



# THE FUTURES EFFECT

Change Your Story, Change Y'our Future!

Dear {{ contact.FIRSTNAME }}

Welcome to the sixth 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).

This week we start with **Chapter One: “What, the Future?!”** If you have missed the preface or introduction, not to worry: you can download them on the webpage: [https://www.futurizeyourself.com/thefutureseffect\\_newsletter.html](https://www.futurizeyourself.com/thefutureseffect_newsletter.html).

This week's episodes are:

- CH1.1 What to do about the future
- CH1.2 Evolving on purpose

In this week's extras, I have another book recommendation: the “Futures Thinking Playbook.” This is a fun book designed for students and teachers alike to help the younger generations anticipate and influence the future.

A second extra is a poem I've written. A poem inspired by the song [Zeit](#) by the German group Rammstein. How a German song can inspire me to write in French even though my mother tongue is Dutch (Flemish) and I usually write in English is a mystery to me. But life is a mystery, and inspiration comes when it comes. The question is, what you do with it when it does? I decided to follow up on it, and I hope you like the result. Please let me know what you think; constructive feedforward is always appreciated.

Enjoy the journey as we continue to 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.*



## CHAPTER ONE



### CH1.1 What to do about the future



What “the future” do you want? What would an ideal day look like let’s say ten, twenty years from now? Let me ask it a different way: what don’t you want the future to be like?

I’m giving you carte blanche here to come up with your ideal future, the future you wholeheartedly want to evolve into. What do you want to feel, do, see, have, experience...?

Many find it daunting to think about the future, even fear the future. More precisely, we fear the unknown that the future might bring, and we would prefer things to stay the way they are. There are neurological reasons for this, also; this fear is not without cause. The magnitude of the things we foresee in the future is mind-boggling, overwhelming and scary. So much is at stake, so much seems to be straight out of a dystopian Hollywood movie, and our brain can’t grasp it. The future presents so many challenges - like climate change and the continued automation and robotisation of the workforce, to name but a few - that are threatening our continued wellbeing, if not our very existence. We seem to be fixated on a defeatist future rather than seeing the opportunities that the future presents. Thinking about the future in an unordered way overloads our system, and to protect ourselves we shut it out.

But blocking it out, fearing it or having a bleak image of the future is

never going to bring you a positive future. Thinking about the future in a dystopian way is counterproductive, as it will not change the future or create the future you want. What you need is a GREAT narrative for the future so that you can evolve into the best version of yourself, preferably making the best use of the essential characteristics that make you unique and which don't change over time.

“Narratives are how we make sense of life; they provide us with a context, thanks to which we can better interpret, understand and respond to the facts we observe.”

Klaus Schwab & Thierry Malleret – The Great Narrative

You, I, and each individual on this planet, we can have far more influence over the future than one might think. You've planned a holiday before, right? Planning for a GREAT future isn't that different. The timeframe is not six months but rather five, ten or more years ahead. Unlike a holiday, it will also influence not just two weeks of your life but rather life itself.

With a narrative for the future, you can also steer y'ourself towards a preferred future, and prevent some of the threats getting out of hand – or at least be well prepared for them. You can do this because you have a unique human feature, the capacity for mental time travel.

Through mental time travel you can conjure up past events as well as imagine, think about and pursue future scenarios on purpose. These unique abilities are key to futurizing yourself and designing the future you want to evolve into on purpose. Or, as Thomas Lombardo, the Director of the Center for Future Consciousness and author of the magnificent book *Future Consciousness – The Path to Purposeful Evolution*, says: “Our most important issue in my mind with respect to the future is not developing our technologies more, is not directly dealing with economic or environmental issues. The most central important issue is evolving ourselves psychologically and consciously.” ([Podcast Reflections – Live Stream hosted by Rom Gayoso, 9 December 2021](#))

The image is a YouTube event banner for a live stream. At the top, it says "Reflections: Sci-Fi for Action!" and "Thu 09 Dec". Below this, it lists the start times for various time zones: 8 AM Pacific (Los Angeles), 11 AM Eastern (New York), 6 PM IST (Tel Aviv), 9 AM MST (Phoenix), 4 PM GMT (London), and 9:30 PM IST (New Delhi). The main title "REFLECTIONS" is in large white letters, with "an IMCI Magazine Live Event" underneath. A play button icon is in the center. On the right, there is a portrait of Dr. Tom Lombardo, with his name and title "Dr. Tom Lombardo, Center for Future Consciousness" below it. At the bottom left, it says "Watch on YouTube" and "Rom Gayoso - Host, IMCI Magazine". There are also social media icons for LinkedIn, YouTube, and Facebook, and a "LIVE" indicator.

As the future doesn't exist, it is the one place you can influence and thus change. Don't like what you see the future bringing? Don't like what you imagine the future is going to be like? Want to avoid a certain scenario that you think will play out in the future? Then do something about it by futurizing yourself. Your individual actions matter in the grand scheme of things.

To change y'our future, you need to change your story, change the cornerstone of your thinking, and shape y'our future into one you want. Changing the story, changing the narrative and giving shape to y'our future starts with envisaging what you want.

What I wanted when I started to futurize myself was a life in sync, a life where I evolved, a life that made sense and made me feel content, fulfilled and healthy. There was so much conflict inside of me that I could only describe it as two wheels that were turning in opposite directions.

So, what the future do you want? How do you want to feel?

Once you have accepted you have agency over your future and a sense of what you want, you can start to think about what you need to have in your life – the essential building blocks, so to speak – to make what you want into an ongoing reality.

When I did this exercise, I had just uncovered my potential, the aptitudes I had been born with but hadn't developed (see my previous book). I had been considered good for nothing, but I reasoned that I could become good at something if I developed my newly found potential as a therapist, communicator, teacher, researcher and traveller. I also reasoned that, if I was born with this potential as part of my genetic make-up, so to speak, they had to be an integral part of what I needed for life to make sense and to be content, fulfilled and healthy. Why else would I/we each have unique aptitudes?

What is your potential, what are your talents – the building blocks for you to feel the way that you want to feel? Identify and describe them. Don't know how to identify your potential? Then get a copy of my first book and/or get help like I did. I was at a loss, and the best thing I did was to accept I needed help and to get help.

Once you have an idea of your root potential, your talents (which, by the way, doesn't change but expands throughout your life), you can create a narrative for your future, you can envisage a GREAT future 10 years from now that you'd like to shape and make into an ongoing, evolving reality. The future already exists in the form of y'our potential but we/you have develop it.

My narrative for my future was about half a page long and was then distilled into a single sentence: "I'm a therapist with my own private practice and am invited to give workshops around the world relating to a new health approach I developed, researched and wrote a book about." A phrase that I shorten even further to: "I'm a therapist who has developed his own approach, written a book about it and is asked to give presentations and workshops around the world."

## **CH1.2 Evolving on purpose**



Designing your future on purpose doesn't make it into reality; it's what comes after that does, and sometimes that means making difficult decisions. Decisions that go against the current mindset of living for the now and forgetting about tomorrow. To change and safeguard y'our future takes courage and determination. That's why you need a narrative. You are the story you tell yourself. Change the story and you can change yourself.

So now, with your potential in mind, it's time for the next step – time to evolve on purpose into the image of the future you want through your decisions, choices and actions. Every day you change the future. Here and now, this is your future in the making and the future of people around you. The future isn't fixed; it is created through your decisions, choices and actions. Everything you do changes the outcome of the future. You know this, but you might have never taken the time to really stand still and reflect on this.

I had never thought about this until someone told me that I could also leave it up to chance, leave the future up to happenstance (“Que Sera, Sera”) or, if I wasn't happy with my future, that I could change it if I started to take part in it.

When I think back to when I started futurizing myself, it really came down to this choice. I could keep leaving life to chance and accept whatever I was going to get, or I could take control over it by designing the future I wanted to create and then, through my decisions, choices and actions, evolve into it.

I chose the latter. This was not a sudden insight or a spur-of-the-moment decision, it was a three-step process initiated over three months. A process I also didn't come up with on my own. I had help, and now I'm here to help you. As a healer/therapist, communicator and teacher, I feel the urge within that part of my purpose is to share my experience with you.

The future is not what it used to be in this fast-paced, ever more digitised world. Already our world is being threatened by the effects of climate change, and millions of jobs will be lost to technological advances, while millions of new jobs won't be filled because there won't be enough workers with the right skills.

We might be living in a complex and fast-changing world. However, this

doesn't mean we are powerless. We have the ability to imagine future scenarios and shape our behaviour through our decisions, choices and actions that get us closer and closer to our preferred future and prevent possible unwanted future scenarios from ever happening.

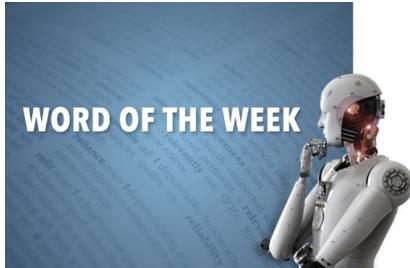
In this second book, I want to continue to share with you the way to create a GREAT future that best suits and assures your health and wellbeing so you can flourish and thrive in this fast-changing world. To share with you what has helped me and others, and will help you to futurize yourself and reap the benefits of a futures mindset. A mindset that will not only change the way you see, experience and influence the world, but will also help you to anticipate and prepare for the future and act with foresight. A futures mindset that is going to have a bigger and more positive impact upon y'our future and the future of y'our future, the way you feel and lead your life, than any other development.

A good life is a life that is self-satisfying and self-fulfilling. A GREAT life is a life where you transcend yourself and are the best version of yourself in a way that best suits and assures the greater good. It is built on purpose and starts with a single question: "What the future do you want?" Keep this question at the back of your mind while reading this book. The question is the start of a (r)evolutionary process that you'll go through and fine-tune through the rest of this book and beyond.

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**Next week's episodes:**

- CH1.3 The choices you make today will determine your tomorrow
- CH1.4 Change your story to change y'our future

**Forethought**

Careful consideration of what will be necessary or may happen in the future.

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**Book recommendation****The Futures Thinking Playbook**

Katie Bishop King - [Julia Rose West](#)

The Futures Thinking Playbook is designed for students and teachers alike, to help the younger generations anticipate and influence the future. This interactive, fun and engaging workbook will open minds to many possible and surprising futures. The Futures Thinking Playbook, divided into sixteen manageable plays, supports young people's creative and critical thinking skills.

The Playbook is available [online](#) for review and on [Amazon](#) for purchase.



## Le Passage de Son Temps

A poem by Tom Meyers

Click on the image for the animated version on [YouTube](#).



Le désir de mourir est comme une présence  
qui me poursuit depuis mon enfance.  
Toujours là, n'importe quoi!

Ni peur, ni douleur  
en même temps une force q'un trompeur.  
De la joie d'être là c'est important, quoi?!

Vivre la mort n'est pas vive la mort!  
Un jour elle sera là, après le temps qui nous restera.

Un jour toujours...

Le monde après tourne.  
Nous ne sommes pas indispensables,  
mais responsables de ce monde pour toujours.

Entre ici et là.  
Une mémoire éternelle qui sera oubliée dans le temps mais qui  
laisse une trace de notre comportement,  
de notre passage...

Sage ou pas mourir on va,  
alors prends soin de ton avenir et pas seulement de toi.

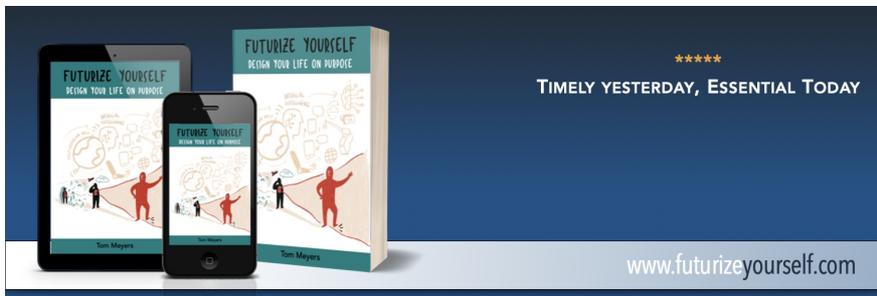
Tom Meyers  
25 Avril 2022



### 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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