



Dear {{ contact.FIRSTNAME }} }

Welcome to the twenty-eighth 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 tenth episode of Chapter Three: **“Making your future self your best friend”**, and the eleventh: **“Developing a resilient future”**.

Happy reading!

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

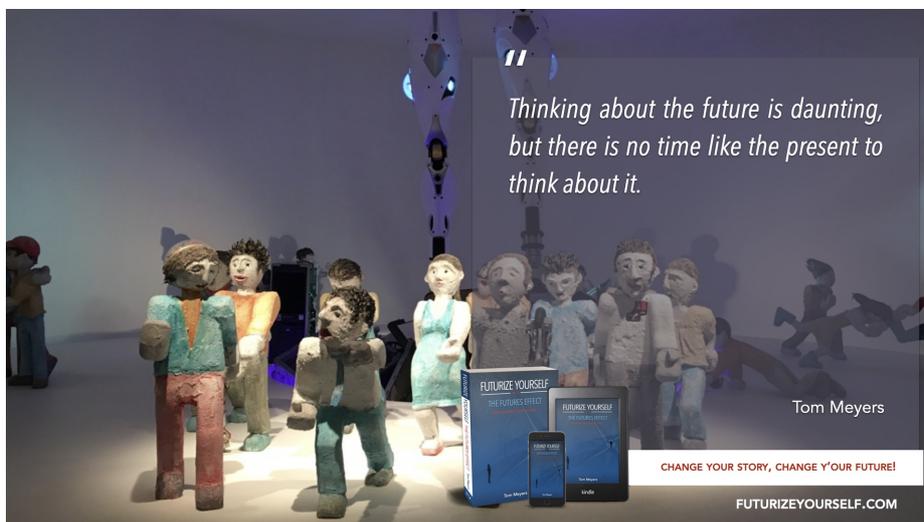
Tom

*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](#)

**CH3.10 Making your future self your best friend**



So what do you need to do to make your future you you (see Episode 27), and turn a stressor like futures thinking into an asset? You need to... futurize yourself! (I think you saw that one coming...) Futurizing yourself over time rewires your brain.

Spend time familiarising yourself with your future, the stressor, the stranger. "Tom, are you saying that I need to make the future me my best friend?" Exactly - I couldn't have said it better. If natural evolution won't do the job in time, help yourself to evolve on purpose. Make the future you your best friend. In essence, it's as simple as that.

OK, I'm exaggerating a bit - and I do realise that, if you are currently struggling to survive, this ain't so easy. The first three levels of Maslow's pyramid of needs do need to be met. Were they met when I started futurizing myself? Luckily, they were, now that I reflect on it.

Sitting at my desk at the back of my failing shop, I was safe. I still had a roof over my head; I still had food to eat and water to drink. For how long I didn't know, but at that moment I was OK. This is probably why I was able to think and reflect when I needed to answer the questions I was given, even though my stress response was, without a doubt, very active at the time.

### CH3.11 Developing a resilient future



The future as a tool for stress management and resilience building. You might not have thought about it before reading this book, but I'm pretty sure you are doing it already in your life. You've planned a holiday before, right? How did the planning or thinking about your holiday make you feel

on a particularly stressful day? Do you have insurance? Do you save money in an account for a rainy day? Why? Why do you brush your teeth?

These are all examples of where you are acting today to prevent something in the future. In other words, you've thought about possible future scenarios and are implementing strategies to prevent something like bad teeth or to make conditions for the future better, like saving for a rainy day. These are all forms of stress management, in my humble opinion.

So yes, futures thinking, creating future scenarios or making plans for the future is something we do, and it is good for us, for you. We just haven't applied it to other parts of our life where it could be of use, because, in the past, times, needs and circumstances were different.

But with our environment changing fast and the consequences this has and will have further on our lives, including the survival of humanity, we have no time to lose.

Futurizing yourself is key for your health and wellbeing and will help you become more resilient in times of change and adversity. Imagine an astronaut going to the International Space Station, and there is an emergency. If they hadn't trained to stay calm and collected - if they hadn't trained with hundreds of scenarios, how do you think they would fare?

If you are a taxi driver, and you haven't reskilled and suddenly find yourself without a job because all taxis have become automated, how will you feel? What will be the consequences for your family, your children? How will you feel when you suddenly find yourself feet deep in water as global warming has caused sea levels to rise? Did you know that paradises like Seychelles, Maldives, Tuvalu and Kiribati will be mostly under water within the next 50 to 100 years? The same fate, over time, awaits New York, Sydney, Venice, Amsterdam, and so many other coastal regions.



Guardamar del Segura, Costa Blanca, Spain (2022)

Oh, you are still thinking that it will not happen to you? That it only

happens to others... Remember what I said earlier about the glitch in your brain that makes you believe that the future you isn't you while in reality it is you. A global pandemic was also happening to others. Yeah, like you were living on another planet, Tom. Yes, I had to learn this important lesson too the hard way. That what I thought was "a show far from my bed" (as we say in Dutch) was happening to me.

Futurizing yourself, making the future a friend by practising incorporating futures thinking into y'our decisions, choices and actions is the mind shift we need to evolve on purpose to flourish and thrive. Futurizing yourself without delay is the key to get what the future - which I hope you have conceived by now - you want.

I was in a business and life crisis when I was told to think about the future. When my business was failing and the walls were closing in on me, it was the question to imagine an ideal day in 10 years' time - the question that made me design the future I wanted - that saved me and would help me to flourish and thrive over the next 20 years.

Yes, at first when I was asked to ponder upon this question, my reaction was rejection. How was it possible to think about an ideal and brighter future while my problems were here today and needed to be fixed now, not tomorrow? How was it possible to imagine beauty when there was so much darkness around me?

Now, looking back over the past 20 years and all that has transpired, I know that it is thanks to that one question that I am what I am today. The answer gave me a focal point based on which I could pull myself out of my misery.

"And what about the other questions you mentioned in your previous book? The questions that helped you put a new light on your past and finding your potential. Weren't they decisive in the process too?" They were important preparatory steps, and without them I wouldn't have been able to come up with the appropriate answer. But what's the use of knowing how to look at the world or knowing your potential and then stopping there? By imagining my ideal day, I gave my life meaning and a direction, a sense and a purpose. Something to aim for, a direction to go in, and a reason for doing so. Together, they gave me resolve and determination I hadn't experienced before. I was going to live and fulfil my destiny and evolve into the best version of myself.

Meditation masters might promote living in the moment and focus on the present to manage stress, but this will not help you prevent stress from happening if you lose your job and hadn't foreseen it. So yes, what do you know?! I know it might sound bonkers, but thinking about the future will build resilience. It will help you to prevent stress, and also to weather stress by proactively focusing on a long-term "YOU" project. By scanning the horizon and seeing demands or opportunities in the distant future to which you can align your decisions, choices and actions in the ongoing present to meet these demands and opportunities in the future.

Or you can anticipate what might happen and get ahead of change by futurizing yourself. That is, preparing yourself beforehand, thus before a crisis or change emerges in the case of our taxi driver. By now, a taxi driver must have heard that the likelihood that their job will be automated in the near future is very high. Exactly when this will be is unknown. We can't predict the future with certainty; we can only create

scenarios or anticipate what will happen. That all forms of transport are going to be automated is beyond question. Have a look at [replacedbyrobot.info](http://replacedbyrobot.info) to find out what the likelihood is. While there, maybe you want to check your own job. Anyway, if driving a taxi doesn't get automated soon, we might have more serious problems to tackle - but let's stay optimistic.

OK, let's suppose you are a taxi driver; you might not think that losing your job is optimistic, but this is evolution, and evolution is an undeniable reality and part of life. Remember that the horse and cart were replaced by cars - and what took 50 years then will take about 5 years now. Be ready for it!

Here's my advice if you are a taxi driver, cashier, meter reader, fast-food worker, telemarketer, loan officer or radiologist (to name but a few): I suggest you proactively start learning a new skill if you don't want to find yourself in a crisis when it happens.

### To be continued next week with:

CH3.12 Everything that can be automated will be automated

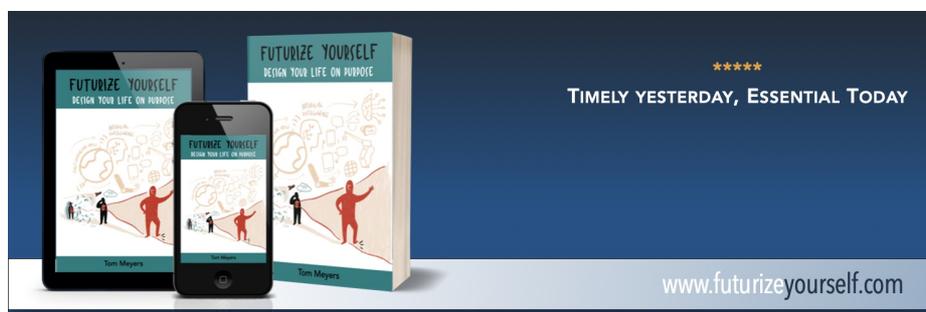
CH3.13 Design your life on purpose



### 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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