



THE FUTURES EFFECT

Change Your Story, Change Y'our Future!

Dear {{ contact.FIRSTNAME }},

Welcome to the first issue of **“The Futures Effect - Change Your Story, Change Y'our Future!”** – a weekly newsletter in which I share a new and unabridged section of my upcoming book.

As well as sharing sections with you in sequential order, I will also add news about the journey towards publication and include tidbits of information you won't find in the book itself.

“The Futures Effect - Change Your Story, Change Y'our Future!” is a timely book to help you futurize yourself and evolve on purpose so that you can flourish and thrive in this fast-changing and challenging world.

Although you might not realise it, **the future is screaming for y'our attention**. Why, and what that means for humanity at large, you'll find out over the coming weeks.

There is a lot to cover, as you will see, but I want you to know that, as an author, osteopath and body-centred stress coach, I'm very concerned. I'm concerned about y'our health, wellbeing and future, and about how you/we will cope with the many changes and challenges that are forecast to happen over the next 10 years. You/we cannot solve these problems with the same kind of thinking that has got us here. So, how can we solve them? For the answer, stay tuned!

“The Futures Effect - Change Your Story, Change Y'our Future!” is the second volume in the **“Futurize Yourself”** trilogy. The first volume, **“Design your life on purpose”**, is more autobiographical and recounts the backstory to **“The Futures Effect”**, so it isn't essential to have read it before you start exploring my new book. Having said that, it will help to start your futurizing process, and it is considered a must-read for anyone who is seeking guidance on how to set the foundations for envisaging your future self.

To get your copy of **“Futurize Yourself - Design your life on purpose”**, visit the futurizeyourself.com website, where you'll find a link to buy a very special full-colour, author-signed copy from me, as well as various links to online platforms where you can buy a printed (b/w) copy or download it in eBook format. If you prefer, you can

always order the book from your local bookshop, quoting the ISBN 978-1912635146.

So, without much further ado, as the future - y'our future - is screaming for your attention, I present to you the preface (audio) and the first part of the introduction (see below) of **"The Futures Effect - Change Your Story, Change Y'our Future!"**

Be good to you and y'our future, always.

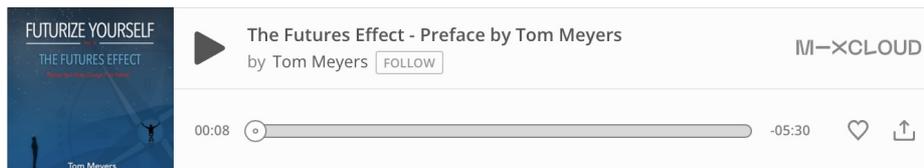
Tom

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.



PREFACE

Listen to the preface narrated by Tom.



1. INTRODUCTION

1.1 Envisaging your future self



Have you ever considered or taken the time to think about your future self? I mean really taken the time to reflect about who you ideally would like to be, how you want to feel, what your ideal day would look like?

What "the future" do you want 10, 20 or more years from now? When I was asked to envisage my future self and describe a perfect day 10 years

into the future – that was more than 20 years ago now – I was really taken aback and even a bit dismissive about what I was being asked to do.

What was the point of thinking about the future when my business was failing and I along with it? How was it possible to imagine beauty when there was nothing but darkness all around? How was it possible to hypothetically think of a bright future in 10 or more years' time, when I wanted change today? My situation was dire, and it needed to be fixed now! Depressed and wallowing in self-pity, it felt a preposterous task and a waste of time to think about the future while faced with so many problems in the here and now.

However, luckily, I did as I was asked. Now, with hindsight, I know that contemplating what the future I wanted and conceiving a preferred future was exactly what I needed and the best strategy to pull myself out of my misery.

Who would have thought that what seemed preposterous, even impossible, would become the key to the mindshift I needed in my time of crisis? I didn't. Nor did I imagine that it would become the starting point for what I so much longed for – to feel content, fulfilled and healthy. The primary feelings that lie at the basis of health and wellbeing.

But not only that: every aspect of my life has benefited from “futurizing” myself, as I've come to refer to the process of designing and living one's life on purpose. A process and mindset where, instead of leaving life and your future up to chance, you design the future you want based on self-defined unwavering principles and proactively pull it towards you through the decisions and choices you make and the actions you take.

Every decision and choice you make
every action you take
steers the course of y'our future.

What sort of future are you creating for y'ourself?

Are you actively creating the future? Or do you face it day by day, leave it up to chance, and find yourself being pushed towards an unknown destiny?

Contrary to what you might think, you can have a say in what kind of future you will get by choosing a future before a future is chosen for you.

FYI

In this book, I'm introducing two new words: “*y'our*” and “*y'ourself*”.

“*Y'our*” is an amalgam of “your” and “our”, and “*y'ourself*” is the combination of “yourself” and “ourself”. (“Ourself” is different from “ourselves” and refers to people in general rather than a definite group of people.)

As we focus on the future, I'm convinced it is vital for us to understand that we are not alone, never were and never will be, and that our decisions, choices and actions have an impact on others and vice versa.

In many ways, this accords with the Golden Rule, the principle of treating others as one wants to be treated – but what I want to emphasise here is the importance of being mindful that, whatever you do, your decisions, choices and actions are going to have an effect on others.

So, when you see “*y'our*” and “*y'ourself*” used in this book, I hope this will help you (= you, the reader as an individual!) to keep this important aspect in mind.

Next week's episodes:

- 1.2 The future as a way of life and
 - 1.3 The future is y'our future
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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.

What caught my attention this week?

A spotlight on futures studies through slam poetry

Thinking about the good future seems a waste of time in these terrible days when loved ones succumb to the pandemic and innocent citizens are bombed in their own homes in a country so near to many of us. However, we need to do it more than ever.



A spotlight on futures studies through slam poetry

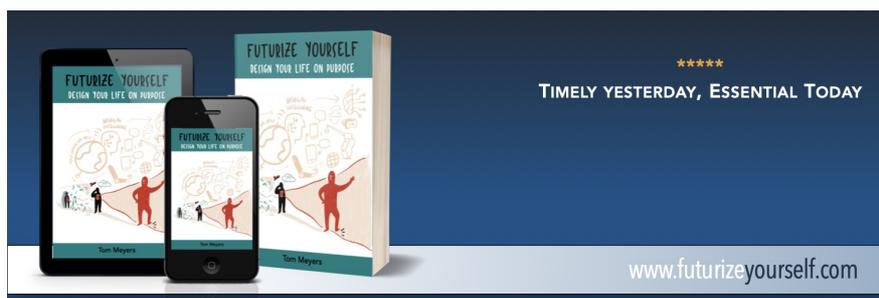
Jazz musician Piet Verbist and futurist [Maya Van Leemput's](#) slam poetry performance to put the spotlight on futures studies. We can't

visit the future. Tomorrow may seem fuzzy, but it doesn't have to be.

Maya wrote two texts in rhyme, intended to shake up the way you think about the future. The words of Physical Abstraction, accompanied by the rhythms and tones of Piet's double bass, take you on a journey from the abstract to the concrete. The future will be real.



[Physical Abstraction - Curious Festival](#) from [AFcrew](#) on [Vimeo](#).



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