



Dear {{ contact.FIRSTNAME }}

Welcome to the thirty-sixth instalment of the serialisation of my upcoming book **“The Futures Effect - Change Your Story, Change Your Future!”** – the second volume in the **“Futurize Yourself”** series – that is scheduled for publication in 2023.

This week I’m sharing the seventh episode of Chapter Four: **“As we see our future, so we act. As we act...”**

#### PUBLICATION UPDATE

Great news! The final draft of the book is finished and formatted for publication. I’m just waiting for some reviews and testimonials to come in and then we will be able to finalise the cover. So all is on schedule for this second tome in the Futurize Yourself series to be available in early 2023.

You can start pre-ordering your copy by sending me an e-mail: [info@futurizeyourself.com](mailto:info@futurizeyourself.com)

Happy reading!

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

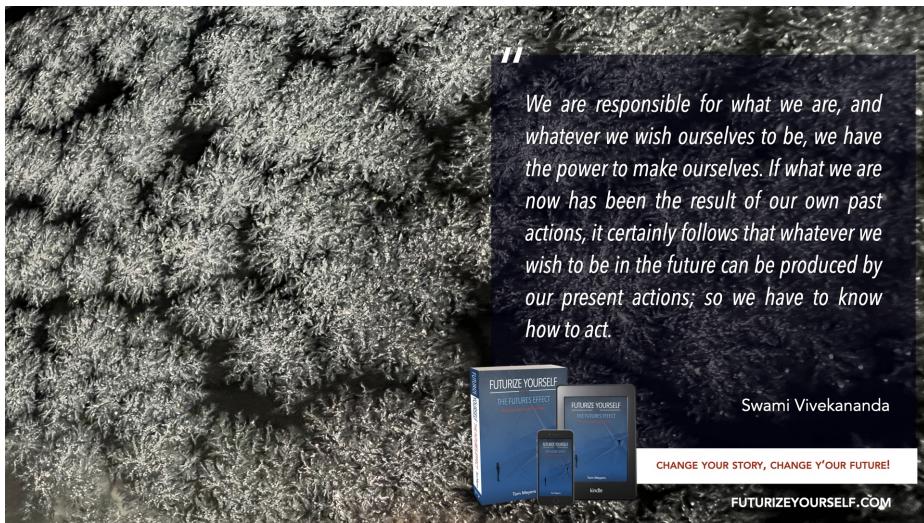
Tom

*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](#)

**CH4.7 As we see our future, so we act. As we act...**



I would like you to believe me when I say that it is a small step to take, but a giant leap in your evolution, to futurize yourself. But the best thing is to experience it yourself. I took that one step more than 20 years ago when I was depressed and suicidal. It worked out for me.

Now, knowing why it worked for me, I see it as my sacred duty to pass on my experiences and ideas to make it work for you. Nothing would make me happier than to hear that it helped you evolve, flourish and thrive and have a GREAT future.

The future doesn't just happen. Every decision and choice you make or do not make, and every action you take or do not take, influences the outcome of y'our future. I can't repeat this enough. I can't repeat enough the importance of this fact. I've gone through a part of my life in ignorance of this, but – oh my! – has it made a positive impact on my life since I learned it and started to live life forward consciously, on purpose!

I must admit that, in sharing this, I must put aside many apprehensions I have that my words might seem less of an encouragement than they are intended to be. I'm not here to lecture you or come over as a guru. I'm here to inform, make you think, and foremost to help you make up your own mind. So always keep an open mind. Don't copy-paste me (or anything, for that matter) without reflection.

Futurizing yourself and evolving on purpose will have you spending time doing some serious introspection, outrospection and futures inspection, i.e., prospection.

**Outrospection** is a term coined by Australian philosopher and author of *The Good Ancestor*, Roman Krznaric (2021) and defined as: "A method in which you get to know yourself by developing relationships and empathic thinking with others."

The benefits of this time well spent are enriching and rewarding for the rest of your life. Yes, it will also challenge you over and over again, as you will have to put into question your own beliefs, biases, assumptions, experiences and more.

Does it sound like a lot of work? Well, it is, but y'our quality of life depends on it. Life just ain't a walk in the park – and leaving it up to chance has become a deadly game.

The good thing is that our behaviour precedes the future, and our behaviour is preceded by our thoughts and images of the future, which in turn are preceded by our feelings. So don't stress. Breathe...

It's easier than you think, and it starts with accepting that the future cannot be known - that uncertainty reigns - and that, instead of struggling against it, you can embrace it. "Life is so much easier than you think it is, and as you come to understand the way life works, and the power you have inside you, you will experience the magic of life in its fullness" (Rhonda Byrne).

You already can adapt to short and medium-term changes. Look how quickly we adapted and evolved to a new normal in response to the COVID-19 pandemic. We could have done better if we had been more proactive, but let it be the lesson we had to learn. The lesson we now need to remember and integrate to pull us/you forward.

Yes, it will require your time and attention acquiring a futures mindset - but, in all honesty, if you think about it, what doesn't? Always keep in mind that the time you spend futurizing yourself is to enable you to have and live what the future you want. If you want to build a GREAT future where you feel content, fulfilled and healthy, and flourish and thrive in this fast-changing world, then you have no choice but to work at it. There is no alternative.

We all know by now that we are experiencing huge challenges and that more challenges await us. We are, so to speak, at the fork in the road where we will need to make a choice.

Humanity has entered a critical moment in its history. The coming decade is a time of great historical significance, and the decisions humanity collectively makes in the next 10 years may well determine whether our future is bright and prosperous, or whether it leads to misery and perhaps even our eventual demise as a species.

(From the Fork in the Road manifesto  
<https://forkintheroadmanifesto.com>).

If we want to tackle the current challenges and those ahead, we need to stop putting our heads in the sand and ignoring our future or refusing to think about it; otherwise, the consequences will be devastating.

Putting it off is putting your life, and that of your family and humanity as a whole, in the balance. In essence, the empowering message of futurizing yourself is defined by this quote: "As you see y'our future, so you act; as you act, so you and y'our world become." A quote I adapted from Barbara Marx Hubbard: "As we see our future, so we act. As we act, so we become."

By now, I hope you have thought about y'our future. Where you are going, what you want, but also where we are going together as one. We are, after all, speeding through space together on Spaceship Earth. PS: Did you know that the Earth orbits the Sun at 107,226 km/h and covers about 2.6 million km a day, while the Sun and the solar system are moving at 720,000 km/h in the Milky Way? We are in the same boat, so to speak, together.

I know research is part of my potential - and that means, I suppose, that questioning things comes rather naturally to me now, but I had to learn it.

Learn by doing once it was pointed out to me that I could.

I see around me, hear and read in the media that we don't question things any more. Take the spreading of fake news, for example: how many people literally copy-paste information without giving it the slightest scrutiny? Been there, done that - but I hope to avoid it now by being a bit more aware, I suppose you could say.

Anyway, I don't want to be a moralist, but I know that questioning, especially questioning myself, enriched me. I would even say it saved me, and through it, I was able to give my life a direction, meaning and purpose.

How did I get here? Where am I going? What can I do better? What's my potential? What do I need in order to feel whole inside? These questions helped me, still do, and I hope they can help you to evolve on purpose. This is in combination with trusting and following your gut feelings. Some things you just can't know, and that is OK too. Let's use all our potential to evolve on purpose and grow into the person we were born to be.

## To be continued next week with:

CH4.8 Can we evolve 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 "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](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