



# THE FUTURES EFFECT

Change Your Story, Change Y'our Future!

Dear {{ contact.FIRSTNAME }}

Welcome to the fifth 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:

- 1.8 Living for tomorrow is living for today
- 1.9 The Futures Effect

In this week's extras, I have something really special, a powerful video message by a 14-year-old futurist.

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



If you have missed a previous episode, not to worry: you can visit the webpage: [https://www.futurizeyourself.com/thefutureseffect\\_newsletter.html](https://www.futurizeyourself.com/thefutureseffect_newsletter.html).

## 1.8 Living for tomorrow is living for today



For thousands of years, focusing on present or imminent danger has helped us to survive and deal with physical threats. But now that our environment is evolving faster than we are and the threats to our existence have changed, fight or flight doesn't work any more. On the contrary: the fight or flight - i.e. stress - response itself has become a source of stress.

So, if nature is too slow, what can we do to give it a helping hand? Can it be done without becoming technology, without choosing the transhumanist path? Yes! If present thinking has got us here, what will get us out of here is a futures thinking mindset. A mindset where the future is not a continuation of the past but where the past is seen as a teacher, and where a GREAT future guides our decisions, choices and actions in the present and makes us feel content, fulfilled and healthy.

We all need to start exploring the future to help us evolve on purpose. While the past and present will undoubtedly shape the future to some degree, we need to create scenarios for the future 10, 20 and more years from now, imagine what we want and don't want, and with those images in mind, steer the course of our future through our decisions, choices and actions.

With the future in mind, determination and volition, we can steer the course of our future and prepare ourselves to get a better grip on the future. A grip is needed to navigate the changes ahead. We cannot wait for others to decide or to do what lies within our power.

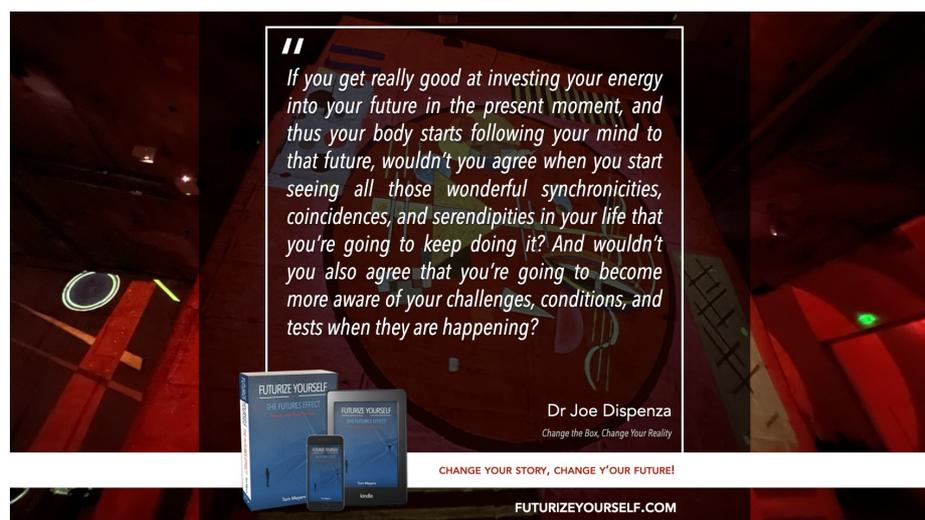
In other words, you can proactively choose a future before a future is

chosen for you. I call that process “futurizing yourself”: proactively and on purpose incorporating futures thinking into your present-moment decisions, choices and actions that are consistent with scenarios of your preferred future – a process that contributes to better, more meaningful living and a GREAT future for y’ourself.

This means consciously spending time informing yourself – defining a narrative for your past, finding your potential, features of wellbeing and aspirations – and creating scenarios for the future. It means envisaging how our lives, jobs, environment – what you and we want or don’t want – will be influenced by y’our personal evolution, changing demands of the world of work, the changing environment, megashifts and megatrends.

It means using these scenarios as a tool to make better plans and direct your decisions, choices and actions today. BUT: a GREAT future is never lived alone. What you think, say, decide, choose or do, every step you take and every move you make influences other people who, in turn, will influence others. It’s something we’re not always aware of, but that doesn’t make it less true. Thus, although futurizing yourself is done for and by you, always keep in mind that your decisions, choices and actions affect others.

## 1.9 The Futures Effect



You are the key to y’our future. You have far more agency over y’our future and the future of the future than you imagine. However, most likely you have neglected the future or not used its potential to y’our advantage. But now that the world is evolving faster than we are, using the future – or, in other words, futurizing yourself – has become key to making a difference in all aspects of life.

For example, how can futurizing yourself be useful for y’our health and wellbeing?

On a global scale, the future of y’our health and wellbeing depends on keeping the average annual global temperature from rising more than 1.5 degrees Celsius above pre-industrial levels. If you want to avoid the most catastrophic and long-term effects of climate change like widespread famine, to limit sea level rise to a few feet, prevent economic and financial collapse and avert war in your lifetime or that of your children, then you will need to make sure you align your decisions, choices and actions with a future that prevents these scenarios from becoming a reality.

On a personal level, your health and wellbeing also depend on how fulfilling your life is. So ask yourself: how happy are you doing what you are doing today? If you are not happy, then this will affect how you feel, your health and wellbeing. Think about it.

Maybe the following two quotes can help you think about it further: “Most of us live two lives! The first one is the life we actually live; the second is the imagined life where we achieve all the success we dream about. Some build a bridge between these two lives” (Vlad Zachary); “A human being is not one in pursuit of happiness but rather in search of a reason to become happy, last but not least, through actualising the potential meaning inherent and dormant in a given situation” (Viktor Frankl).

Maybe you are a little sceptical, or feeling burdened by the past. If so, I’d like to share with you one more quote, attributed to Ziad K. Abdelnour: “Just because the past didn’t turn out like you wanted it to, doesn’t mean the future can’t be better than you ever imagined.”

The future depends on many other factors, including megatrends and megashifts. Megatrends are defined as long-term (slow forming) driving forces that are observable now and will most likely have significant influence on the future. An example of a megatrend is climate change. Megashifts, by contrast, are exponential shifts in human experience which are sudden in arrival, and unpredictable in outcome. These include digitisation, automation, robotisation, datafication, augmentation, virtualisation, ... These will have an impact on how you live and work – and, if you are not prepared, they will affect y’our health and wellbeing.

How? Well, as an example, let’s say you are a taxi driver. What do you think the future looks like for taxi drivers or the taxi industry in general? Will a taxi driver still have a job in 5 to 10 years’ time? What do you think of the likelihood that the job will be influenced by megatrends like automation or robotisation?

What about your own job, for that matter? Stop reading for a moment and take your first step in futurizing yourself by going to [www.replacedbyrobot.info](http://www.replacedbyrobot.info). Type in your job title and press Enter...

## Will Robots Take My Job?



According to an academic publication by the Oxford Martin School, around 50% of all U.S. jobs are at risk of being automated and replaced by robots. If you ever ask yourself “will robots replace my job” search below to check if your job will be taken over by automation and robots. 🤖



If you are a taxi driver today, you will get the following message:

**100% Chance of Automation**  
**“Taxi Driver” will definitely be replaced by robots.**

So if you are a taxi driver who is not approaching retirement age and you

explore your future, you will see that the probable scenario for you is: unemployment, no more job – no income, problems for your family... Which, if not addressed in time, will cause a lot of distress. Y'our health and wellbeing will suffer.

According to the World Economic Forum, one-third of all jobs are at risk of automation by 2030! Are you ready? “Everything changes, the question is, do we change with it?” (John Sellars). Will you change with it? You'll have to if you want a GREAT future where you feel content, fulfilled and healthy.

The good news is that today is your lucky day. Because, starting from today, you can still steer the course of your future by proactively considering y'our future, create images of a preferred future, and use these images to plan and change forward. You can use the images to help you make decisions and choices, take actions and evolve on purpose – starting today – to make sure that when your job has become a profession of the past seen only in documentaries or films, you already have reskilled yourself.

You have the possibility “to understand and anticipate the future! It is even possible to influence or change the future. Not all of the future, but enough to be valuable.” (The author of that statement is unknown, but it's an excellent way of putting it.) Use your mental time travelling skills wisely, and don't wait till it's too late – for y'our future is at stake.

The futures effect can bring benefits to y'our health, wellbeing and much more – including mitigating climate change, creating a more sustainable global economy, safeguarding peace, ... Benefits because you futurized yourself. Because you decided to invest in becoming the best version of yourself, changed your mindset, and started living proactively through integrating futures thinking into all your decisions, choices and actions on purpose.

In these unsettling times, we need a different mindset – a futures mindset that will enable us to cope with the changes and challenges ahead, and to have what we want at the end of the day: a GREAT future – a future where you, your family, friends and future generations will flourish in the flow of evolution and thrive in this fast-changing world.

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**Next week it is the moment to start chapter 2: What, The Future?!**

- 2.1 What to do about the future
- 2.2 Evolving on purpose



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## **Backcasting**

A planning method that starts with defining a desirable future and then works backwards to identify policies and programmes that will connect that specified future to the present.

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# What caught my attention this week?

Thanks to the World Futures Studies Federation ([WSFS](#)), I was introduced to the [Futurist Family](#) this week. A family who want to empower other families and young people to create bright futures (how cool is that?!). Here is a video I've selected from their [YouTube channel](#) with a pertinent message from the youngest member, 14-year-old Arsam Marduk: **"Futures are not waiting for you!"** I leave you to discover the rest of his message by watching the video.



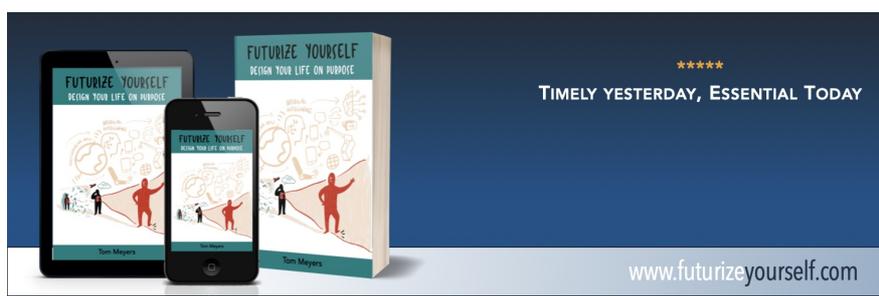
**Futures literacy is an essential competency for the 21st century for young and old.**



## 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)

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