



Dear {{ contact.FIRSTNAME }}}

Welcome to the ninth 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:

CH1.7 The proactive approach

CH1.8 It’s only too late if you don’t start

In this week’s extras, I have a free online course in Futures Literacy. The idea of the course is to enhance competences that would help you better deal with future challenges and support you in navigating the future in both the personal and the professional dimension.

So, without further ado, enjoy the journey as we continue to explore “The Futures Effect” together!

And whatever you do, be good to you and y’our future, always.

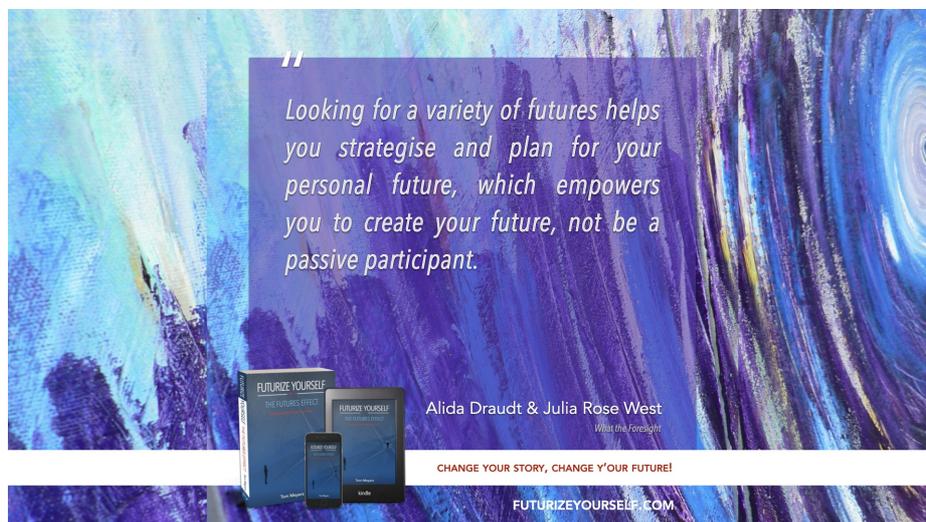
Tom

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](#)

CH1.7 The proactive approach



Compared to being reactive, being proactive involves any self-initiated act you do in advance to prepare for a future situation. It means taking responsibility for your life and actions rather than just watching how things unfold.

“Your futures might hold something very different than your present. By only focusing on today, or worse yet using your past to model your future, you may miss the opportunities waiting for you” (Alida Draudt & Julia Rose West, *What the Foresight*). Living intentionally, making deliberate decisions and choices, and doing what is needed to create the future you want and that the world needs from you. It’s a mindset based on unwavering principles, but it’s flexible and adaptable enough to create the stability through change needed to cope, or even to avoid unwanted changes and challenges ahead. It’s a means for you to navigate the future with ease and prevent future stress from becoming a nuisance to your health, your wellbeing and your future.

You cannot solve your problems with the same thinking that created them. By taking part in y’our future proactively, you steer yourself into the future and avoid the future you don’t want, avoid being surprised or, like me with my deli, ending up in dire straits.

Futurizing yourself does not happen in a singular moment in time. It’s an ongoing process that often starts with making a deliberate choice or deciding to follow up on advice. A choice or decision that leads to a series of events, circumstances, encounters and questions.

When I was told I had a choice to choose my future and acted upon it, that was the start of a new trajectory and led me to get out of the big trap I had let myself be caught in. To follow up or not to follow up, the choice was mine to make and the steps were mine to take. It’s a choice we all have to make and take sometime in some way.

It turned out to be the best decision I’ve ever made and the series of events, circumstances, encounters, questions that followed were all key to adapting to a new mindset and adopting a new way of living. A way of living where I was responsible for my life, my future and all my decisions, choices and actions. The first steps were awkward but then, seeing and experiencing the benefits through wonderful synchronicities, coincidences and serendipities in my life, I just kept going.

It has become second nature to me to use the future. Now and then I still stop and think about old or new future scenarios, and adapt based on acquired information or reflections I’ve had. But the main outline has never changed and never will.

A futures mindset just works for me. It’s a natural fit that gave me structure, hope, meaning and purpose. It also helped me to stay calm and collected when I was challenged. On other occasions, I was able to prevent unfavourable future scenarios from playing out.

What to do with the future? One thing is: don’t be fearful of the future. Also, don’t fear choosing a future. I often get asked how I knew the future I chose was the right one. I didn’t know. However, it did feel the right one. I was already in the worst place I could be, so there was only hope of

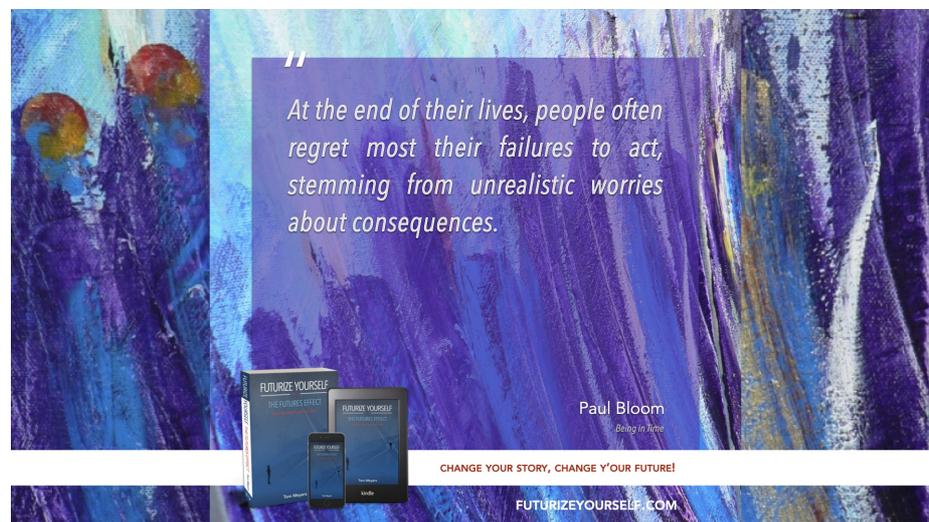
improvement. Also, not choosing is leaving your future wide open for others to choose it for you. That future will more likely be in their interests rather than yours.

Do your homework. By that I mean: don't make a choice just on a whim when it comes to your future. Inform yourself, do the necessary introspection on what you want and what you don't want. What gives you energy what takes it away. Use the various strategies I used and that I write about throughout this book. I didn't have that luxury, but with trial and error I found my way. Started learning and seeing the evidence of what was good for me and what was not. Anyway, remember this:

“You don't have to be great to start, but you have to start to be great.”

Those are the famous words of author Zig Ziglar. My dear friend and mentor [Bernard Moerman](#), who is also a career coach and co-owner of the unique cycling-themed [Flandrien Hotel](#), shared them with me once, and I've never forgotten them since.

CH1.8 It's only too late if you don't start



The future is screaming for y'our attention. We need new narratives for the future. Will you write yours? Will you design the future you want to see and evolve into on purpose? Will you, like so many others around the world, adopt a futures mindset and act purposefully today to change the course of y'our future and make it one that future generations will thank you for? Or will you stay at the sidelines and turn a blind eye, “Que Sera, Sera”?

With this book, I want to inspire you to think in a constructive way about the future and y'our say in it. An effect is a change which is a result or consequence of an action or other cause. The benefits of futurizing yourself are there for all. Not only does it help you to be ready for the changes and challenges that lie ahead of you, of us all, but futurizing yourself also steers y'our life and future in the direction you want.

Again, the nuance of “your” and “our” is very important here. I am well aware that, for example, millions of people are currently being threatened by the effects of climate change, war, political upheaval, etc. I'm also aware that my ideas of futurizing yourself will probably be met with scorn by people faced with hunger, deprivation, or those at risk of being killed for their beliefs. Believe me, I've thought about it. There is no one solution that fits all. However, if more people become aware of the impact they can have not only on themselves but also on others – that actions matter on a grander scale – I hope that lives can be saved and GREAT futures can

be created for all.

It is forecast that the next 10 years will bring more changes than the past 100 years. Changes that will affect the way we live but also the way we work and work itself.

Reskilling Revolution: Preparing 1 billion people for tomorrow's economy

The World Economic Forum's *Future of Jobs Report 2020* indicates that by 2025, the time spent on current tasks at work by humans and machines will be equal. While the Organisation for Economic Co-operation and Development estimates that 1.1 billion jobs are liable to be radically transformed by technology in the next decade.

www.weforum.org

Are you readying yourself?

I know I'm forever grateful to the person on my path who showed me there was a different way of living and encouraged me to choose my own future, instead of continuing on the path of living someone else's dream. A future that was inevitably leading me deeper into a life of misery was not what I wanted.

I'm grateful because it turns out that the lessons I learned are an invaluable skill today.

To be continued next week:

- CH1.9 WTF?! Knowledge is power
- CH1.10 The future is here – get used to it



Plausible Futures

The futures we think could happen based on our current understanding of how the world works (laws of physics, social processes, etc.), i.e. we can construct a coherent narrative about how this future could come into being based on what we know now.

This week's extra

A FREE online course in Futures Literacy

This project was created by beFORE Consortium Partners and is co-funded by the Erasmus+ programme of the European Union.

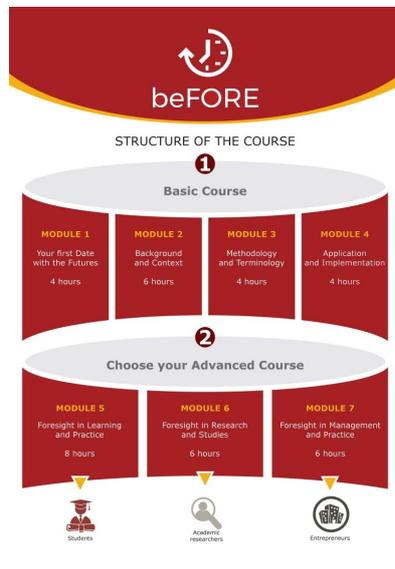
According to the OECD Survey of Adult Skills (OECD 2015), more than 25% of adult workers report divergences between their skills and the qualifications required for their current job. However, dynamic social and economic changes and global technological innovations generate the demand for new individual capacities.

Have you been thinking about the new competencies that would allow you to deal with the uncertainties and complexities of the world effectively?

Futures Literacy is important today.

The future is active in our daily lives. You use it all of the time to plan, act, avoid, and do. Improving your skills in futures literacy involves becoming aware of how you are using the future and diversifying the ways you do so. As you become better at using the future in different ways for different purposes, you develop skills in appreciating change, nuance and new emerging potentialities.

<http://futureoriented.eu/foresight-course>



Course Structure

The course is composed of 7 modules, in which you will learn about concepts related to futures literacy, futures studies and the practice of foresight. There are four basic modules (4h-6h-4h-4h) and three advanced modules (8h-6h-6h) addressed to specific target groups. Each module is composed of a number of lessons and topics.

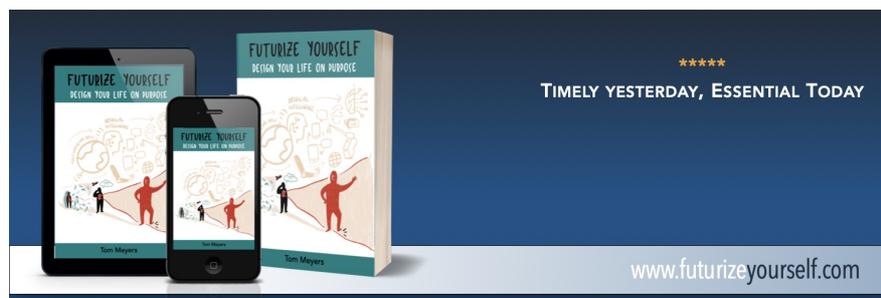
[DOWNLOAD COURSE DESCRIPTION](#)



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

TOM MEYERS

H. Pauwelslaan 7
B-1200 Brussels

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