



THE FUTURES EFFECT

Change Your Story, Change Y'our Future!

Dear {{ contact.FIRSTNAME }}

Welcome to the 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 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:

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

In this week's extra I have a book recommendation: *Future Consciousness* by Thomas Lombardo.

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 INTRODUCTION

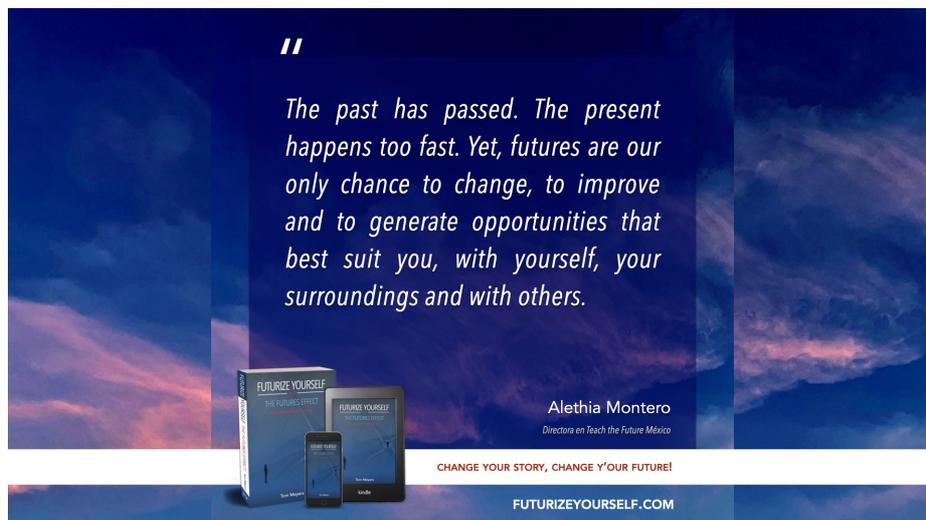


INTRODUCTION

If you have missed a previous episode, not to worry: you can download them on the webpage:

https://www.futurizeyourself.com/thefutureseffect_newsletter.html.

1.6 Think and act like y'our future depends on it



You are far more remarkable than you think. “There has never been a you before, and there will never be a you again” (Dustin Hoffman). You are unique, and y’our future needs you. It is up to you to choose how you want to feel... and shape your reality. You have the power over your future history – to change the world and make it a better place – by changing yourself.

But as the past has already come and gone and the present is happening too fast, then the only direction from which you can instigate the changes needed to make a difference is the future. “Even though the future seems far away, it is actually beginning right now” (Mattie Stepanek) – and “What you do now (today) can improve all your tomorrows” (Ralph Marston). Believe in yourself, believe in your future – because, “If there is hope in the future, there is literally power in the present” (Zig Ziglar).

“Don’t Be Scared, Be Prepared for the Future” ([Sylvia Gallusser](#)). Contemplate what the future will bring or what you would like to see, feel, or avoid in the future. This requires a change from today’s more predominant “focus on the present” mindset. To be mindful of the present of y’our current environment is a strategy that doesn’t prepare you for what is to come.

In his book *Future Consciousness*, [Tom Lombardo](#) writes that flourishing within the human condition requires a purposeful future focus. Furthermore, he writes that it is unquestionably the case that living in the relative present is the fundamental cause behind many of our most

significant problems, including global warming. Some scientists like Rutchick et al. (2018) also see many of our current health challenges as problems of prioritising present (immediate gratification) over future (long-term) benefits.

Your mind, based on millions of years of evolution, is not constructed to live in the present. To evolve, there needs to be a purpose, a direction or, in other words, a future focus. It is the nature of the conscious human mind that you act with purpose and perceive with anticipation.

[Dr Bob Johansen, a futurist with the Institute for the Future](#) (ITFF) explains that what you need in the middle of a crisis is the North Star that gives you clarity. It's often easier to look ten years ahead than to look one or two years ahead, especially in a crisis. What the brain wants is certainty – and when the immediate future is difficult to predict, as it is today, we can reach greater clarity by thinking long term.

What is your North Star? What the future do you want?

The future – your future – doesn't exist, but it is given shape by every decision and choice you make and the actions you take. Just look how your behaviour and life changes when you make short-term or medium-term plans like planning your weekend, or your next holiday. When you entered higher education or started a hobby, you wanted the future to be something, and you aligned yourself to that.

Today, the future – your future – is at stake. We suppress the thought, but if you dare to think about it, you know it is so. However, denying it doesn't make it go away.

Futurizing yourself is living from a futures perspective. It creates the needed structure to overcome many of our current problems which, in many ways, are related to a conflict in evolution. Our evolution is too slow to cope with the fast-changing world we have created, so it is time to come to its aid. Not by becoming technology, but by the power of your imagination that you can put to good use in order to evolve on purpose.

1.7 A chance of a lifetime

FUTURIZE YOURSELF
THE FUTURES EFFECT

Your life and behaviour immediately shift when you begin imagining a different future and stridently striving for it.

Benjamin P. Hardy
Author

CHANGE YOUR STORY, CHANGE YOUR FUTURE!

FUTURIZEYOURSELF.COM

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.

Futurizing yourself offers you the mental structure to think about the future and build the future starting today. Are you ready?

Are you ready to build a GREAT future? A future that is Good – a future where you flourish and thrive, where you are Resilient and feel that you are Evolving into the best version of yourself, where your Actions matter and where future generations will thank you for having Transcended yourself?

I know that, when we look at our immediate problems, thinking about the bigger and long-term picture might seem pointless. I've been there, done that, got the T-shirt! But now I know better. The future is y'our future, and it's better to "change before you have to" (Jack Welch).

And, if you – if we – want a GREAT future, to feel content, fulfilled and healthy in this fast-changing and challenging world, a world where COVID-19, new emerging technologies and other global crises like climate change are challenging every aspect of y'our life, including y'our very survival, the future is the best place to start.

Yes, you can turn a blind eye to y'our future ("Que Sera, Sera") – and leave it all to chance, or you can decide to futurize yourself and envisage the future you want to create and evolve into, and then systematically and deliberately align your decisions, choices and actions to the future you want.

Because the good thing about the future – unlike the past – is that it is always in the making. The GREAT future lies in your decisions, choices and actions. For now...

But y'our time is running out.

As I mentioned earlier, I'm concerned about y'our future and especially the lack of consideration that is being given to how we – you, me and humanity at large – will cope with all the changes and challenges that lie ahead and which will, without a doubt, increase the already out-of-control levels of stress.

Stress is a survival response that is experienced when demands outweigh y'our resources. When left unmanaged, it leads to musculoskeletal, cardiovascular, respiratory and immune problems. Stress also adds to anxiety and depression, mood changes, memory problems and changes in time perception.

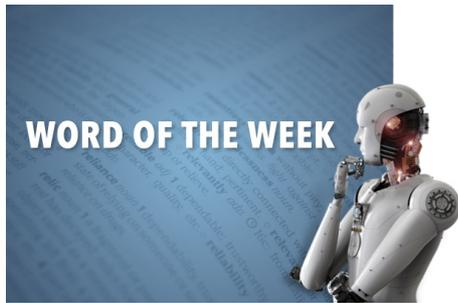
As changes and challenges increase, so too will stress levels and therefore also all the biopsychosocial and spiritual health problems that are related to and made worse by stress. I can already see in my practice how this is playing out – and more change is coming.

It is forecast that the next 10 years will bring more changes than the past 100 years! I hope you understand why I am concerned. How will we cope with all these changes and prevent stress from further becoming a hazard to our health and wellbeing and our future?

The solution is very simple: we cannot solve our problems with the same thinking we used when we created them.

Next week's episodes:

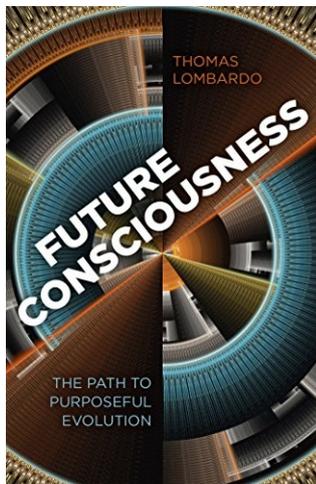
- 1.8 Living for tomorrow is living for today



FUTUREWISE

Having or showing experience, knowledge, and good judgement about the future through futures literacy, especially so as to know how to act today.

Book recommendation



Future Consciousness

Thomas Lombardo

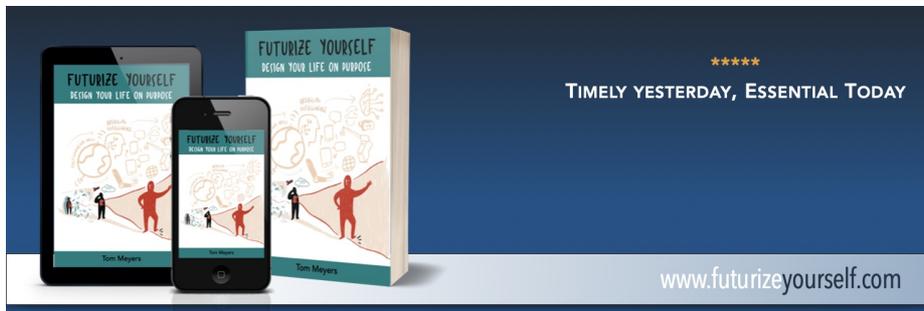
How do our unique conscious minds reflect and amplify nature's vast evolutionary process? This book provides a scientifically informed, psychologically holistic approach to understanding and enhancing our future consciousness, serving as a guide for creating a realistic, constructive, and ethical future. Thomas Lombardo reveals how we can flourish in the flow of evolution and create a prosperous future for ourselves, human society and the planet. ([LINK](#))

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.



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