



Dear {{ contact.FIRSTNAME }}

Welcome to the twenty-second 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 second episode of Chapter Three: The push and pull of the 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

## CH3.2 The push and pull of the future



Now is the time to do what was timely yesterday but essential today. Don't wait till you have more time. Don't wait till whatever you think needs to be over first is over before you start doing what you want and need to do. Do it now. Take that first step. There will always be something in the way if you don't start.

For a GREAT future, you have to aspire to be GREAT.

**“You can expect the future to take a definite form or you can treat it as hazily uncertain. If you treat the future as something definite, it makes sense to understand it in advance and to work to shape it. But if you expect an indefinite future ruled by randomness, you'll give up on trying to master it.”**

Peter Thiel, author of *How to Build the Future*

I know I'm repeating myself here, but what the future do you want?

Life is always in motion and full of challenges. Life doesn't give us a break until we take a break. Food or drink doesn't come into your mouth unless you put it there. You can be the greatest writer of all time – but if you don't put pen to paper, no words are written, and the opportunity is lost to the moment that was never seized. Some things just need to be done. Long-term futures thinking is not something we do automatically; it is has to be done on purpose, by our own volition.

We have the innate ability to time-travel – and, if you really think about it, you do it constantly. For example: when planning a wedding, your next meeting, picking up the kids later from school, for grocery shopping. We are continuously planning short-term future events. However, thinking long term, for example envisaging what you want 10 years from now or longer, most people just don't do it. It doesn't come naturally. There are several reasons for this; one is how our brain has evolved, and another is because, the further into the future we look, the less certainty there is.

However, times have changed, and the future will become a series of stressful events if we don't change our ways. To change our ways, we need a futures mindset. We need long-term meaningful objectives/goals that will help us to make better decisions in the present.

**“Goals are how we paint the picture of a future we're motivated to work towards.”**

Jory MacKay

By future goals I don't mean the nitty-gritty stuff – that's impossible – but rather to have the bigger picture in mind at all times. This needs to become a habit.

In a recent motivational talk I gave to students of the RNB Global University in Rajasthan, India, I ended by saying: **“Don't wait for it to be too late and be left with regrets for the steps you didn't take, to shape your life into something GREAT”.**

Life tends to steer us away from what truly matters. It's as if we are continuously being distracted from the essence of life. The question is:

who or what distracts us, and why? We can say it is due to such and such, but in the end it might be best to look in our own bosom to see who ultimately lies at the basis of this distraction.

Life is always in motion – a push and pull of various forces (stressors) with different levels of intensity and duration that steer us in a particular direction. These can be physical, psychological, social or spiritual forces, real or imagined. Imagined – really? Yes, really. How many fear or feel anxious about the future while it doesn't exist yet?

But ultimately it is within ourselves to choose how we react to the push and pull of life. A captain of a ship can leave the steering of his ship up to fate or he can steer it in the direction of a chosen destination. A captain can choose a direct line from A to B or do it in a zillion other ways. He or she might also encounter obstacles but is trained to make decisions to act in time when needed to deviate from danger while staying on course.

I remember the lure of distraction when I was studying to become an osteopath. I was working full time to be able to pay for my classes and the apartment I was renting at the time. So time was limited, and the time I had I needed to study. Being in my early thirties and single, one part of me, rather than studying, wanted to go out and mingle. Every weekend I could have gone out with friends, but 9 times out of 10 I said no to the invitations. That was always difficult, but my goal was very clear: I wanted a better future, and that required my time. The good thing was that being focused gave me the necessary motivation to pass the various tests and papers I needed to write. So keeping my focus wasn't all bad. On the contrary, it gave me more qualitative time with my friends when I saw them. Life made more sense and became slowly but surely more fulfilling and whole. In the end, look where it got me. Of the 12 that started the osteopathy course with me in Brussels I'm the only one who completed and passed the final exams 5 years later.

Again, I didn't know at the time that I was using futures thinking, anticipatory personal leadership and foresight tools to motivate and steer me into the future I wanted. I was just told that I had a choice in making the future I had chosen on purpose into an ongoing reality. Once told, I felt it was evident. "You want that future? Well, what are you waiting for?" In my echoic memory I can still hear Eline saying those words after I had shared with her the answer to the question what an ideal day would look like for me 10 years in the future. Today I am living that future and sharing it with you, along with all the learnings I can think of that I've had between then and now.

### **To be continued next week with:**

CH3.3 Say hi to the primordial futurist

---

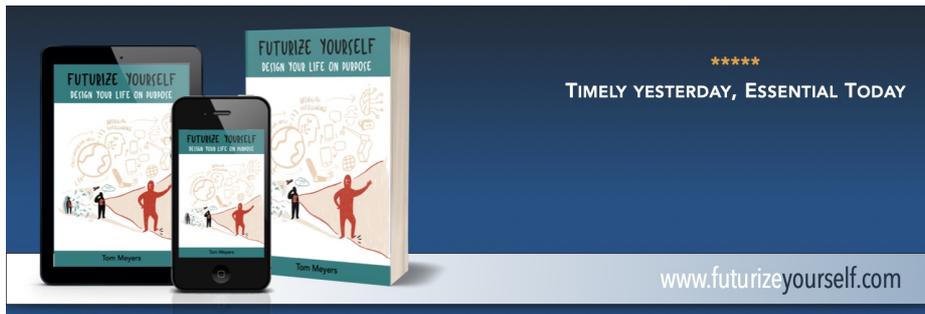
### **About the author**

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)

## TOM MEYERS

H. Pauwelslaan 7  
B-1200 Brussels

This email was sent to {{contact.EMAIL}}  
You've received it because you've subscribed to our newsletter.

[View in browser](#) | [Unsubscribe](#)

Sent by  
 sendinblue