, I could imagine that, if I was living my potential, one day I would or at least could be content, healthy and fulfilled. But that was theoretical. A far-fetched dream and an imagined reality was not a reality I was sure to achieve. A failing business and feeling depressed doesn't really fill you with much joy, hope or self-confidence. So, even though on paper it all looked plausible, I rated the likelihood that I would succeed as very unlikely.

I'd also really like to say that, once you have stepped back and created a clear idea of the future you want to evolve into, the worst is behind you and what lies ahead is easy-peasy. But unfortunately it is not.

The rest ain't easy, nor is it peasy – far from it. But life in general isn't easy-peasy. However, when you know what you want, when you know why you're doing it, everything you do becomes meaningful. Meaning gives motivation, and if wanting to create a good future and a GREAT life for y'ourself isn't a great motivator, then I don't know what is. What could be more important than creating a good future and a good life?

But a good future and a good life don't just happen. No one gets where they are by accident. I didn't end up with my failing deli by accident, and I didn't get to be a proficient osteopath by accident either. A gold medallist in any sport doesn't get there by accident. Conscious intent is needed.

“A good future awaits those who have the courage to
create it.”
(Erwin McManus)

To be continued next week:

CH2.4 One step, two steps, three – the future is in me



Pragmatic Prospection

Pragmatic prospection is thinking about the future so as to guide actions to bring about desirable outcomes. It presents a form of teleology, in which brains can anticipate possible future events and use those cognitions to guide behaviour. Toward that end, it invokes meaning, consistent with evidence that thinking about the future is highly meaningful. ([INFO](#))

This week's extras

The Future Of

“The Future Of” is a new show on Netflix that explores different aspects of our future. For example, the first episode is dedicated to how you’ll be able to communicate with your dog in the future and the second is about the future of dating.

Go on and watch it now, and let us know your thoughts and ideas!

Synopsis:

What if we could look into the future to see how every aspect of our daily lives – from raising pets and house plants to what we eat and how we date – will be impacted by technology? We can, and should, expect more from the future than the dystopia promised in current science fiction. The Future Of... will reveal surprising and personal predictions about the rest of our lives — and the lives of generations to come.

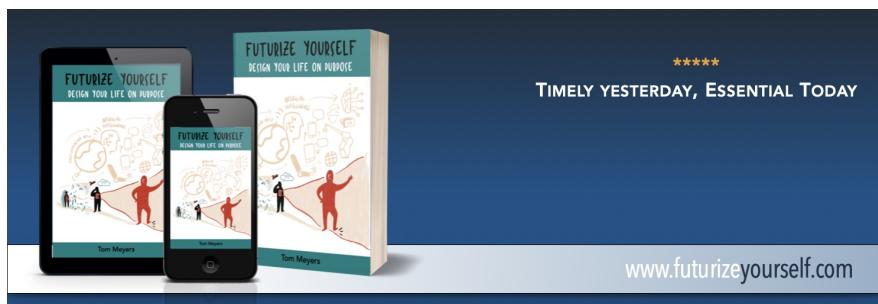
Watch it on [NETFLIX](#)



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 “Reaset 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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