

————— FUTURIZE YOURSELF BOOK TWO —————

# THE FUTURES EFFECT

Change Your Story, Change Y'our Future!



TOM MEYERS

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## TESTIMONIALS

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**T**om Meyers, in his new book *The Futures Effect*, provides an engaging and highly practical approach to transforming your consciousness and your way of life.

Written in a clear, direct, and easily understandable style, Meyers' book highlights the critical importance of understanding and guiding your life from the perspective of your envisioned future. Instead of following the habits and mindsets of the past, the key to a better life is to become more conscious of the future and its possibilities and opportunities—to infuse the future into the present. For Meyers, the future should become a way of life.

*The Futures Effect* examines the essentials of personal empowerment and taking a proactive, rather than reactive stance toward life's challenges.

Embracing the concept of self-directed purposeful evolution—we have the power to personally evolve ourselves—Meyers discusses how to successfully prepare for the stress-provoking rapid changes of modern life, creating a “resilient future,” and how to envisage a “future self” to serve as a guiding light for navigating and understanding the present.

Meyers addresses human emotions and feelings, decision-making and planning, knowledge and thinking, and purpose, self-narratives, and self-identity in outlining his futurist philosophy.

Filled with illuminating examples from his own personal history and experiences—of difficulties and successes and insights—Meyers' *The Futures Effect* is an enthusiastic and constructive roadmap for heightening one's future consciousness and re-energizing one's life.

**Thomas Lombardo, Ph.D.**

Director of the *Center for Future Consciousness*

Executive Board Member and Fellow of the *World Futures Studies Federation*

Author of *Future Consciousness: The Path to Purposeful Evolution, Essays on the Future of Psychology and Consciousness*, and numerous other books and publications

**A**s an osteopath and an autodidact futurist, Tom links the most important skills from futures thinking to learn how to feel with your whole being.

His vision is not so much about shaping your vision about the future; it's about shaping your feelings about the future and using that as an instrument to choose directions. It is not a book that is made to be read at one time. It reads like it is simple, but it is not. It's a book that you should read chapter by chapter and think through and let the content make sense for you before passing on to the next chapter. You need to take time to digest.

In his writing, Tom takes you by the hand. Sometimes the text seems to repeat but then it comes to another point for which you still had to go back to what was told before. He teaches us personal futures thinking through his own experiences and underpins them with lots of research from other futurists, (mental) health experts, philosophers, and scientists.

My greatest learning from the book is that a lot of things are uncertain but there are also a lot of things you can count on. I love the insight that "...certain feelings I longed for were constant in life, like feeling content, fulfilled and healthy... I knew I would not always experience those things, but I would always be striving for them".

Working with Tom on GREAT futures is not about knowing; his futures effect is about wisdom with all your body, mind and soul.

**Linda Hofman MSc.**

Senior lecturer & futures researcher, Fontys Academy for Creative Industries

**T**his book is all about inspiring you to think constructively about your future. By providing a straightforward and useful framework based on unwavering principles, it fosters the development of a guiding narrative for the future, for one's life.

By using that framework, we can define and design a preferred scenario of the future that is better than one left up to chance. Everyone can easily follow the steps suggested by the book to progress, live a meaningful life, and assure a "GREAT" future in this fast changing and challenging world. It teaches us how to analyse, develop, and pursue our preferred plans using language that is simple to read and understand.

The clever use of "Y'our" rather than "Your" by the author serves to remind us that our choices, decisions, and actions influence more than just our own lives. We must thus construct our future based on that awareness to be responsible people who care about the future.

For readers at all educational levels who want to live a purposeful life in our volatile, uncertain, complex, and ambiguous (VUCA) environment, this book is highly helpful.

**Alireza Hejazi, Ph.D.**

Analyst for Leadership and Futures Studies and author of a.o. *Responsible Foresight* and *Becoming A Professional Futurist*

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# Introduction

*It's up to you to change your story, to change y'our future.*

*Tom Meyers*

## **Envisaging your future self**

*The future is the act of creation and we are all participating in it.*

*Thomas Lombardo*

**H**ave you ever considered or taken the time to think about your future self? I mean, really taken the time to reflect about who you ideally would like to be, how you want to feel, what your ideal day would look like?

What “the future” do you want 10, 20 or more years from now? When I was asked to envisage my future self and describe a perfect day 10 years into the future – that was more than 20 years ago now – I was really taken aback and even a bit dismissive about what I was being asked to do.

What was the point of thinking about the future when my business was failing and I along with it? How was it possible to imagine beauty when there was nothing but darkness all around? How was it possible to hypothetically think of a bright future in 10 or more years’ time, when I wanted change today? My situation was dire, and it needed to be fixed now! Depressed and wallowing in self-pity, it felt a preposterous task and a waste of time to think about the future while faced with so many problems in the here and now.

However, luckily, I did as I was asked. Now, with hindsight, I know that contemplating what the future I wanted and conceiving a preferred future was exactly what I needed and the best strategy to pull myself out of my misery.

Who would have thought that what seemed preposterous, even impossible, would become the key to the mindshift I needed in my time of crisis? I didn’t. Nor did I imagine that it would become the starting point for what I so much longed for

– to feel content, fulfilled and healthy. The primary feelings that lie at the basis of health and wellbeing.

But not only that: every aspect of my life has benefited from “futurizing” myself, as I’ve come to refer to the process of designing and living one’s life on purpose. A process and mindset where, instead of leaving life and your future up to chance, you design the future you want based on self-defined unwavering principles and proactively pull it towards you through the decisions and choices you make and the actions you take.

In this book, I’m introducing two new words: **“y’our”** and **“y’ourself”**.

**“Y’our”** is an amalgam of “your” and “our”, and **“y’ourself”** is the combination of “yourself” and “ourself”. (“Ourself” is different from “ourselves” and refers to people in general rather than a definite group of people.)

As we focus on the future, I’m convinced it is vital for us to understand that we are not alone, never were and never will be, and that our decisions, choices and actions have an impact on others and vice versa.

In many ways, this accords with the Golden Rule, the principle of treating others as one wants to be treated – but what I want to emphasise here is the importance of being mindful that, whatever you do, your decisions, choices and actions are going to have an effect on others.

So, when you see “y’our” and “y’ourself” used in this book, I hope this will help you (= you, the reader as an individual!) to keep this important aspect in mind.

So I'd like to ask you: What sort of future are you creating for y'ourself? Are you actively creating the future? Or do you face it day by day, leave it up to chance, and find yourself being pushed towards an unknown destiny?

Contrary to what you might think, you can have a say in what kind of future will ensue by choosing a future before a future is chosen for you. **You can have a say, as every decision and choice you make – every action you take – steers the course of y'our future.**

## **The future as a way of life**

*If you don't have a strategy, you're part of someone else's strategy.*

*Alvin Toffler*

**T**oday, we are living in a fast-changing and ever more complex and ambiguous world. A world that is trying to cope with and navigate the COVID-19 pandemic and the devastating effects of climate change. At the same time, every aspect of our life is being influenced by automation, robotisation, datafication and so many other changes and challenges due to technological advances that have outpaced our own evolution.

In other words, we are living in a time with many seemingly uncontrollable changes and challenges which can induce a feeling of uncertainty and insecurity. This often leads to stress, anxiety and indecision due to fear of making the wrong choices.

Change itself is changing, and it is doing so very rapidly. How you handle this is key to y'our health and wellbeing – even y'our existence. Change is inevitable, and rebelling against it will not change anything but will only make it worse for you in the long run. However, it is also not enough to just accept that everything changes or that change is a constant. You need to embrace change and change yourself or, as I prefer to say, evolve with it on purpose.

As an osteopath and body-centred stress coach, I often think about the question of how we will cope with all these changes. What we need and what you can do to evolve on purpose to stay healthy in body, mind and spirit in this fast-changing

world. There is so much at stake.

I know it is normal for us, for organisations and policymakers alike, to concentrate on the immediate threat(s) we are facing. It is normal to react, in the present, to the changes which have already occurred and which are affecting us now. When faced with a fire, you have to react and tackle it straight away in order to safeguard yourself and others.

However, preventing a fire is better, and this requires proactivity, the conscious decisions where you work out possible scenarios and take action to prevent them from occurring. At the same time, thinking about scenarios on how to handle a fire is also crucial for being able to react better when a fire actually breaks out.

We invest too little time thinking about scenarios for the future. Rarely do we ask what the future we want and/or how we will cope with the multitude of changes ahead. Rarely do we want to see too far ahead; this is often due to fear, as thinking about the future can be very scary. We'd rather hide behind the premise "what will be will be...". So we're inclined to refuse to think about unpleasant facts, and we prefer to wait and see.

This kind of reactive thinking strategy has become as problematic as not having a strategy at all. It makes me think of the words of American polymath Benjamin Franklin (1706–1790): "If you fail to plan, you are planning to fail!"

At the moment, when it comes to the future it's as if we are walking across a busy street aimlessly and without first looking left or right to see if there is any oncoming danger. We are not even looking ahead.

Then we're surprised when we're in the middle of the street

and faced with an oncoming car.

In many ways, a part of futurizing yourself is like crossing a busy street. First, you need to decide where you want to be on purpose. Then, before you make any decisions or choices or take any action, you look ahead and anticipate possible challenges or obstacles you will need to deal with or overcome. Only then do you make your way and navigate the road ahead towards your preferred future. This works most of the time, but now and then something unexpected happens, as no plan is perfect and the future is and remains unpredictable. Thus, you can still find yourself in the path of an unexpected trend or event that wasn't on your radar and to which you need to react to. However, with the future as your ally, you'll know how to react to any unexpected events.

"The future hasn't arrived yet. Do your best to try to shape it in the present moment, but always remember some things are just out of our control, and that's fine."

**Robert Washington**

Unexpected events will always happen, but when you futurize yourself you will always have a strategy to fall back on.



## **The future is y'our future**

*Today, neither past nor present but the future has become the key to y'our existence.*

*Tom Meyers*

**T**he future is y'our future, and the likelihood that the future will become a continuous distressing battle against the odds is significantly increased if you and we leave it all up to chance. Already today, most of the significant problems we battle against exist because we left things to chance, didn't think ahead about the consequences, or left it up to others to decide.

Be aware that the future arrives more slowly than you think and more quickly than you can imagine. However, even though we are switched-on all the time to the point of distraction, we are not so switched-on when it comes to seeing what is in plain sight.

Today, in the midst of turmoil, where short-term pressures are up against medium and long-term uncertainties, humanity is at a precipice and its future is at stake (Stansberry et al. 2019).

Today, we are living in what is considered by the United Nations as "The Decade of Action" (2020–2030). We have 10 years to reinvent ourselves and find sustainable solutions to all the world's biggest challenges – ranging from poverty and gender to climate change, inequality and closing the finance gap.

We have to reinvent ourselves, which isn't easy, but we can make it a lot easier when we learn to use our mental time-travelling potential to look up and ahead and envisage the reality of the catastrophe that awaits if we don't do anything.

"The Earth is at a tipping point and we face a stark choice: either we continue as we are and irreparably damage our planet, or we remember our unique power as human beings and our continual ability to lead, innovate and problem-solve. People can achieve great things. The next ten years present us with one of our greatest tests – a decade of action to repair the Earth."

Prince William, The Earthshot Prize, 2019

Yesterday, while watching the film *Don't Look Up*, I also watched – by coincidence (or not) – an extract from the programme *28 minutes* on Arte (6 January 2022). In the extract, journalist Salomé Saqué tries to warn the panel and audience about the climate catastrophe. The reaction of the panel was... laughter and ridicule. It was like a scene straight out of the film.

The problem is so big and overwhelming that I think we don't want to see it and would rather bury our heads in the sand or laugh it off, hope for the best and believe it won't happen so quickly. But deep down, we know the truth. Deep down, you know.

It's a classic trap that the future arrives more slowly than we think and more quickly than we can imagine. Just look around and you'll see that the future is already here.

The question now is: how do you secure y'our future and the future of the future? How do you overcome your fear and possible short-sightedness?

### **The future of the future**

The events that will or are likely to happen in time to come are changing in the time that is (as yet) still to come.

You overcome it by designing y'our future on purpose, and to pull y'our future towards you through the decisions and choices you make and the actions you take. You overcome it one step at a time with a GREAT future for yourself and humankind in mind.

(Over the next few pages, I will explain exactly what I mean by “**a GREAT future**”.) Your steps, even small ones, matter, in the bigger scheme of things.

To quote the words of Queen Elizabeth II spoken in a video message for the 26th United Nations Climate Change Conference (Glasgow) evening reception (1 November 2021): “Of course, the benefits of such actions will not be there to enjoy for all of us here today: none of us will live forever. But we are doing this not for ourselves but for our children and our children’s children, and those who will follow in their footsteps.”

## **Futurizing yourself is adopting a futures mindset**

*You cannot create the future using the old strategy tools ... The big challenge in creating the future is not predicting the future; instead the goal is to try to imagine a future that is plausible, that you can create.*

*Charles Handy*

It's time to learn from y'our past but think back from y'our future history that you envisage and create on purpose. It's time to stop being too focused on the now, and adopt a new mindset that looks to the future in a bid to overcome y'our fears. It's time to create a GREAT future, a future in a way that best suits and assures y'our health and wellbeing and the wellbeing of our planet on which we depend.

In a GREAT future, we have a common cause and the necessary anchor points to create the stability and clarity we need to overcome our fears. A GREAT future is where we become the best version of ourselves and where, to quote Douglas Rushkoff, author of *Team Human*, "We can be fully human without being in complete control of our world."

A GREAT future, i.e., a GREAT life, requires an open mind and some thought. It's time to start living on purpose. When you live on purpose, you're adding meaning into your life and moving in a preferred direction. It's time to believe that y'our individual actions matter. It's time that you act like y'our future and the future of the future depends on it. Because it does.

We can cope with and navigate the global changes and challenges that lie ahead by using the future. You can drive the changes needed to pull y'ourself out of this crisis facing humanity before it is too late. I know you can, because I have

experienced not only how futurizing myself has changed me but also how its benefits have rippled through my environment.

I'm not saying futurizing yourself is the solution to all y'our problems. However, I do believe that, at the core, futurizing yourself is an important contribution to the change in mindset that is needed to start the "Great Reset" needed to tackle some of the biggest personal and global challenges we are facing.

The future is a collective endeavour, for everybody, by everyone. The future needs you. 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.

## The benefits for y'our health and wellbeing

*Once your future self becomes alive in your mind, you may find it much easier to make the small personal sacrifices that are essential to preserve your wellbeing. And in the years ahead, you'll thank yourself for that forethought.*

*David Robson*

**F**uturizing yourself is something that everyone can do and benefit from. However, what will be different for each individual is where you start the process of defining y'our future on purpose and proactively incorporate futures thinking into your decisions, choices and actions to "change forward" and create a GREAT future for y'ourself.

It depends on where you find yourself, the stage of life you are in, the baggage that you are carrying along and/or whether or not other essential needs are met. There are 8 billion different starting points, so to speak.

### **Futurize Yourself**

Futurizing yourself is living your life on purpose. Instead of leaving your life and the future up to chance, you use images of your preferred future as a starting point to change your behaviour in the present.

It is a conscious process and mindset where you proactively incorporate futures thinking into your present-moment decisions, choices and actions that are consistent with the future you want, and it contributes to better, more meaningful living and a GREAT future for y'ourself.

This process is based on a narrative for your future that you have taken the time to envisage and develop by means of three steps.

The first step starts with creating a new narrative for the past when you have, for example, limiting beliefs about yourself and/or about the way the world works.

The second step is to uncover and define your potential (i.e., the talents you were born with) and in addition define how you want to feel (innate expression of wellbeing) on any given day and your aspirations (hopes for the future) that don't change over time (unwavering principles).

The third step is to create a narrative for your preferred future based on steps one and two. A narrative that is agile enough to cope with changes including your personal evolution, changing demands of the world of work, the changing environment, megashifts and megatrends.

My own three-step process started at a time when life had become meaningless and a never-ending uphill battle. Tired of fighting against the odds and emotionally drained, I remember waking up one morning in my cold, damp bedroom thinking: "If this is what life is about, this continuous struggle to survive, I don't want it." But what did I want?

That said, I am still futurizing myself. It is an ongoing process. The approach is very different now than when I started 22 years ago, but the essence and what the future I want haven't changed.

What I want is what I believe you and we all want. It is something we have in common, no matter at what stage of life you find yourself. What you/we want at y'our most intrinsic level is to feel content, fulfilled and healthy, and what you/we want to have is a future that is **Good, Resilient, Evolvable, Actionable and Transcendent**, i.e., **a GREAT future**.

Why do you/we want this? Because we all want to flourish in the flow of evolution and thrive in this ever-evolving, fast-changing world. We want to **flourish** – to grow or develop in a healthy way the non-material part of us that goes beyond the confines of simple happiness or wellbeing. We also want to **thrive** – and by that, I mean to succeed in material terms.

I wish I had come up with the words “flourishing in the flow of evolution”. However, all praise goes to futurist, psychologist, educator, philosopher and author of *Future Consciousness – The Path to Purposeful Evolution*, Thomas Lombardo. A book that speaks to my heart which addresses “How to create a good future by developing a core set of character virtues, most notably and centrally wisdom.”

We want this because this is what we innately strive for. Life needs a sense, a direction in which we can excel and expand our feeling of belonging and wholeness. Just imagine a GREAT future – a life where you feel content, fulfilled and healthy, while making a meaningful impact on the lives of others by growing into the best version of yourself in a purposeful way.

Do you want this?

Maybe you’ve never looked at your life or your future from this perspective before. If so, let me encourage you to give it a go. I think you will be pleasantly surprised!

And while it makes sense that focusing on the moment can improve your wellbeing, so can futurizing yourself. Because futurizing yourself makes you more willing to look after yourself. It also gives your life a direction, makes it more



meaningful, makes you more responsible for your present-day behaviour, and makes making decisions and choices – and life in general – easier. Because creating and nurturing a vivid sense of your future self will increase the extent you feel more continuity between your present and your future self (future self-continuity), and the more likely it is that you will make decisions, make choices and take actions with your future self in mind.

### **Future self-continuity**

Future self-continuity is the extent that people feel more continuity between their present and future selves, resulting in them being more likely to make decisions with the future self in mind.

“Focusing on one’s connection to the future self may help one realize the long road of repeated healthy decisions to improve long-term health, and perhaps this process would be further facilitated by shifting priorities, yielding a trajectory of self-reinforcing positive behaviors. Acting today for health benefits that may not be seen until far in the future may be easier to do when recognizing one’s connection to that future, specifically to one’s future self.”

(Rutchick et al. 2018)

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

*The past has passed. The present happens too fast. Yet, futures are our only chance to change, to improve and to generate opportunities that best suits you, with yourself, your surroundings and with others.*

*Alethia Montero*

**Y**ou 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 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.

Y'our 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 (2020), a futurist with the Institute for the Future (IFF), 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 10 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 – y'our future – doesn't exist, but it is given shape by every decision and choice you make and the actions you take. Just look at 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 – y'our 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 y'our imagination that you can put to good use.

## **A chance of a lifetime**

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

*Benjamin P. Hardy*

**I**n 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.

## **Living for tomorrow is living for today**

*The reality we will experience tomorrow is in part a product of the mindsets we hold today.*

*Alia Crum*

**F**or 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, designed on purpose, 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.



## The Futures Effect

*If you get really good at investing your energy into your future in the present moment, and thus your body starts following your mind to that future, wouldn't you agree when you start seeing all those wonderful synchronicities, coincidences, and serendipities in your life that you're going to keep doing it? And wouldn't you also agree that you're going to become more aware of your challenges, conditions, and tests when they are happening?*

*Dr Joe Dispenza*

**Y**ou 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 observations 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...

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***

*The benefits of futurizing yourself for y’our health, wellbeing and quality of life.*

*Benefits that also contribute to the mitigation of climate change, creation of a more sustainable global economy, safeguarding peace, and much more ... because you decided to futurize yourself. That is to say, you decided to adopt a futures-inclusive mindset, invest in becoming the best version of yourself, and started living proactively through integrating futures thinking into all your decisions, choices and actions on purpose.*

## The Futures Effect

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.

## RESOURCES

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You can find free downloads and more information about Tom, his writing, talks, various courses and osteopathy practice on:

### Websites

[www.futurizeyourself.com](http://www.futurizeyourself.com)

[www.meyerstom.com](http://www.meyerstom.com)

[www.osteopathbrussels.com](http://www.osteopathbrussels.com)

### LinkedIn

[www.linkedin.com/in/meyerstom](http://www.linkedin.com/in/meyerstom)

### Facebook

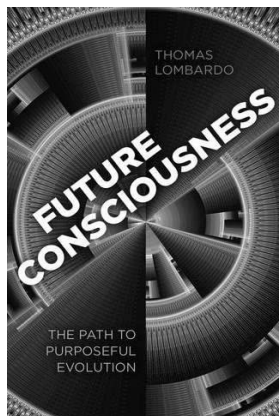
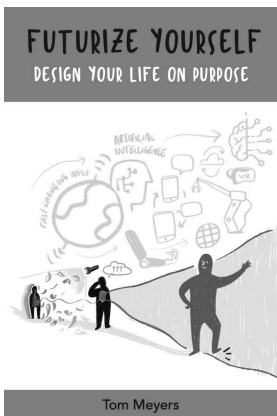
[www.facebook.com/futurizeyourself](http://www.facebook.com/futurizeyourself)

### Contact

[info@futurizeyourself.com](mailto:info@futurizeyourself.com)

## RECOMMENDED BOOKS

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Change Your Story, Change Y'our Future!

The best way to ensure a great future is  
to create it on purpose, today.

[www.futurizeyourself.com](http://www.futurizeyourself.com)

# THE FUTURES EFFECT

Change Your Story, Change Y'our Future!

Does thinking about the future fill you with hope or dread? If it was up to you, what would your future be like? Do you know how to ensure a good life and a great future, or are you leaving it up to chance?

Stories shape our reality and influence our decisions, choices and actions – which, in turn, have an effect on our future. In this book, Tom provides an engaging and highly practical approach to adopting a futures mindset to successfully prepare for the stress-provoking rapid changes of modern living.

Reflecting on his own journey, and blending insights with scientific evidence, Tom shows how becoming more conscious of the future and addressing life's challenges proactively can help you flourish and thrive in this fast-changing and challenging world.

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## TOM MEYERS

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Tom Meyers was born in Antwerp, Belgium in 1970. His life has been eventful, to say the least, but came to an abrupt halt at age 29 when his gourmet deli business failed, leading him into an existential crisis. Three revealing steps – what he now calls “Futurizing Yourself” – saved his life and helped him overcome his limiting beliefs and make his preferred future

into an ongoing reality.

Today, Tom is an osteopath and body-centred stress coach with a private practice in Brussels. He promotes health and wellbeing and is the founder of the “Reset Approach”. Tom combines his health practice with his work as a wellbeing futurist, speaker and author. His mission is to help people flourish and thrive as they prepare for the future with confidence.