



Dear {{ contact.FIRSTNAME }}}

Welcome to the thirty-fourth 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 in 2023.

This week I’m sharing the fifth episode of Chapter Four: **“Catching opportunities”**.

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

Just as a reminder, last week’s episode ended with me saying that I was going to talk about other processes that were helping me forward, like fishing 😊.

CH4.4 Catching opportunities



By now you should know that my brain works in mysterious ways and that at times, to share a story or insight, I go off the beaten track to shed some light on the experience. So here is another one of these weird-and-wonderful quirky metaphors which might at first make you frown a bit, and it's about fishing.

I'm not a fisherman myself, but when I walk around the pond in the park near our home, I often see how the hobby fishermen have not only one line out but several, which I can only imagine is to increase their opportunities or chances to catch a fish.

In much the same way, but without the fishing line, plans or paths can be explored and projects started to land opportunities. For example, writing this book has the primary objective of helping you to adopt and reap the benefits of a futures mindset, but it is also meant as a business card for landing opportunities to speak. Speaking and giving workshops is something I'd like to do more in the years to come.

However, a book doesn't get written by itself. I know it sounds silly: of course not, Tom! But how many people want to write a book that never materialises because they never put pen to paper, so to speak? How many people say: "Oh, you're so lucky! I wish I..." – but, when told how to invite luck or boost their luck, they always have an excuse not to follow up on it. This is not a reproach. Everyone has their own learning curve. A good quote to remember is: "Destiny is no matter of chance. It is a matter of choice. It is not a thing to be waited for, it is a thing to be achieved" (William Jennings Bryan).

Yes, I know it sounds obvious, but I had to find this out the hard way. I was a bit naive when I was younger and thought that the world of opportunities would drop itself at my feet. But look where that got me. As mentioned before, I was a teeny-weeny bit conditioned by circumstances. Once I understood that I had to be more proactive and could create opportunities and make decisions that worked for me, that was the next step in my process of evolving on purpose.

So I not only aligned my decisions, choices and actions with my preferred future in mind; I also made sure I paved my way forward intentionally. I think another illustration is in order here.

Imagine you have a dream and you keep it all to yourself. You tell no-one, not even your best friend. Only your mirror knows it, because you've been repeating your dream to it every morning and evening for the past ten years: "Mirror, mirror on the wall, I wish for..."

Believe me when I say that talking about your dream to someone works much better than telling it to your mirror to make it come true. It helps, but, I think, only if others with whom you share it see it in you or believe in you and your dream. Believe that you have it in you, that it is actionable. But more about “actionable” later. For now, believe me that, if your dream is to be a prince and you were not born into a royal family, they will probably laugh and say: “You can’t be serious!” or “You can always try for the Carnival Prince.” OK, don’t get me wrong: it does happen. A personal trainer did become Prince Daniel, Duke of Västergötland in Sweden. But I think you know what I’m getting at.

Many people keep their dreams to themselves, are afraid to put themselves forward, and I get that. Fear of being ridiculed or criticised or having one’s dream stolen. I know what that fear feels like – I’ve been there. However, when your dream is sincere, comes from within and serves your purpose, and when you ask people to help you, I see that, more often than not, it leads to a positive response. It might take time.

When I shared my dream of becoming an osteopath with an osteopath, I got a message back from him two months later that a friend of his was setting up a school. Six years later (2007), I was a certified osteopath. Then in 2012 at an osteopathy conference in Berlin, I had a conversation with a German colleague about the impossible dream of obtaining the Diploma of Osteopathy. I was denied this in Belgium after I had received my certification. This meant that my patients were not reimbursed by social security. So he said, “Why don’t you enrol on the Bachelor and Masters in Osteopathy course at the Osteopathie Schule Deutschland? Er, what? There is a BSc and MSc course? Two years later I had my BSc and all that was needed to get my D.O. and recognition in Belgium. Four years later I also had my MSc. All that because I spoke up about my impossible dream.

Having a website, being on podcasts, creating [TEDxVilvoorde](#) on the topic of “What, the Future?!” and the many articles I’ve written – all this is not only because I like doing these things or because I feel the need to inform people better. Yes, they are part of expressing my purpose to empower people to flourish in the flow of evolution and thrive in a fast-changing world, but they are also to create opportunities for me to grow and evolve. Sometimes it takes years before I catch a fish – I mean, land an opportunity.



For example, earlier this year, I saw on LinkedIn that someone had translated “Stress: the health epidemic of the 21st century” into Turkish.

An article I wrote four years ago. I thanked them for it. I could have disputed whether this was legal or not because they hadn't asked me - which I must admit was my first reaction. In principle, republishing an article without prior permission is not done. OK, they did link and credited me, and I didn't see any harm done, so I wrote and thanked them without comment. This led to a conversation and an invitation to be a keynote speaker at their Future of Work conference. A conference I hadn't heard of - but with the main topic "Unlocking human potential in these fast-changing times" and more than 2,000 international attendees, I was very interested, to say the least.

If I hadn't written that article, they might have never heard about me. Nor would I have had other opportunities that have manifested which are directly linked to the keynote address I gave.

Again, I write articles and go on podcasts to empower others to flourish and thrive in these fast-changing times - that is my first ambition. But at the back of my mind there is always an intention and hope that they might lead to other opportunities to increase the realisation of my first ambition.

I give these examples to make you the reader think about - yes, I know, I'm going to say it again: "What the future do you want?" More specifically, how to make what you want happen. I've said it before: I was very naive. I was waiting for the world to fall at my feet. No, I wasn't arrogant - far from it - but just unworldly. Although I had travelled around the world, I just didn't really grasp, understand the ways of the world. A trait that I've heard entrepreneurs and business people complain about as regards some younger employees.

When I realised that the world wasn't revolving around me and that change would not come if I waited for some other person or some other time, I was ready to move on. I was ready to build and work for the future I longed for.

To be continued next week with:

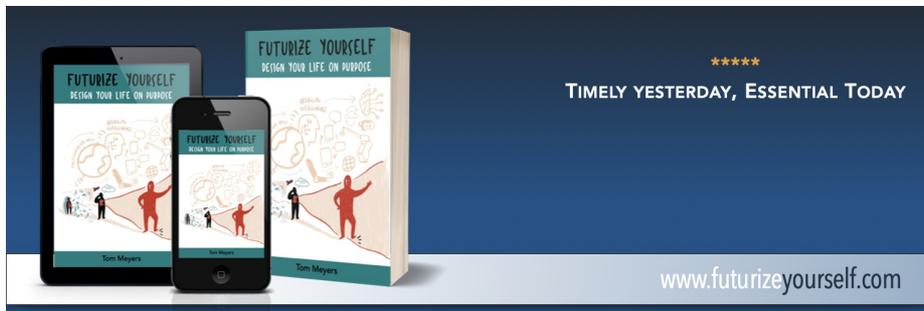
CH4.5 Making decisions that work for you



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 "Reaset 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

TOM MEYERS

H. Pauwelslaan 7
B-1200 Brussels

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