



Dear {{ contact.FIRSTNAME }}

Welcome to the seventh 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’s episodes are:

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

In this week’s extra I have a podcast recommendation for you: **“The Informing Choices Mini-Pod”** with host futurist Steve Wells.

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.*



[Previous Episodes](#)

**CH1.3 Your choices today determine your tomorrow**



Before you move forward, take a step back. I want you to think about the present you. I want you to think about what you base your decisions, choices and actions on today. In other words: Why do you do the things you do? What motivates you?

I know it's not a straightforward question and there are many options. Let me give you a personal example.

My family told me that, from when I could speak, I wanted to be a cook. So when the time came, I went to catering school. When I finished catering school, I tried marketing - but failed. I stopped my studies and went to work in a hotel, then another hotel, a cruise ship... and I never imagined that I was going to do anything else in the future. Actually, I never really thought about what I was going to do next. I left life very much to happenstance, just letting events unfold, and took whatever opportunity that presented itself without much thought.

This aimless stumbling through life got me all around the world and gave me some amazing experiences. That was nice, until I got stuck and had no idea what to do next. Then a friend phoned me and asked if I would like to open a gourmet deli. His dream was to expand his business, and I was an ideal candidate. I didn't hesitate. I seized the opportunity without ever taking the time to think whether this was really good for me. I didn't know what was good for me or what I wanted and needed, as I had never really thought about it. I didn't even know that you could think about these kinds of things. Anyway, my friend's dream became my dream, and that was it. It was easy peasy, as he was the one who made the decisions and choices for me.

What about you? **Whose life are you fulfilling?** Have you ever stood still to think about what you base your decisions, choices and actions on?

Is your behaviour based on copy-pasting your past you? Are you in control of your future, or do you leave it up to others decide for you? What drives you? Or are you being driven?

**“Life ultimately means taking the responsibility to find the right answer to its problems and to fulfil the tasks which it constantly sets for each individual”** (Viktor Frankl, *Man's Search for Meaning*).

Now here is another question for you. Today, when planning your future, how far do you plan ahead? One day ahead, a week, a year, 5, 10, 20 years? This book is about the long-term future - yours and mine, for that matter, so permit me to ask these self-conscious questions.

I had never really thought about the future. Up until I was 29, copy-pasting my past or leaving it up to others to decide my fate was how I stood in life. When I opened the deli, my hopes were to get everything that my friend had as quickly as possible. A big house, big car, big motorbike, the recognition he had achieved, and his standing in his community. Oh yes – I was going to have all of that. However, two months after opening my deli, I had the first signs of a suicidal depression. The business didn't work – but not only that: I wasn't my friend. My friend might have been made for running a deli; I wasn't. I wasn't used to being locked within four walls day in day out. The deli was the end of the road for me. If I had continued leaving life up to chance or others, if I hadn't futurized myself, I know for sure that I wouldn't be here writing this today. I would have kept walking in ever smaller circles downward on the path to nowhere and one day, in a moment of desperation, I would have stepped out of life as I had planned to, to be 29 forever.

**The road to nowhere, the pit of doom – that was my fate and destiny. Until I changed my modus operandi.**

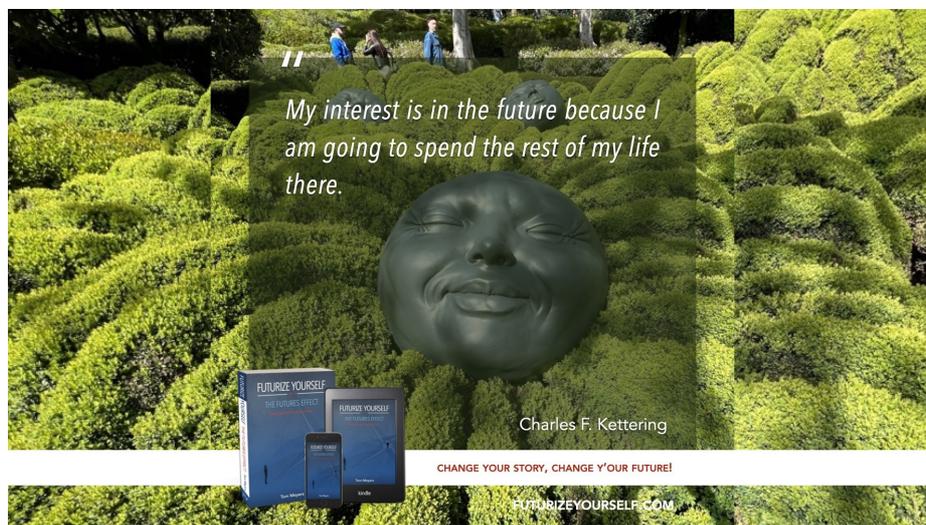
Again, I didn't do this on my own. I was told – rather curtly – that I was entirely responsible for the misery I had got myself into. Ouch! Those were harsh words to hear. At first I rebelled against these words with a zillion excuses explaining that it wasn't my fault. But no truer words had been spoken. Not only had I let others dictate my path, I also had let them determine my future.

Once I recognised that I was not only responsible for my story and my future, I was ready to change. I was ready to futurize myself and make the future I wanted the cornerstone of my decisions, choices and actions.

Adopting this new mindset wasn't a walk in the park. A mindset where images of a preferred future became my North Star, my guiding light that determined my future in the present instead of my past, needed work. Lots of work – but it made sense. For the first time, I knew what I wanted and went for it.

**The past had come and gone. A teacher it could be, but it didn't control my future any more.** I see this all through the filter of where I am today, not from where I was. I'm telling this story because maybe, just maybe, you recognise situations, recognise yourself.

## **CH1.4 Change your story to change y'our future**



“But how did you change your story and make it into an ongoing reality, Tom?” This is a question I’m often asked. As I mentioned before, it didn’t happen overnight. It was a process that I went through with help. That process included revisiting my past, finding my potential and designing my life, my future on purpose. The future I wanted and now wake up to every day.

A preferred future that, for our purposes and needs here, could be defined as: “a self-chosen, directed and personally appealing long-term image of the future I wanted to evolve into.”

A future I could only envisage because I had revisited my past and been shown that I didn’t have to be limited by it. A future that was also based on my potential, which I had uncovered through three questions during my “futurizing” process. Questions I was given as part of my homework to futurize myself. These three questions were: Who did I look up to and why? For what advice or problems to solve did people come to me and not to my friends? What had I done so far where I thought and wished that I could do it forever? These three questions led me to uncover my potential within. Potential that I was born with but had never recognised as such. The importance of finding your potential is that, when developed, it can become something in the future. The good thing about using your potential to create your preferred future is that it doesn’t change over time, it expands. Your potential is also unique to you and doesn’t exist in anybody else but you, which makes you unreplaceable in this world. The world needs you.

The aforementioned steps are how I changed my story and changed my future. I might have been good for nothing according to my past, but I had potential - and thus I could be good at something seen from a unique futures perspective. The potential I had uncovered was that in me there was a therapist, a communicator, a teacher, a researcher and a traveller waiting to be developed. The day I wanted to wake up to was one where I was a therapist who had discovered his own approach, had written a book about it and spent time giving presentations and workshops around the world.

Embracing a futures mindset started with changing the narrative of my past. This was followed by uncovering my potential, based on which I could envision a preferred future, a future I wanted to wake up to. These steps are the groundwork for the process of futurizing yourself. You can find the full story and process in my book [\*Futurize Yourself - Design your life on purpose.\*](#)

However, there is an important nuance that I need to explain here. The preferred future (being a therapist, etc.) that I had envisioned and wanted to evolve into was not my answer to the question of what the future I wanted. What I truly wanted was to have a good future and a meaningful life. I wanted to fit in, feel content, fulfilled, healthy and live with a sense I was evolving as a person. Today, that is still what I want, and I can't imagine that that will change over time, although conditions might change. Being a therapist who had discovered his own approach, had written a book about it and spent time giving presentations and workshops around the world – that was only the means to have what I wanted and longed for. It was what I thought I needed to develop over time to help me achieve what I truly wanted. It's important that I share this nuance with you.

**The future is not what it used to be.** It is changing faster than ever before, and the challenges we face are mostly of our own making. We can imagine these changes, yes. We can anticipate and prepare for them. We can have a vision of different scenarios of the future, but what the future will look like in the end still remains to be seen. It will never be exactly as imagined, anticipated or envisioned; always keep that in mind. But any way the wind blows, at the core, how you want to feel will not change. This is as much true for you as it is for all of the 7 billion people walking this planet.

Thomas Lombardo, whom I've already mentioned and will refer to a few more times, writes in his book *Future Consciousness*: **“We create a good future, defined as flourishing in the flow of evolution, through the heightening of future consciousness, which is achieved by developing a core set of character virtues, most notably and centrally wisdom.”**

It's one of these phrases that moved me when I read it. Moved me to the brink of tears, as it described so authentically my own thoughts and futurizing process. My experience has led me to believe wholeheartedly that you create a good future through heightening your future consciousness. A futures consciousness, to be more precise. A consciousness that is created around a core set of wisely chosen, unwavering principles that will help you achieve the stability through change that is needed to evolve on purpose in an environment that is evolving faster than we are.

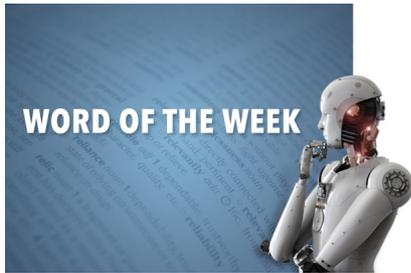
Again I ask you: **What the future do you want?** What the future I want is also what I want you to have. So, what I want us to have is a GREAT future where we flourish in the flow of evolution and thrive in this fast-changing world. But above all, what I want is that on an individual level you and I and all beings work towards – and actually get to – feeling content, fulfilled and healthy.

Revisiting my past, finding my potential and designing my life on purpose – that is how I changed my story and changed my future. I needed to transcend many limiting beliefs, but with my uncovered potential and the future as my ally, I again had hope and a willingness to live on. From that moment on, through my decisions, choices and actions, I evolved on purpose and became the content, fulfilled and healthy global therapist, author, speaker and teacher whose words you are reading here.

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**To be continued next week:**

- CH1.5 The future is not what it used to be



## Futurization

A functional learning-based and action-oriented approach where you incorporate futures thinking into your decisions, choices and actions.

## Podcast recommendation

### [The Informing Choices Mini-Pod](#)



Podcast host Steve Wells talks to experts across domains such as coaching, communications, change management, education and training, health and wellbeing, sustainability, and societal shifts plus others to explore guests' perspectives on the future.

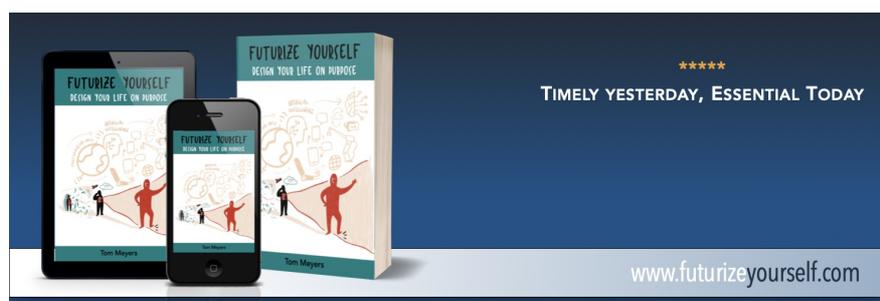
While thoughts turn toward the future as the pandemic and its implications continue to roll forward, this is designed to provide insight to how we enable a very human future by exploring "the future of" different topics.



## 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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