



Dear {{ contact.FIRSTNAME }}}

Welcome to the twenty-ninth 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 twelfth episode of Chapter Three: **“What can be automated will be automated”**, and the thirteenth: **“Design your life on purpose”**.

Happy reading!

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

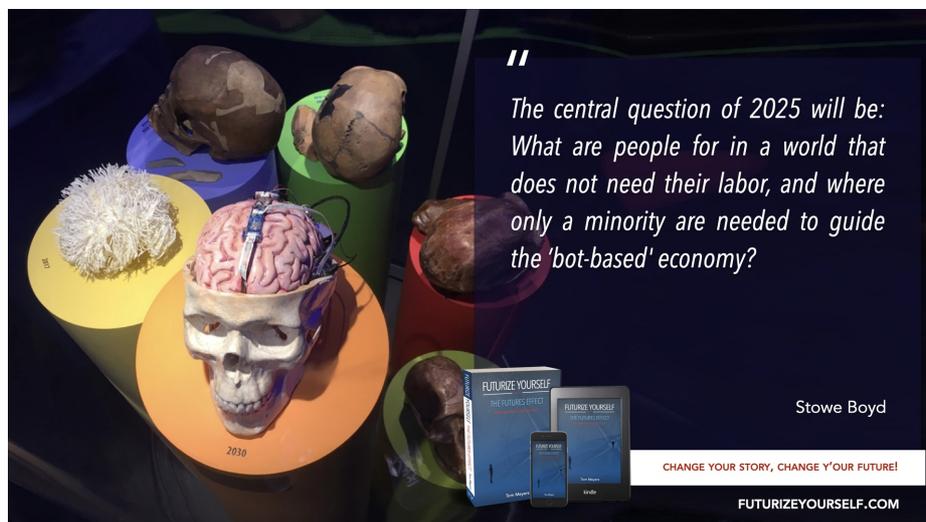
Tom

*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](#)

**CH3.12 What can be automated will be automated**



According to estimates by the Organisation for Economic Co-operation and Development ([OECD](#)), more than one billion jobs, that's almost one-third of all jobs worldwide, are likely to be transformed by technology in the next decade. Transformed meaning that some jobs will be lost and for others reskilling or upskilling is needed ([WEF, 2020](#)).

The good thing for those that lose their jobs is that new jobs and opportunities will be created. The World Economic Forum ([WEF](#)) predicts that despite the accelerated disruption to jobs, there will be an overall net positive between job growth and actual decline ([WEF, 2020](#)). That said, these new jobs and opportunities will require new skills, of course.

To have a GREAT future, make sure you become resilient for the futures to come. Inform yourself, anticipate and prevent change from becoming a stressor through your decisions, choices and actions. In other words, futurize yourself by starting to scan the horizon and taking action proactively. You can start today by analysing the demands and opportunities these changes will bring, and reflect on what you can do today to be ready when these demands are needed or the opportunities have emerged. You can also develop a strategy based on what will not change and build on that. This is an interesting approach adopted by Jeff Bezos ([Inc.](#)).

Until now, we have been primarily reactive when it comes to change, which has been OK in a slow-changing world. However, that world ain't no more. We live in a fast-changing world where we need to be proactive if we want to stay relevant and resilient.

CEOs and managers of thriving businesses know this. They have scanned the horizon and created scenarios for the future, and plans to adapt to each and every one of them.

Others, like Elon Musk or Jeff Bezos, are busy creating the demands of the future. Now we, and I mean all 7 billion of us, have to come to terms with this. We have to come to terms with ourselves. We need to look within and acknowledge that the world around us has changed, and we need to get an overview of our place in the world of tomorrow. We are ready for this. You can do this.

### **CH3.13 Design your life on purpose**



In my book *Futurize Yourself - Design your life on purpose*, I weave my personal journey and the lessons I have learned together with details of how and why you should consider doing the same. Today, I still use the same questions and the same mindset to create my futures. Yes, I scan the horizon. Yes, I checked the [replacedbyrobot.info](http://replacedbyrobot.info) website. I was curious and needed to know. As an osteopath, I'm pretty safe, apparently. The likelihood that my job or any other manual healing approach will be replaced is close to nil

However, what will happen when nanobots arrive? Nanobots that can be injected into your bloodstream and flow through your body to detect disease. They will, for example, be able to seek out and destroy cancer cells, but also to stimulate hormone production, change your mood, and deliver medication right where you need it.

Smartwatches today can already detect early signs of illness including arrhythmias and infections, and they are even capable of pre-symptomatic detection of coronavirus disease ([Mishra et al., 2020](#)). Soon they will even be able to measure blood glucose levels and blood pressure. But it won't stop there. Over the next few years, I expect the next gadget to have will be the smart mirror that will help us with our health and wellbeing.

When more and more technological advances are made to keep us healthy, will I still have a job? Maybe not, and this is a scenario I must take into account. Another scenario is that demands will change. By that I mean that the nature of the ailments that people come to me with will change. With new jobs, new challenges to our health and wellbeing will arise. For example, I can foresee that virtual or augmented reality will bring about more vestibular and neck problems. New forms of stress will also emerge when new technologies find their way into our lives. I have my finger on the pulse and keep questioning myself in order to be relevant as a healer.

The third scenario I apply is scanning the horizon for new opportunities that I can explore. For example, opportunities for my services in space

tourism. Soon, and maybe even before the publication of this book, private firms like [Virgin Galactic](#) and [Blue Origin](#) will fly you to the very edge of space and back. In the years to come, [SpaceX](#) will take you for a trip around the Earth or around the Moon and back. Oh yes, and the space hotel “[Voyager Station](#)” is planned to be operational in 2027.

If you’re looking for an exciting new job, I would look to space or the off-world economy. The [Space Foundation’s The Space Report 2022](#) estimates that the space economy was worth \$469 billion in 2021 ([WEF, 2022](#)) It is a growing market, expected to be worth trillions by 2040.



Not to sidetrack too much here, but the opportunity I see is that, unlike professional astronauts, private astronauts will not be selected for their physical or psychological prowess nor trained extensively for a mission of a lifetime. I can already predict a few health challenges that will need attending to where I can be of help. One is the physical strain when you go up or come down. Ever been on a rollercoaster ride with a lumbar disc out of place? Although going up into space and coming back down to Earth will be short, participants with little training will experience significant G-forces: this is described as like having a baby elephant sitting on you for a few minutes. On top of that, you have something called [acceleration stress](#) or the physiological changes that occur in the human body in motion as a result of a rapid increase of speed. But that is not the only form of stress that space tourists will experience. I can imagine it will be one of the most fearful, anxious, exhilarating adventures, with a zillion other emotions that will spike stress levels. There is no doubt in my mind that the whole experience will have more Life-change units (LCUs) in a couple of hours than most people get in a year or even several years. The more LCUs one experiences, the higher the likelihood of illness or an accident happening.

### Life-change unit (LCU)

A unit of measurement on the Life Events Rating Scale, on which diverse life experiences are assigned numerical values in accordance

with their stress-generating potential. For example, divorce and death of a spouse or significant other are ranked as high stress generators on the scale, retirement falls about midscale, and moving to a new house and a change in sleeping habits are ranked progressively lower. Some research indicates that individuals with a high cumulative LCU score (i.e., a high potential-stress score) show more health changes than other participants ([APA](#)).

My Reaset Approach, which is based on osteopathic principles, is the answer to making sure that private astronauts are physically ready - and, when they are back, that their stress response is “reaset” (returned to ease) so their mind-blowing experiences won’t blow their mind or lead to post-traumatic stress. If their stress response is not reaset, this would be a true disaster not only for them, their family and their work environment, but also for humanity.

Viewing the Earth from above is said to be a deeply moving and transformational experience. Frank White coined a term for this in 1987: the “**overview effect**”. The overview effect is a cognitive shift in awareness reported by some astronauts during space flight, often while viewing the Earth from outer space ([Wikipedia](#)). When back on Earth, astronauts show more pro-environmental attitudes and behaviours ([Voski, 2020](#))

PS: Did you know that the photo “**Earthrise**”, the image of the Earth and some of the Moon’s surface that was taken from the lunar orbit by astronaut William Anders on 24 December 1968 during the Apollo 8 mission, propelled the environmental movement and led to Earth Day being established ([Wetli, 2020](#))? Just saying!



Photo: Earthrise by William Anders of Apollo 8 (1968)

There have been 600 professional astronauts ([Wikipedia, 2021](#)) since Yuri Gagarin made his first space flight in 1961. Hundreds of private astronauts worldwide are going to follow over the next 5 years and see the Earth from a cosmic perspective. So, hundreds experiencing the overview effect - hopefully with the same cognitive shift as professional astronauts.

Imagine the changes in attitude and behaviour that will evoke, and the potential impact this will have when they go back to work. These are CEOs, entrepreneurs, business people, people fortunate enough to be

able to fork out at least \$200,000 for a few minutes in space.

This shift in awareness is exactly what we need. Seeing the Earth from space and seeing the Earth in space – this change of perspective – will be another small step for man, another giant leap for mankind. It will create a new kind of self-awareness and connectedness triggered through the stories these private astronauts will bring back and the changes they will implement. This cosmic perspective, I foresee, will create a global shift in our consciousness and make us grasp that we are here together and that the Earth is a home we need to protect. Protect today, not tomorrow, so that there will be a tomorrow.

All of this can happen in the blink of an eye, unless stress takes the upper hand with these astronauts. Again, professional astronauts are selected and trained for years to deal with the stresses of space flight. Private astronauts are not. Remember what stress does to your brain if it gets out of hand. Maybe not immediately, but over the course of a few months, it will become a problem and can lead to post-traumatic stress. Yes, you can get that from what is considered a positive experience too. When the stress response – from that once-in-a-lifetime experience – doesn't reset by itself or with facilitation, it will lead to all kinds of physical health problems but also mood changes, cognitive and behavioural changes, social detachment, violence, etc. Not something you want to see in CEOs, leaders and entrepreneurs.

So I've made it part of my objective for 2030 to become an osteopath and body-centred stress coach for space tourists to make sure their experience is a once-in-a-lifetime transformative experience for the good of mankind.

A GREAT future for me is a future where we all flourish in the flow of evolution and thrive in a fast-changing world. How I want to contribute to that is by fulfilling my potential and evolving on purpose. That is my sacred mission.

The above is one of the scenarios for a resilient future for myself. Resilient in body, mind and spirit. A vision and approach to life created by linking many dots: my potential, personal and global needs, opportunities, and so much more. This is what motivates me and gives me energy. Keeping all these elements in mind helps me to monitor my situation and progress. It also keeps me on my toes to adapt. I know I still have a lot to learn, and there will be challenges, but I have big hopes and dreams for my future and the future of humanity.

I believe it's time to move on, as we still have three more futures to discover that offer benefits for your health and wellbeing.

## **To be continued next week with Chapter 4:**

CH4.1 Connecting the dots

---

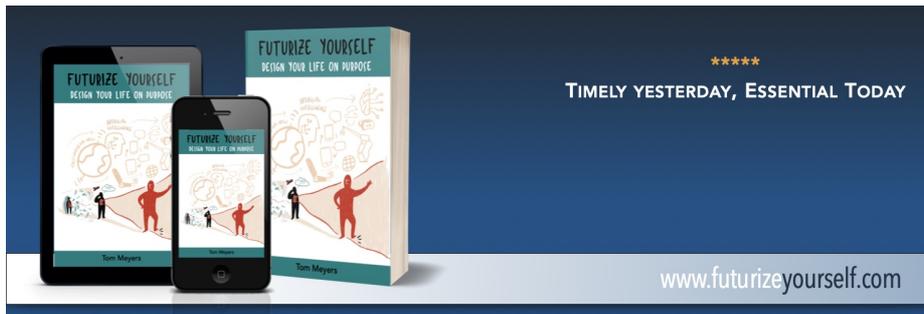
### **About the author**

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