



Dear {{ contact.FIRSTNAME }} }

Welcome to the fifteenth 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 fourth episode of Chapter Two:  
CH2.4 One step, two steps, three - the future is in me

In this week’s extras you’ll find information on “The Good Future” - a beautiful and inspiring short film by leading futurist Gerd Leonhard.

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

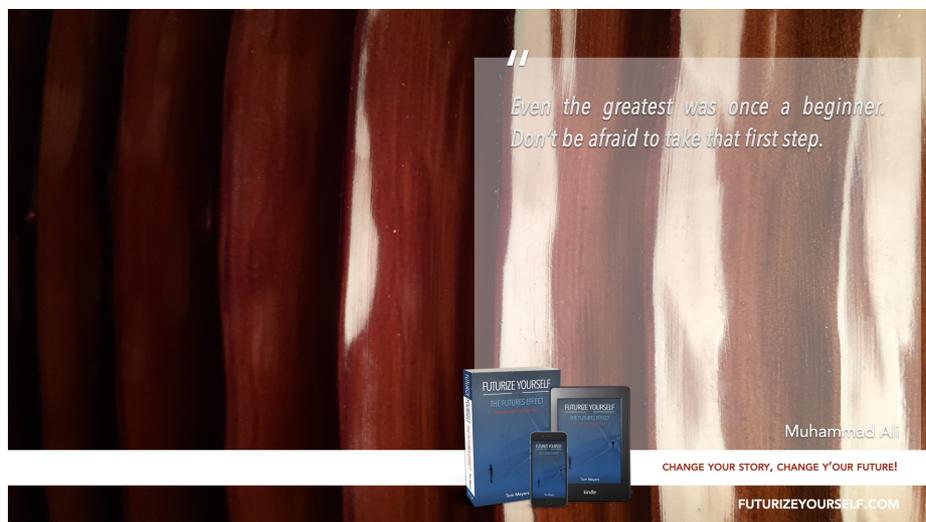
Tom

*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](#)

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



The first step is always the hardest. I was at rock bottom and had a lot of limiting beliefs and baggage to shift. I must admit: my first, second and third steps I didn't do unaided. I was a shadow of myself and, without really knowing it, I needed help to shed a new perspective on my past to see it in a new light. I also needed help to uncover my potential which, when developed, could become something in the future. The doing, however, was mine and mine alone. I needed to take the steps and realise the plan.

No one can take the steps for you. Again, you can leave it up to fate and move forward without any care for where you are going or what you'll get, or you can futurize yourself and choose your destiny. Choose and take the steps needed to reach your full potential and evolve on purpose to make it an ongoing reality.

But why is potential so important to create a good future? Yes, you may ask. Potential is your innate set of skills that don't change over time - they expand when you develop them.

As I mentioned before, one way to build (design) a solid strategy for your future is to base it on what doesn't change. So, strategically building it on the basis of your potential is of great interest. Together with the two other anchor points, it becomes a solid structure you can use and fall back on in times of need for the rest of your life.

Putting on my cap as an osteopath and body-centred stress coach, I also see another benefit for knowing, developing and living your potential. Just imagine you're doing a job that is not within your potential, or you are promoted, based on your previous successes, into a job where you are no longer competent because you do not have the necessary skills or potential for the job ([Peter Principle](#)). What do you think will happen? Stress, that is what will happen! Lots of stress - which will not only influence your job performance but also your health and wellbeing. This kind of stress diverts you away from a good future (until you realign yourself with your potential).

A good future lies within you, within the realm of your potential - and that potential is very specific. For example: teaching is part of my potential. However, while I might be very good at teaching anyone who is interested in the body-mind and educational Reaset Approach or Futurizing Yourself, don't ask me to teach mathematics!

Working within your potential doesn't mean that life is without its

challenges – far from it, but it gives you a good and meaningful feeling. It also feels so much better than when you are working outside of your potential. When working not in line with your potential, it often feels like you're permanently out of sync. I can also imagine that you complain a lot and find it difficult to motivate yourself. There is also the situation where you are in a job that is below your full potential. In this case, you probably feel bored more easily.

I ask you: “How can you have a good future or be in your element when you are doing something – day in, day out – that you don't have the potential for, fundamentally don't like or don't feel stimulated by?” I've been there, done that, got the T-shirt. That is, before I futurized myself.

However, I must nuance this. When I finally closed my deli and set out to fully fulfil my future, I did for a while take on jobs that could be considered below my potential. Reskilling myself to fulfil my future did cost a lot, so I had to work and take any jobs I could get. I knew it was temporary, a means to an end. I was, for example, hired to do filing; on another occasion I was employed to do data input. The best job I ever had while I was reskilling myself to become an osteopath was one where I was driving to the four corners of Belgium to deposit documents at various trade registries. A job that doesn't exist any more, because a few years later it was all digitised. To pay for the last years of my osteopathy training, I went to work in a spa as a part-time receptionist and massage therapist. Working as a receptionist, like the other jobs, was definitely not my thing, but it allowed me to have financial security and the space in my mind to study.

Anyway, I'm sharing with you my experiences and insights from the past 20-plus years so that you can get some ideas, learn, and build on them. I didn't have any guidelines, and I remember how I needed to find out everything the hard way. I was only given the questions to find my potential and create the future I wanted to evolve into, as explained in my first book. The rest I had to discover on my own. I know now that I made many mistakes – took bad turns I could have avoided. Mistakes I want you to benefit from.

It's only over the past few years that I have taken time to look back and discern the patterns and coping strategies I used. A process that is very much prompted by reading books on the topic of personal futures and conscious evolution. Books that in so many ways described what I had been doing, with theories or practices that I had applied without ever being told.

For example, I was smiling and felt an enormous amount of gratitude when I read that “a good future” is “flourishing in the flow of evolution, through the heightening of future consciousness, which is achieved by developing a core set of character virtues, most notably and centrally wisdom.” The shorter version of the definition of a good future is this:

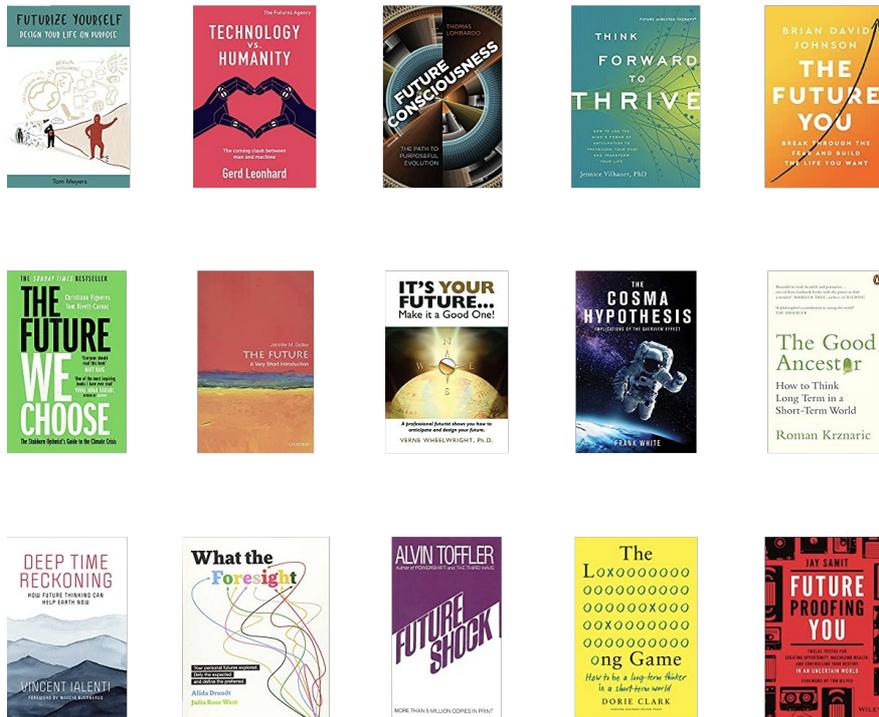
“Flourishing in the flow of evolution is the good future,  
and wisdom is the means to create it.”

I read this in *Future Consciousness: The Path to Purposeful Evolution*, a book by futurist Tom Lombardo Ph.D. Further in his book, which I read a few months ago, he writes: “Contrary to economic, materialistic, technological, or environmental visions of a good future, the key to the good future primarily lies within ourselves. We need to ask, as our primary

focus in creating a good future, what are the capacities within us that we need to strengthen and develop.”

This is what I did... and wrote about in my first book and am building on in this one. This is what I encourage you to consider and do, so that you can have the good future I want you to experience. What I believe you need for that is to define what you want and need. Define what you want to feel and aspire to have and uncover your innate capacities, or, as I call it, your potential. With these three elements you can create a narrative for your future. A narrative that won't change but will develop and be expressed in different ways over time.

I can highly recommend *The Cosma Hypothesis: Implications of the Overview Effect* by Frank White, *It's YOUR Future... Make it a Good One!* by Verne Wheelwright, *Think Forward to Thrive* by Jennice Vilhauer, *The Future You* by Brian David Johnson and *What the Foresight* by Alida Draudt and Julia Rose West. These are all books in which I recognised my own story. They all address how to futurize yourself, but from different perspectives and with different pathways to create the good future you want.



What is important that you create the good future first so that you have a vision to which you can align all your decisions, choices and actions. Businesses do this, athletes as well and you can do this too to have a future that best suits and assures y'our health and wellbeing.

### To be continued next week:

CH2.5 Let the future pull you forward



### Futurology (Prediction):

The activity of trying to predict what is going to happen, on the basis of facts about what is happening now.

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# This week's extras

## The Good Future

By Gerd Leonhard

### Synopsis

The future is not something that just happens to us – it is something we create every single day, by action or by inaction. Whether the future is good or bad is entirely up to us. As we see the future, so we act; as we act, so we become!

As a futurist and keynote speaker, Gerd talks to many people from all over the world and from all walks of life. Recently, he has observed the uptake of a rather negative view of the future – and not just because of the pandemic. People often cite urgent climate change issues, rising populism, the explosion of fake news, the threats of automation and fear of technological unemployment, out-of-control artificial intelligence and vexing inequality trends as proof that the future is going to be bad, and that we are right to be afraid of it. And of course, Netflix, Hollywood et al are usually pointing us in the same direction: dystopia and doom is certain!

Yet he sees it very differently: not only is the present already better than the past (even with the woes of the pandemic), the FUTURE has strong potential to be even better! The “only” challenge is that while we will likely have all the tools (science and technology) within a decade, we must also have the TELOS, i.e. the will, the purpose and the wisdom.

Gerd's film “The Good Future” is meant as an introduction to what will become the dominant focus of his work, going forward: What would a Good Future look like, and what can we do right here and now to bring it about?



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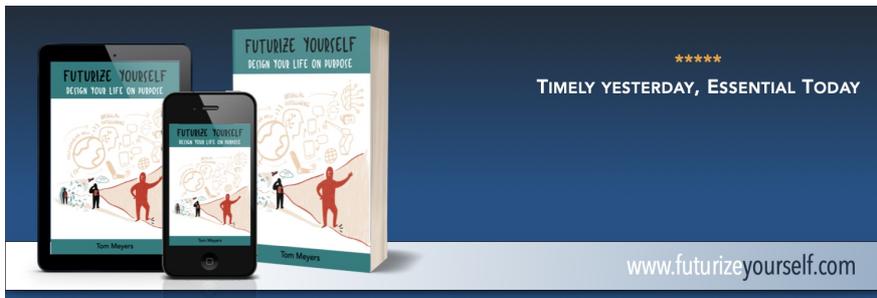
### About the author

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.



[www.FUTURIZEYOURSELF.com](http://www.FUTURIZEYOURSELF.com)

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