



# THE FUTURES EFFECT

Change Your Story, Change Y'our Future!

Dear {{ contact.FIRSTNAME }}

Welcome to the third 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 (2022).

It takes time not only to write a book but also to get it from the manuscript to actual publication, so I've decided to jump on board a popular new trend in book publishing: serialisation. What you can expect from me is about 10 to 20 minutes of new and unabridged reading material each week.

This week's episodes are:

- 1.4 Futurizing yourself is adopting a futures mindset
- 1.5 The benefits for y'our health and wellbeing

In this week's extras, I've added two interesting articles. One is by futurologist Alex Ferngani and the other by foresight advocate Victor Sarat. Check them out, as they will bring more clarity about what might be for some of you new terminology like "Futures Studies, Foresight, Futurism, Futurology, Futures Thinking."

Enjoy the journey as we explore “The Futures Effect” together!

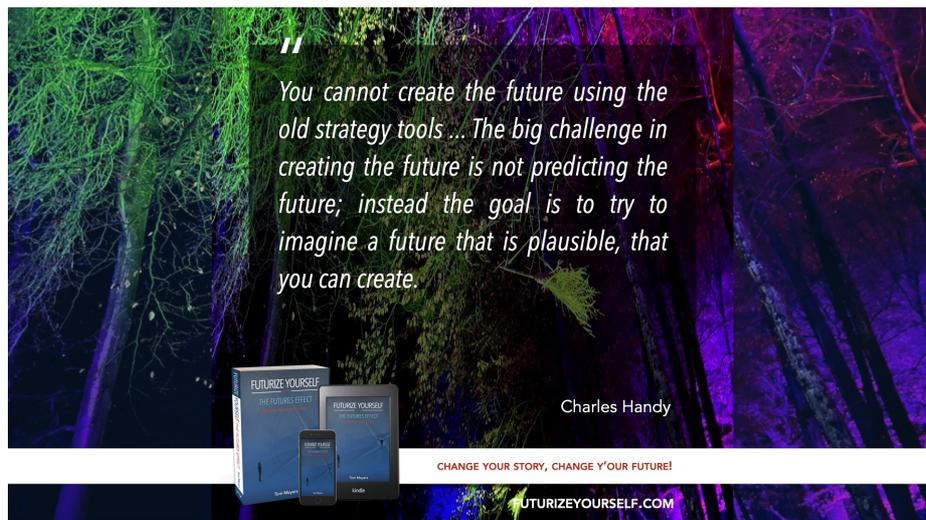
Be good to you and y'our future, always.

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.*



## 1.4 Futurizing yourself is adopting a futures mindset



It's time to learn from y'our past but think back from y'our future history that you envisage and create on purpose. It's time to stop being too focused on the now, and adopt a new mindset that looks to the future in a bid to overcome y'our fears. It's time to create a GREAT future, a future in a way that best suits and assures y'our health and wellbeing and the wellbeing of our planet on which we depend.

In a GREAT future, we have a common cause and the necessary anchor points to create the stability and clarity we need to overcome our fears. A GREAT future is where we become the best version of ourselves and where, to quote Douglas Rushkoff, author of Team Human, "We can be fully human without being in complete control of our world."

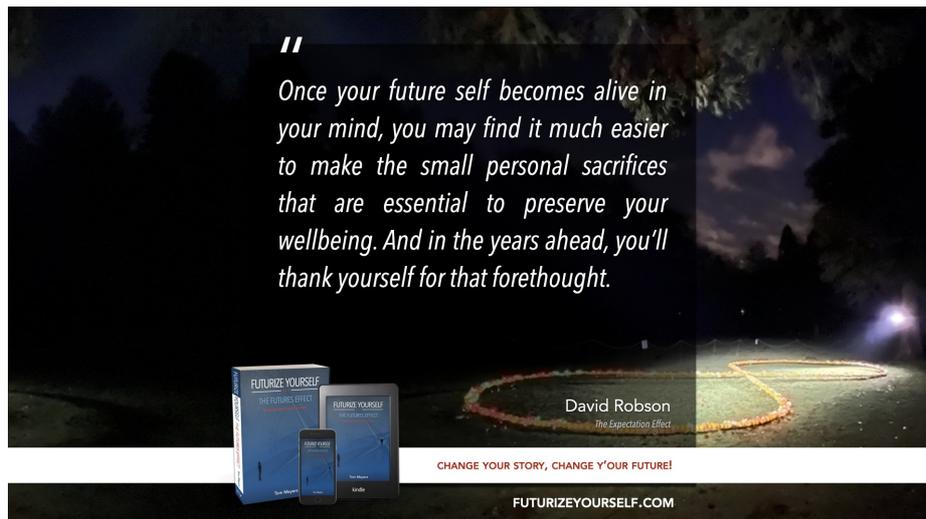
A GREAT future, i.e. a GREAT life, requires an open mind and some thought. It's time to start living on purpose. When you live on purpose, you're adding meaning into your life and moving in a preferred direction. It's time to believe that y'our individual actions matter. It's time that you act like y'our future and the future of the future depends on it. Because it does.

We can cope and navigate the global changes and challenges that lie ahead by using the future. You can drive the changes needed to pull y'ourself out of this crisis facing humanity before it is too late. I know you can, because I have experienced not only how futurizing myself has changed me but also how its benefits have rippled through my environment.

I'm not saying futurizing yourself is the solution to all y'our problems. However, I do believe that, at the core, futurizing yourself is an important contribution to the change in mindset that is needed to start the "Great Reset" needed to tackle some of the biggest personal and global challenges we are facing.

The future is a collective endeavour, for everybody, by everyone. The future needs you. In these unsettling times, with everything changing so rapidly and so extensively, there is a great need to find stability and clarity, something to hold on to while everything changes.

## 1.5 The benefits for y'our health and wellbeing



Futurizing yourself is something that everyone can do and benefit from. However, what will be different for each individual is where you start the process of defining y'our future on purpose and proactively incorporate futures thinking into your decisions, choices and actions to “change forward” and create a GREAT future for y'ourself.

It depends on where you find yourself, the stage of life you are in, the baggage that you are carrying along and/or whether or not other essential needs are met. There are 7 billion different starting points, so to speak.

### **Futurize Yourself**

Futurizing yourself is living your life on purpose. Instead of leaving your life and the future up to chance, you use images of your preferred future as a starting point to change your behaviour in the present.

It is a conscious process and mindset where you proactively incorporate futures thinking into your present-moment decisions, choices and actions that are consistent with the future you want, and it contributes to better, more meaningful living and a GREAT future for y'ourself.

This process is based on a narrative for your future that you have taken the time to envisage and develop by means of three steps.

**The first step** starts with creating a new narrative for the past when you have, for example, limiting beliefs about yourself and/or about the way the world works.

**The second step** is to uncover and define your potential (i.e. the talents you were born with) and in addition define how you want to feel (innate expression of wellbeing) on any given day and your aspirations (hopes for the future) that don't change over time (unwavering principles).

**The third step** is to create a narrative for your preferred future based on steps one and two. A narrative that is agile enough to cope with changes including your personal evolution, changing demands of the world of work, the changing environment, megashifts and megatrends.

My own three-step process started at a time where life had become meaningless, a never-ending uphill battle. Tired of fighting against the odds and emotionally drained, I remember waking up one morning in my cold, damp bedroom thinking: "If this is what life is about, this continuous struggle to survive, I don't want it." But what did I want?

That said, I am still futurizing myself. It is an ongoing process. The approach is very different now than when I started 22 years ago, but the essence and what the future I want haven't changed.

What I want is what I believe you and we all want. It is something we have in common, no matter at what stage of life you find yourself. What you/we want at y'our most intrinsic level is to feel content, fulfilled and healthy, and what you/we want to have is a future that is Good, Resilient, Evolvable, Actionable and Transcendent, i.e. a GREAT future.

Why do you/we want this? Because we all want to flourish in the flow of evolution and thrive in this ever evolving, changing world. We want to flourish - to grow or develop in a healthy way the non-material part of us that goes beyond the confines of simple happiness or wellbeing. We also want to thrive - and by that I mean to succeed in material terms.

I wish I had come up with the words "flourishing in the flow of evolution". However, all praise goes to futurist, psychologist, educator, philosopher and author of *Future Consciousness - The Path to Purposeful Evolution* Thomas Lombardo. A book that speaks to my heart which addresses "How to create a good future by developing a core set of character virtues, most notably and centrally wisdom."

We want this because this is what we innately strive for. Life needs a sense, a direction in which we can excel and expand our feeling of belonging and wholeness. Just imagine a GREAT future - a life where you feel content, fulfilled and healthy, while making a meaningful impact on the lives of others by growing into the best version of yourself in a purposeful way. Do you want this?

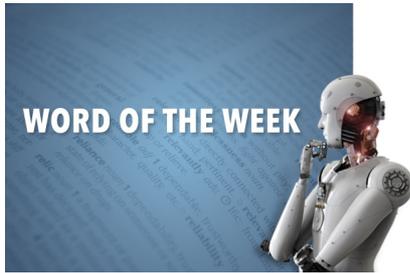
Maybe you've never looked at your life or your future from this perspective before. If so, let me encourage you to give it a go. I think you will be pleasantly surprised!

"The future is not something that just happens to us - it is something we create every single day, by action or by inaction. Whether the future is good or bad is entirely up to us" (Gerd Leonhard). "As we see the future, so we act, as we act so we become!" (Barbara Marx Hubbard). And while it makes sense that focusing on the moment can improve your wellbeing, so can futurizing yourself. Because futurizing yourself makes you more willing to look after yourself. It also gives your life a direction, makes it more meaningful, makes you more responsible for your present-day behaviour, makes making decisions and choices - and life in general - easier. Because creating and nurturing a vivid sense of your future self will increase the extent you feel more continuity between your present and your future self (future self continuity), and the more likely it is that you will make decisions, make choices and take actions with your future self in mind.

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### Next week's episodes:

- 1.6 Think and act like y'our future depends on it
  - 1.7 A chance of a lifetime
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## Future Self-Continuity

The degree of perceived connectedness between one's present self and future self. The more continuity a person shares with his future self, the more motivated he will be to act in ways that will benefit himself in the future.

"Focusing on one's connection to the future self may help one realize the long road of repeated healthy decisions to improve long-term health, and perhaps this process would be further facilitated by shifting priorities, yielding a trajectory of self-reinforcing positive behaviors. Acting today for health benefits that may not be seen until far in the future may be easier to do when recognizing one's connection to that future, specifically to one's future self."

Rutchick, A.M. et al. (2018) Future Self-Continuity Is Associated With Improved Health and Increases Exercise Behavior. *Journal of Experimental Psychology: Applied* Vol. 24, No. 1, 72-80.

(<https://doi.org/10.1037/xap0000153>)

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## What caught my attention this week?



## **Futures Studies, Foresight, Futurism, Futurology, Futures Thinking... What's in a name???**

There are so many names to refer to the discipline that investigates alternative futures. Futures studies, foresight, futures literacy, futures thinking, anticipation, futurism, futurology, and many others. These terms are often used – and misused – interchangeably without explanation of the reasons why they are to be considered synonyms.

Here are two excellent articles that bring more clarity. One is by futurologist [Alex Fergnani](#) and the second is a recap of an audio-only conversation I took part in that was organised by foresight advocate [Victor Sarat](#) on a Foresight Users Clubhouse:

- <https://medium.com/predict/futures-studies-foresight-futurism-futurology-futures-thinking-what-name-3b3863ceab8c>
- <https://www.linkedin.com/pulse/futurists-world-takes-futurology-usingforesight>

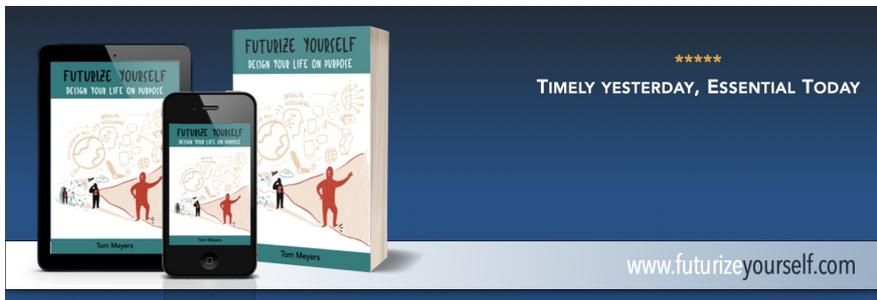


### **About the author**

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.

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## TOM MEYERS

H. Pauwelslaan 7  
B-1200 Brussels

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