



Dear {{ contact.FIRSTNAME }}}

Welcome to the twenty-first 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 we enter Chapter Three: A resilient future, and the first episode is **“Best wishes for your future”**.

In this week’s extras, some photos of my recent trip to India where, together with my colleague and friend Giuseppe, we were teaching several courses in “Resetting the Autonomic Nervous System” to inspiring groups of physiotherapists.

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

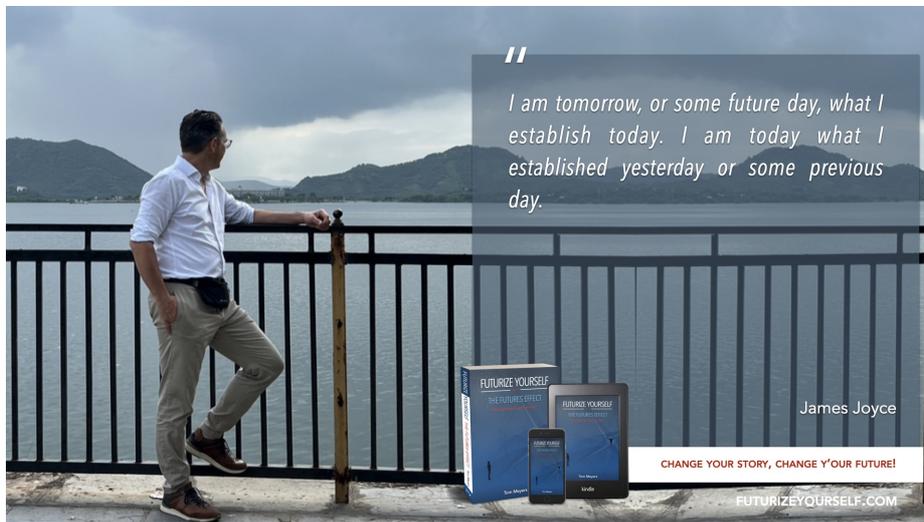
Tom

*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](#)

## CH3.1 Best wishes for your future



I wish you to have a good life and pursue a GREAT future. A life where you can realise your inner potential and turn it into an ongoing reality. I wish you and everyone on Spaceship Earth to flourish in the flow of evolution and thrive in this fast-changing and ever more challenging, complex but also intriguing world full of opportunities. Yes, also opportunities – that is, when you know how and where to look for them. I also wish that you will go forward with hope and determination, and in the best possible shape in body, mind and spirit in an environment that flourishes and thrives with you. To achieve all of that and more, you will need resilience.

#### **Resilience (Oxford Dictionary):**

- The capacity to recover quickly from difficulties; toughness
- The ability of a substance or object to spring back into shape

My definition of resilience is: “Y’our ability to adapt and/or bounce back from adversity and return to ease” or even more succinctly: “Y’our ability to reaset”. Ease being that dynamic state between stress and relaxation, a state from which you can quickly and successfully adapt or adjust to new circumstances, challenges or demands. Other people, like Barabasi and Frangos, the authors of *Linked: How Everything Is Connected to Everything Else and What It Means for Business, Science, and Everyday Life*, define resilience as a system’s ability to adjust its activity to retain basic functionality when errors, failures and environmental changes occur. Whatever definition you use, being resilient doesn’t mean you won’t experience stress, challenges or changes. Life always has its ups and downs, pushes and pulls. Resilience is constituted of the resources you have to be able to adapt and come through these changes and challenges without harm and, in best-case scenarios, stronger.

In a fast-changing world, your ability to adapt and maintain stability through change will be challenged and tested on many levels. How well you will adapt, navigate or adjust to the changing environment will define your future, your health and wellbeing, your career, your relationships and just about every other aspect of your life.

So, how resilient are you? How, for example, did you cope with the many changes and challenges COVID-19 brought along? Were you able to adapt easily, stay cool and composed, or did you become anxious? How did you do job-wise? Were you able to maintain financial stability or did you find yourself with no income or a reduced income? Did you find it easy to be in lockdown or to work from home?

For you who are reading this book a hundred years from now and haven’t

lived through this pandemic, think of some major personal or global upheaval that caused a major life-change or demanded an enormous effort on your part. How well did you go through the (e)motion? Were you able to bounce back easily?

Anytime is a good time to zoom out and look back to learn from and build on your experiences, but the earlier the better.

The question you are probably asking now is how you can become more resilient in order to have a GREAT future. The first step is becoming aware of your ability to adapt and bounce back from a setback or change in your environment that the future might bring. You can do this by imagining some future scenarios and see how ready you are to deal with them.

For example, think of your current job, house... and how well you are prepared to adapt if you would suddenly lose it? How well will you deal with another pandemic or with a power or communications outage due to a big solar flare with coronal mass ejection (CME)? A what? Look it up and you will see that, for example, power blackouts have happened in [Canada](#) (1989) and [Sweden](#) (2003) following small solar eruptions. The last (to date at the time of writing) [major X-class solar flare erupted on 3 July 2021](#), and smacked into our planet's atmosphere eight minutes later. Luckily for us, this solar flare happened at the edge of the Sun's face and the CME wasn't in the direction of the Earth, but it is only a matter of time. A severe solar storm that would blast the internet offline for many weeks or months happens once in a century, and it has been a century since the last one.

Furthermore, how will you deal with worsening climate conditions? As regards climate change, well, I don't think I need to tell you how real it is. The latest assessment report (2021) by the [Intergovernmental Panel on Climate Change](#) (IPCC) states that the effects will happen more quickly and get worse over the next 30 years before things get better. Whether things actually do get better will depend on what we do as individuals and collectively today.

I know that all sounds very dystopian, but forewarned is forearmed. Some events we cannot prevent, like a CME or the recent huge underwater volcano eruption devastating the island of Tonga (14 January 2022). However, we can do our best to prepare ourselves against the consequences by working out "what if", "if this then that" scenarios. Still, we must not forget, and we need to accept, that the best laid plans don't always go as expected.

Having a futures mindset helps with all of this. In their book *What the Foresight*, Alida Draudt and Julia Rose West write: "While you may design the most amazing future visions for yourself, somewhere along the road your vision will be forced to change" - "A futures mindset allows you to articulate long-term goals and provides you with the knowhow for agile adjustment when change occurs." So true: a futures mindset is a mindset that has learned to be agile, i.e. knows how to react quickly and one that through foresight recovers quickly, i.e. is resilient.

Prepare for the future or you risk being late for the future. The future arrives more slowly than you think and faster than you can imagine. What was once thought to be science fiction has become science fact. Again, forewarned is forearmed.

Your ability to futurize yourself, which includes optimising your resilience,

will be key – and will define how you deal with it and determine the long-term outcome of our future and the future of humanity.

I ask the questions again: “What the future do you want?”

Do you want to have a good life? Then create a GREAT future. Do you want to feel content, healthy and fulfilled in a fast-changing world? Do you want to be a GREAT steward of the Earth for your children, your children’s children and generations to come? Yes? Then you know what you need to do – and you need to do it NOW.

**To be continued next week with:**

CH3.2 The push and pull of the future

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## This week’s extra

### India



Malla Reddy University, Hyderabad



First World Conference on Physical Therapy - 2022, Hyderabad



Demonstrating the “Reset Approach” at the University of Udaipur



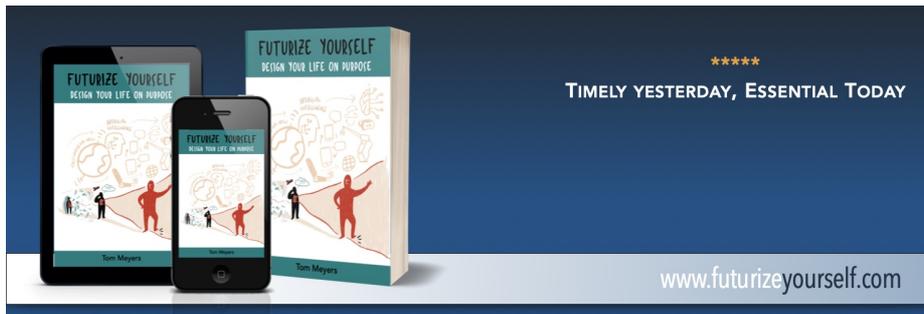
“Resetting the ANS” workshop at Mumbai

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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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