February 1, 2024 - Vol. 1, Issue 1

THE FORESIGHT NEWSLETTER FOR YOUNG FUTURISTS

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March 21, 2024 - Vol. 1, Issue 8

THE FORESIGHT NEWSLETTER FOR YOUNG FUTURISTS

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Signals of the Future

SOCIETY

Pageants are changing, with women recognized for their physical fitness and professional accomplishments.
Madison Marsh, a 22-year-old U.S. Air Force fighter pilot, was crowned Miss America. She is the first active-duty officer from any military branch to win the title. She is currently training to be a Top Gun fighter pilot after graduating from Harvard.

SCIENCE

Researchers aim to harness energy produced by magma in volcanoes.
Scientists at the Krafla Magma Testbed (KMT) organization are planning to drill straight into the side of a volcano in Iceland to tap into a near-unlimited source of clean energy by 2026. This could help reduce our dependence on fossil fuels.

INSPIRATION

A 17-year-old student obsessed with robotics has invented a device to improve care for Alzheimer's patients in India.
The device, called Alpha Monitor, is light and compact. It can be worn as a badge or an armband. It sets off an alarm when the wearer starts to move, alerting a caregiver if the patient falls or wanders off.

> **"The best way to predict your future is to create it"** – Peter Drucker

Envisioning: The Future of Food

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next?

- **What if** we used smart packaging that changes color when food expires?
- **What if** we traced the origin and quality of all our food from farm to fork?
- **What if** we grew our own food in 3D-printing ovens that can cook all we want?
- **What if** we received personalized nutrition advice on our wearable devices?
- **What if** we ate insects as a source of protein to reduce environmental impact?
- **What if** we enhanced our senses of taste with devices that stimulate our brain?
- **What if** we produced food in space from microalgae, hydroponics, bioreactors?
- **What if** we modified our genes to make us more tolerant to allergies?
- **What if** we grew meat from animal cells in a lab without killing any animals?
- **What if** we deliver nutrients and drugs directly to our cells?

Wanna share your thoughts with us?
Send us an article, fiction, image, video, or artifact!

The Question: What is a Futurist?

A Futurist is an explorer of the future! Futurists investigate how life on Earth and beyond is likely to develop in the upcoming decades.

Futurists listen to signals of the future around them. They aim to decipher the force of the future, in order to help us not to be scared and to better prepare!

Futurists do NOT predict the future, but they use strategic tools (the futurist's toolbox!) to anticipate major catastrophes but also opportunities to make things better.

Futurists love to create scenarios in the form of stories and objects (called artifacts from the future) to have us react to possible futures.

Futurists are often creative, empathetic, multidisciplinary thinkers looking to make the world a better place.

You can get a certification to become a professional futurist, but practicing futures thinking in your daily life, by listening to signals around you and envisioning your preferred future is a first step to becoming a great futurist!

Taste of the Future!

In the epic year of 2035, the Vampire Council is scouting for a wickedly talented city planner to turn Transylvania into the ultimate tech hub – SiliconVania!

You and your rivals are in a fierce competition to create a cutting-edge cityscape, set up blood banks for your vampire citizens, seal killer contracts, and recruit top specialists.

It's a thrilling race to present the Council with the most mind-blowing plans and transform Transylvania into a futuristic haven!

SiliconVania (2023)
2-5 players; 45-90 minutes; 14+ age
Futures Theme: 2/5
Futures-Thinking Gameplay: 2/5
Adoptability: 3/5

https://medium.com/predict/top-10-board-games-for-futurists-61e7c2391661

FUTURE Vision

Signals of the Future

SCIENCE

A new study reveals an ancient lake bed found on Mars may hold evidence of life on the planet.
Scientists discovered that an ancient lake on Mars once harbored soil sediments carried by water, just like lakes on Earth. Soil and rock samples collected by the Perseverance rover will be brought back to Earth and studied for evidence of past life.

NATURE

Beekeeping is gaining in popularity, teaching people of all ages learn about the importance of bees and how they help our planet.
Beekeeping has become a popular hobby among celebrities such as Beyoncé, Scarlett Johansson, David Beckham, and Sting! By keeping bees, people help protect these important pollinators and contribute to a cleaner and greener world.

INSPIRATION

An engineering student in Australia uses sound to allow people with visual impairments to play ping pong.
Based on object tracking cameras and speakers, the technology provides real-time audio feedback in three dimensions and creates an acoustic "image" of the ball's location.

"The future is already here – it's just not evenly distributed." – William Gibson

Envisioning: Life in Space!

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next?
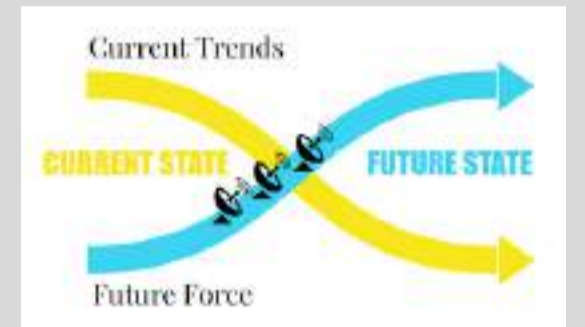
- **What if** we used space debris to build habitats and structures in orbit?
- **What if** we mined asteroids and comets for valuable resources and water?
- **What if** we simulated artificial gravity and Earth-like environments in rotating space stations?
- **What if** we terraformed Mars to make it habitable for humans and other life forms?
- **What if** we colonized the moons of Jupiter and Saturn, such as Europa and Titan?
- **What if** we genetically engineered ourselves to adapt to other planetary conditions?
- **What if** a new species of humans evolved on Mars, different from the Earthlings?
- **What if** humans living on different planets engaged in interplanetary wars?
- **What if** we communicated and cooperated with intelligent alien civilizations?
- **What if** there was no Planet B other than Earth...?

Wanna share your thoughts with us? Send us an article, fiction, image, video, or artifact!

The Question:
What are Signals of the Future?

A signal of the future is a small or local innovation that has the potential to grow in scale and geographic distribution.
When clustered together, signals point to a larger trend, driver, or shift (a future force).

Signals are specific examples of:
- an emerging technology
- a new tool or device
- an app or software
- a scientific breakthrough
- a new business model
- a government project
- a change in demographics
- recent laws, policies, regulations
- emerging behaviors
- a new word or expression
- a piece of fashion, a product
- success for a book, movie, character
- success for a brand, company, slogan
- a person and what they represent

When you cross a signal, ask yourself:
- **What kind of change does this represent?** From what to what? What is shifting exactly?
- **What's driving this change?** What's the origin, the initiator, the driver? What's the "future force" behind it?
- **What would the world be like if this signal was amplified?** What if it were to become commonplace and widespread?
- **Is this a future we want to help create?** Is this a future we want to prevent from happening?

Every week, we share signals of the future in this newsletter.

Taste of the Future!

For All Mankind is a science fiction series that explores an alternate history of the space race between the US and the Soviet Union.

In this alternative version of 1969, the Soviet Union beats the United States to the Moon, and the space race continues on for decades with still grander challenges and goals.

The fourth season continues the alternative history timeline into the 21st century, depicting the post-9/11 world of 2003. It focuses on the struggles of the working class on Mars, highlighting wealth inequality and exploitative working practices at the Happy Valley colony.

For All Mankind (2019-)
17+ age
Worldbuilding: 5/5
Storytelling: 5/5
Futures Thinking: 4/5

https://medium.com/predict/top-10-sci-fi-tv-series-for-futurists-88bf491a1988

FUTURE Vision

Signals of the Future

TECHNOLOGY

Neuralink connects your brain to a computer, so you can communicate with your mind!
Neuralink implants a chip in your brain that can read electrical signals directly from your neurons. Neuralink is testing the technology on people with paralysis to improve their quality of life. In the future, brain-computer-interfaces (BCI) could augment anyone's abilities. Imagine playing video games or reading your friend's thoughts!

SCIENCE

A new ultrasonic 3D-printer repairs organs without surgery
By combining ultrasound and special ink (called "sono-ink") we can now insert 3D-print implants to repair damaged organs and treat diseases This technology developed by Brigham and Women's Hospital and Harvard Medical School, is powered by solar energy.

INSPIRATION

A 12-year old tells the world about her life with Down Syndrome
"I have Down syndrome, and I like myself exactly as I am." Mia Armstrong, 12, just published a picture book *I Am a Masterpiece* to describe what it's like to live with Down syndrome. In 2022 she was the first child with this genetic condition to voice a cartoon character, Eon in *Action Pack*.

"Your Brain is a Time Machine" – Dean Buonomano

Envisioning: Aging and Life Extension!

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next?

- **What if** we enhanced our physical and cognitive abilities to extend our health span?
- **What if** we used mixed reality (AR, VR) to create immersive and engaging experiences that prevent memory loss in older adults?
- **What if** we used digital health and AI to monitor and optimize our wellness and longevity?
- **What if** we used telemedicine and robotics to provide health care and assistance to older adults in remote or rural areas?
- **What if** were able to reverse aging (via gene therapy and CRISPR to edit our DNA)?
- **What if** we replaced damaged organs (via stem cells and regenerative medicine)?
- **What if** we used brain-computer interfaces and neural implants to connect our minds with machines and each other?
- **What if** to preserve our bodies and brains through cryonics and biostasis until future technologies can revive us?
- **What if** we cloned ourselves and other species?
- **What if** we uploaded our mind and consciousness to reach digital immortality?

Wanna share your thoughts with us? Send us an article, fiction, image, video, or artifact!

The Question:
Why am I not comfortable thinking about my future self?

Do you know that the human brain is the best travel machine, and that it makes us humans unique?

Daydreaming is a futures-thinking activity our brains do when at rest! Our human brain is capable of transporting us to different places and times, without physically moving our bodies.
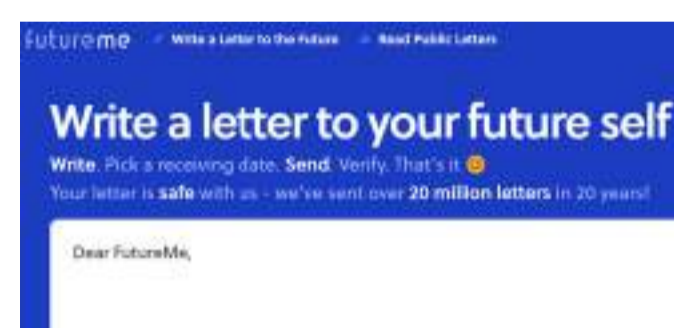
Over the millenaries, we humans had to plan for food. This led to the development of agriculture, which in turn led to the rise of civilization, and the creation of complex societies.

However our brains have a natural dislike towards visiting the far future. More than half of Americans rarely or never think about the far future (30 years from now), whereas a closer future (5 years) is a bit more common.

Brain scans show that our future self appears as a stranger to ourselves, so it is hard to empathize with this visitor from the future! We naturally give preference to the present self we are familiar with over our future self for whom we don't care much.

To start caring for your future self, why not write them a letter?

Taste of the Future!

FutureMe lets you write a letter to your future self and send it to a date of your choice in your email inbox.

Writing your future self a letter is a form of self-care that defies the rules of time. Not only are you taking a moment to reflect on where you are, where you're heading and what's important to you right now. You're also creating a reflective check-in with yourself to mark these two points in time: the writing, and the receiving.

You can also opt for a good old-fashioned paper letter delivered in your mailbox.

FutureMe:
https://www.futureme.org/

Letters to My Future Self
Available on Amazon.com

https://siliconhumanism.home.blog/2020/01/23/the-human-brain-is-the-best-travel-machine/

THE FORESIGHT NEWSLETTER FOR YOUNG FUTURISTS

FUTURE Vision

Signals of the Future

TECHNOLOGY

Machines start to replace humans in healthcare and display higher empathy
A Google chatbot named AMIE is able to diagnose heart and lung conditions more accurately than doctors. More suprisingly, it connects with patients on an emotional level, scoring higher on empathy tests.

ENTERTAINMENT

The new game Palworld likely uses Generative AI to copycat Pokémon creatures
Available on Steam and Xbox, Palworld features creatures called Pals. This survival game combines elements from various genres - crafting, building, exploration, combat with weapons, shields, and vehicles. It faces risks of copyright infringement, as many Pals resemble and behave like Pokémon.

INSPIRATION

Ocean changemakers meet in Athens, April 15-17
The *Our Ocean Youth Leadership Summit 2024* is an amazing opportunity to learn from experts, network with peers, showcase your solutions, and engage in ocean conservation and sustainable development activities!

"Nothing in life is to be feared; it is only to be understood." - Marie Curie

Envisioning: Future of Water

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next?

- **What if** we only accessed water for one hour a day?
- **What if** we had to share a daily quota of water with our neighbors?
- **What if** we had to pay for every drop of water we use, including water in our food and clothes?
- **What if** there was a label with the amount of water in every product we buy?
- **What if** we had to migrate to another place because of water shortages, and we had to leave behind our home and belongings?
- **What if** a generalized water contamination devastated the world?
- **What if** our homes could recycle our wastewater, so we can reuse and even drink it?
- **What if** a low-cost and energy-efficient system turned seawater into drinking water?
- **What if** we cleaned up the ocean of plastic, chemical, and radioactive waste?
- **What if** we restored the ocean's biodiversity, and prevent the loss of coral reefs, fish stocks, and marine mammals?
- **What if** we generated renewable energy from waves, tides, and currents?

Wanna share your thoughts with us? Send us an article, fiction, image, video, or artifact!

The Question:
How can I stretch my time horizon as a futures-thinker?

The human brain is the best time travel machine... But it is a skill you need to develop! Here are mental fitness exercises we recommend conducting daily to stretch your time horizon:

Go outdoors: keep your brain oxygenated and invite creative flow in your thoughts by exercising (run, hike, bike, dance...) in nature.

Watch science-fiction: identify artifacts from the future that you would enjoy or dislike, objects, suits, food, expressions, body features, and imagine some you could add to fit this world!

Play video games: immerse yourself in alternate reality, develop an avatar, change characters and perspectives, be aware of behaviors and rituals and how they mimic or differ from real-life.

Read a book... in a different language which is not your mother tongue, but that you have some basics in, enjoy new vocabulary, notice cultural differences.

Listen to the news and create mental scenarios: go beyond utopia and doomsday scenarios, envision alternative futures.

Think in first-person: Imagine yourself in the future, with your own personality, preferences and skills, body features and tastes.

Use your 5 senses to imagine how it will it look, sound, smell like. Will there be new tastes, new signs, more colors, less touch?
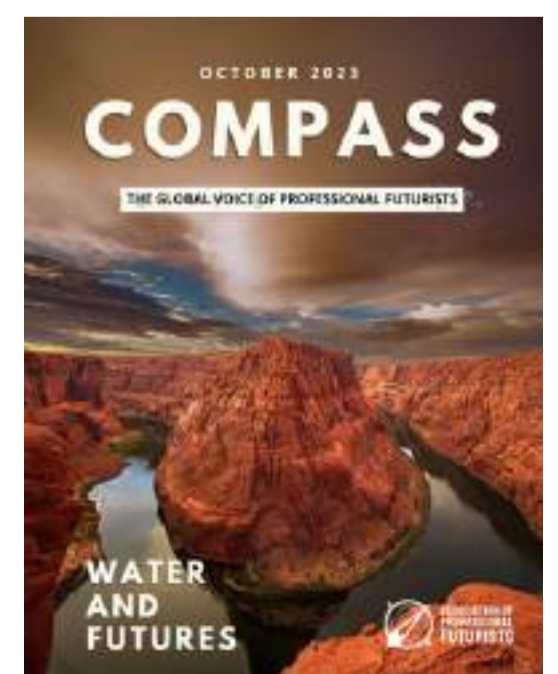
Develop your empathy: try to figure out how you personally would feel and do in someone else's shoes given their physical features, abilities, disabilities.

Read more: https://siliconhumanism.home.blog/2021/12/04/futures-thinking-12-mental-fitness-exercises-to-stretch-your-time-horizon/

Taste of the Future!

The Association of Professional Futurists' quarterly magazine COMPASS was recently dedicated to Water and Futures.

It offers articles on commercial fishing, removing CO2 from our oceans, deep sea drilling, city planning of water demand, the impact of snow on water resources, and humanity's evolving dance with water.

OCTOBER 2023
COMPASS
THE GLOBAL VOICE OF PROFESSIONAL FUTURISTS
WATER AND FUTURES

https://www.apf.org/apf-resources/compass

FUTURE Vision

Signals of the Future

CULTURE

GenZ and millennials are using public libraries, both in person and digitally, at higher rates than older generations
Younger generations enjoy this third place - in-between home and school - not only for reading and studying, but also for listening to music, playing games, hanging out, and creating stuff. And those community hubs are less expensive than coffeeshops!

INSPIRATION

Starbucks brews a more accessible and sustainable future for coffee lovers
Starbucks just opened its first cafe designed to be more inclusive for customers with disabilities, such as low vision, hearing loss, or mobility challenges. This is part of its goal to reduce waste and create a more sustainable and welcoming future for coffee fans.

"Coffee is a way of stealing time that should by rights belong to your older self." - Terry Pratchett, Thud

Envisioning: The Coffeeshop of the Future!

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next?

- **What if** coffeeshops became **remote work hubs**, where people could rent desks, meeting rooms, and equipment, and enjoy unlimited coffee and snacks?
- **What if** coffeeshops became **cultural hubs**, for customers to learn about the history, culture, and art of coffee, and participate in workshops, events, and exhibitions?
- **What if** coffeeshops offered **personalized coffee blends**, where people could choose the origin, roast, flavor, and strength of their coffee, and have it brewed on demand?
- **What if** coffeeshops used **biometric data** to create coffee matching the customer's mood, health, and preferences, and adjusted the caffeine level accordingly?
- **What if** coffeeshops immersed customers in **mixed-reality environments**, such as a tropical island, a mountain cabin, or a futuristic city, while they enjoy their coffee?
- **What if** coffeeshops became **circular**, used renewable energy, recycled materials, and organic ingredients, and minimized their environmental impact and waste?
- **What if** coffeeshops were more **experiential**, using cutting-edge techniques, such as molecular gastronomy, 3D printing, and AI, to create novel coffee experiences?
- **What if** an immersive metaverse experience could recreate the taste and smell of coffee and you could **taste virtual combinations** while purchasing online coffee?

Wanna share your thoughts with us? Send us an article, fiction, image, video, or artifact!

The Question: What are Artifacts from the Future?

Futurists use artifacts from the future as part of their futurist toolbox, to share a taste of the future and provoke strong feelings towards possible futures, so that you want to act!

- Artifacts from the future are objects that represent what ordinary, **everyday life** might be like in the future.
- Artifacts **aren't fantastical** nor magical objects.
- Artifacts can be a sign, product, clothing, food, medicine, game, app, advertising, event, device, body feature, word...
- Artifacts are **produced for real** by designers, artists, or futurists.
- Artifacts are **placed in everyday spaces today**, so that people can encounter them and have a surprising effect about the future.
- Artifacts often induce a **provocative uneasy feeling**.
- Artifacts **blur the line between today and tomorrow**, so we wonder: "Do I want to wake up in a world in which this thing really exists?"

"Artifacts from the future are not predictions, but provocations. They are designed to spark conversations, challenge assumptions, and inspire action." - Jake Dunagan

"Artifacts are a way of storytelling that helps us to suspend disbelief about change. They are not only a way of thinking about the future, but a way of feeling the future." - Stuart Candy

Taste of the Future!

This artifact from the future was created in 2015! The Indulgence Navigator gives recommendations based on your unique genetic predispositions. Does it remind you of current commercialized devices?

https://legacy.iftf.org/what-we-do/artifacts-from-the-future/

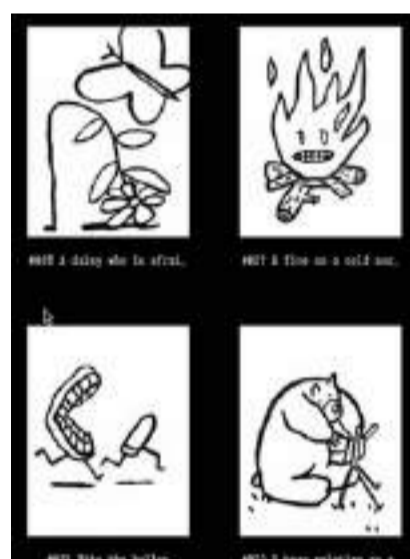# FUTURE Vision

Signals of the Future

SOCIETY
Students win $700,000 after using AI to read a burnt ancient text.
A 2,000-year-old scroll was unreadable after burning in the Mount Vesuvius eruption in 79AD. Students used artificial intelligence to decipher it and earned a $700,000 prize! It belonged to Julius Caesar's family and mentions music and food.

TECHNOLOGY
Drivers using Apple Vision Pro headsets raise safety issues
Online videos show users wearing the $3,500 VR headset while driving a Tesla. The Department of Transportation had to issue a reminder that all advanced driver assistance systems require human attention and control.

INSPIRATION
While AI-based image generators get more popular, an artist creates a human-based image generator!
Prompt Brush is a website that lets you request a custom illustration by typing a prompt. The images are not made by AI, but by a human graphic designer named Pablo Delcan. He uses a brush and black ink to create simple and elegant drawings.

"It is said that the present is pregnant with the future" - Voltaire

Envisioning: The Future of Movies

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next?

- **What if** streaming services became the only way to watch films, so that movie theaters became obsolete?
- **What if** mixed reality headsets (such as the Apple Vision Pro) became the main way of experiencing films?
- **What if** holographic projections brought movies to life in our homes or public spaces?
- **What if** AI created original scripts, so that we didn't need screenwriters anymore?
- **What if** interactive movies allowed viewers to choose their own adventure and to influence the outcome of the story?
- **What if** biometric sensors and neural interfaces adapted the plot to our emotions?
- **What if** deepfakes replaced actors in movies so they didn't need to act anymore?
- **What if** we revived deceased actors and actresses to feature them in new movies?
- **What if** we could record our dreams and fantasies to turn them into movies?

Wanna share your thoughts with us? Send us an article, fiction, image, video, or artifact!

The Question:
Can daydreaming be useful?

Daydreaming is often seen as a waste of time or a sign of boredom, but it can have many benefits for our mental health and creativity, especially if you **do it strategically!**

By letting your mind wander to pleasant things, you can distance yourself from the worries and pressures of everyday life. This can improve your mood and well-being!

When you are stuck on a challenge or need a fresh perspective, take a break and let your thoughts flow freely. This activates your subconscious and help you generate new ideas!

By imagining your desired future and the steps to take to get there, you can motivate yourself and overcome obstacles. This technique called mental contrasting can boost your confidence.
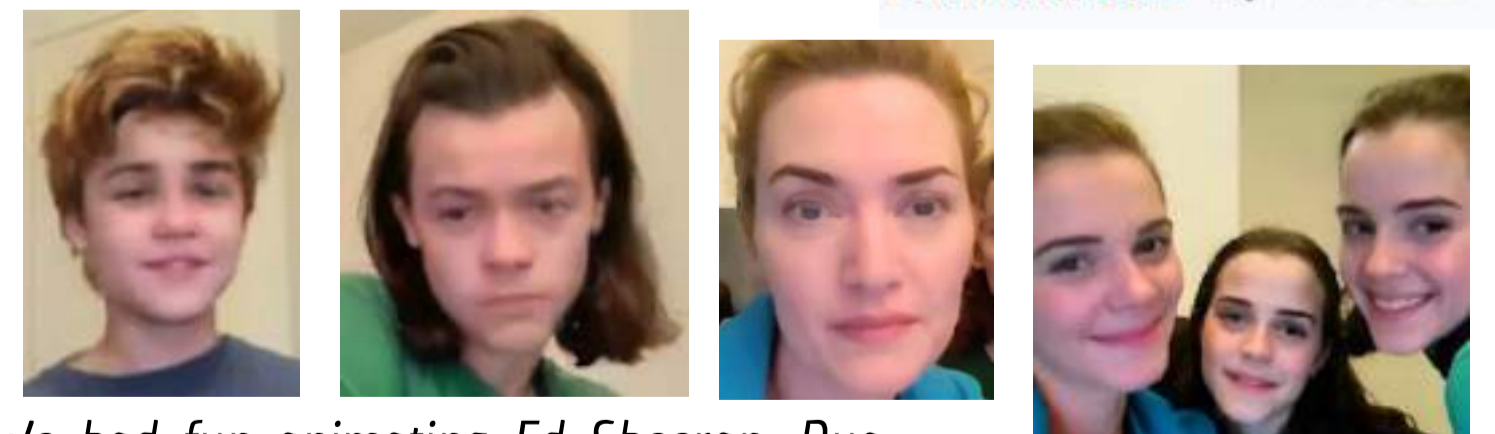
By engaging in fantasies and role-play, you can explore your interests and passions, express yourself, develop your imagination, and even create original works of art or science!

Next time you catch yourself daydreaming, don't feel guilty or ashamed. You can even choose a time and place without distractions (before bed, during a walk...) and guide your daydreams to make them more productive and enjoyable!
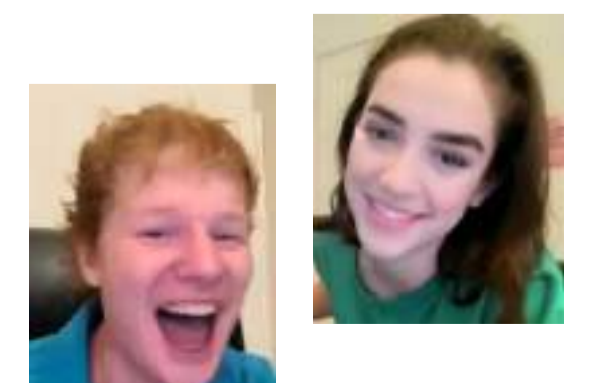
Taste of the Future!

camerai is a Real-time AI inference tool. You type the name of a celebrity, give the tool access to your camera, and it renders a deepfake of you as the celebrity. If you move, you see the celebrity mirror your every move!

We had fun animating Ed Sheeran, Dua Lipa, Harry Styles, Kate Winslet, Justin Bieber, Emma Watson(s)... Looks a bit uncanny, doesn't it? Send us your best-of!

Also wonder: What could be harmful applications of such technology? How can we limit non-ethical behaviors?

https://www.fal.ai/camera

FUTURE Vision

Signals of the Future

WORLD

The famine situation in Gaza is dire and imminent, according to UN officials. Efforts to address this humanitarian catastrophe are crucial. Children in Gaza have already died from malnutrition and dehydration. The crisis has escalated due to the ongoing Israel-Hamas war. A quarter of the territory's population (around 576,000 Gazans) were assessed by the UN to be "one step away" from famine and a painful death.

CLIMATE

As Arctic ice shrinks by 13% a decade, ground-breaking initiatives rebuild polar ice caps. Real Ice uses a pump to bring seawater from under the ice to the surface where it freezes. Arctic Reflections sprinkles powder to boost ice reflectivity, reflect more sunlight, and slow down melting.

CULTURE

Yellowface by R.F Kuang, a satire of ethnic diversity in the publishing industry, won the 2023 Amazon "Best Book of the Year" award in the U.K. The story revolves around a struggling writer, who steals an unpublished manuscript from her late friend, a successful Asian American author. She rewrites the novel to appeal to a white audience while navigating the ethical complexities of cultural appropriation, sensitivity reading, and cancel culture.

"Study the past if you would define the future." - Confucius

Envisioning: Writing our History

Writing is a strong signifier of our humanity and history. Pick a statement, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next?

- **What if** writing became obsolete, and all knowledge were transmitted through images, sounds, and gestures?
- **What if** writing was restricted to a privileged elite, and most people had no access to literacy or education?
- **What if** history was erased every generation, and people had to start from scratch without any collective memory or cultural heritage?
- **What if** history was erased and rewritten by AI, and humans had no control over how the past was interpreted and presented?
- **What if** writing was a crime, and anyone who dared to express their thoughts or opinions in written form faced severe punishment?
- **What if** writing was a virus, and anyone who came into contact with written texts became infected with a contagious disease?
- **What if** history was a lie, and people were fed false information and propaganda by a powerful regime or corporation?
- **What if** writing was a gift, and only a few people had the ability to write, and they were revered as prophets, artists, or leaders?

Wanna share your thoughts with us? Send us an article, fiction, image, video, or artifact!

The Question:
Do futurists need to study history?

For futurists, looking back is a vital component of preparing for looking forward. It is said that to become a good futurist, you first need to be a good historian!

History helps you understand the world, and how society, technology, economy, politics, culture, values, and morals have changed over time and influenced each other.

History helps you build better citizenship, by appreciating the diversity and complexity of human experience, and the role of individual and collective agency in shaping history.

History helps you gain personal growth, by exploring your identity and heritage, and how they relate to the larger context.

History helps to replace the "now" in a past-present-future dynamic, and anticipate possible futures that may emerge from it. It stimulates your imagination and scenario-planning abilities.
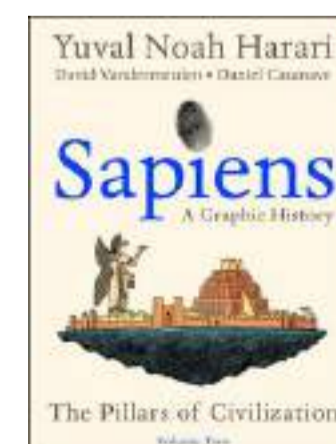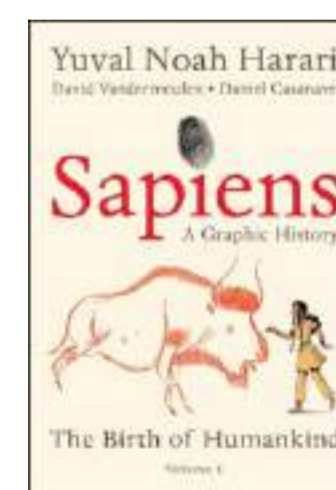
History helps you learn from the past and notice clear warning signs. By identifying trends and cycles that recur throughout history, and by analyzing causes and effects of historical events, you can avoid repeating the mistakes of the past!

Taste of the Future!

In the graphic version of Sapiens, a fictional Yuval **invites us to take a ride on the wild side of history** accompanied by globetrotting characters: his niece Zoe; biologist Prof. Saraswati; the gritty Detective Lopez; and the original superhero, Dr. Fiction.
Together, they cut through the noise, step back, and take a look at the really big picture: **the entire history of the human species!**
How did an insignificant ape become the ruler of the planet, capable of splitting the atom, flying to the Moon, and manipulating the genetic code of life?

Sapiens:
A Graphic History
Yuval Noah Harari
David Vandermeulen (co-writer)
Daniel Casanave (illustrator)

https://www.ynharari.com/book/graphicnovelsapiens/

FUTURE Vision

Signals of the Future

DEMOGRAPHICS

Family structures change: the number of cousins, nieces, nephews, grandchildren decline sharply, while grandparents and great-grandparents increase significantly.

The ratio of relatives per person is expected to decrease by 35% by the end of the century, according to Max Planck Institute. By 2095, a 65-year-old woman will have 25 living relatives vs. 41 in 1950. In China, population has decreased for the second year, falling by 2 million people in 2023. The one-child limit policy ended in 2016, but China's birth rate is still low.

INSPIRATION

An AI-powered companion doll combats loneliness among the elderly.
The Hyodol doll provides emotional support and fosters a healthy lifestyle through customizable services. It engages in full conversations, offers daily reminders, and improves depression levels and medication intake for seniors living alone.

SOCIETY

A South Korean woman (43) adopted her best friend (38).
Strict gender roles and patriarchal family culture remain deeply ingrained in South Korea. But in recent years, more South Koreans have started to challenge these norms. Women are rejecting marriage while reimagining what family means in an increasingly lonely, aging society.

"In dealing with the future, it is far more important to be imaginative than to be right." - Alvin Toffler

Envisioning: The Future of Family!

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy it?
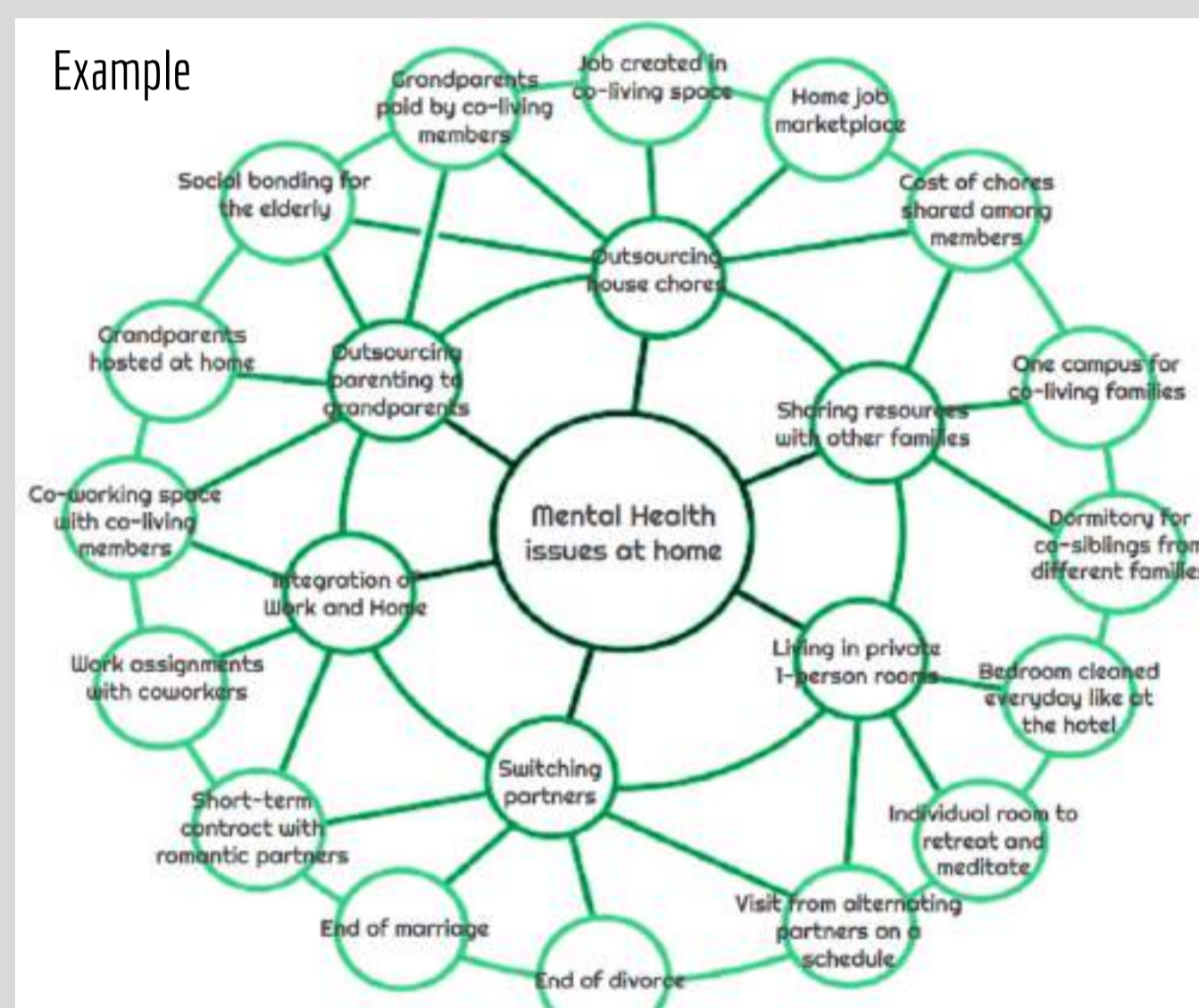
- **What if** lifespans doubled and 3, 4, 5 generations lived under the same roof?
- **What if** marriage and parenthood were separate and we enjoyed a variety of family structures: cohabitation, adoption, surrogacy?
- **What if** your family included friends, neighbors, work colleagues, communal pets?
- **What if** AI companions were part of our families, recorded and shared family history over generations?
- **What if** virtual reality allowed family members to gather in immersive spaces and invite avatars of deceased ancestors?
- **What if** we could edit our children's genes, remove genetic disorders, and choose their future traits: intelligence, physical abilities, appearance.
- **What if** we collectively raise children in eco-villages?
- **What if** families were split apart on different planets?
- **What if** we could clone ourselves and have mirror families?
- **What if** each family had a sentient tree companion that absorbs memories?

Wanna share your thoughts with us? Send us an article, fiction, image, video, or artifact!

The Question:
What is a Futures Wheel?

The futures wheel helps you to explore the positive and negative effects of a change, and to think of creative solutions or actions.
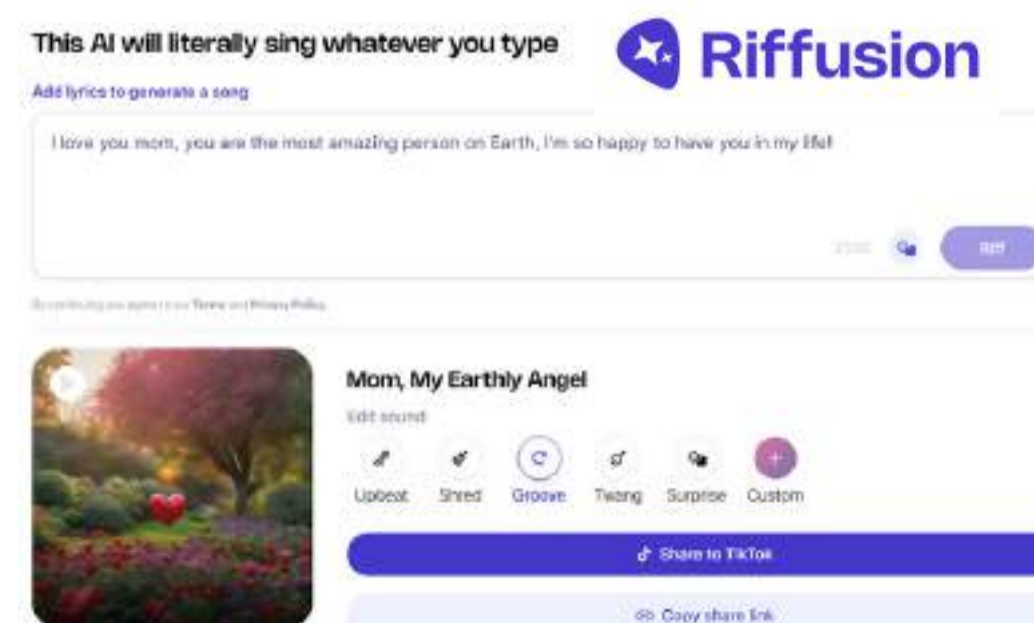
To create a futures wheel, write the change (a new invention, a natural disaster, a social movement...) in the center of a paper. Then draw circles around it with the direct consequences of that change. You can add more circles around each item with next-level consequences. Feel free to use different colors to show different levels.

Example

The Futures Wheel is a great foresight tool: it helps you to see the big picture and the connections between different aspects of the future!
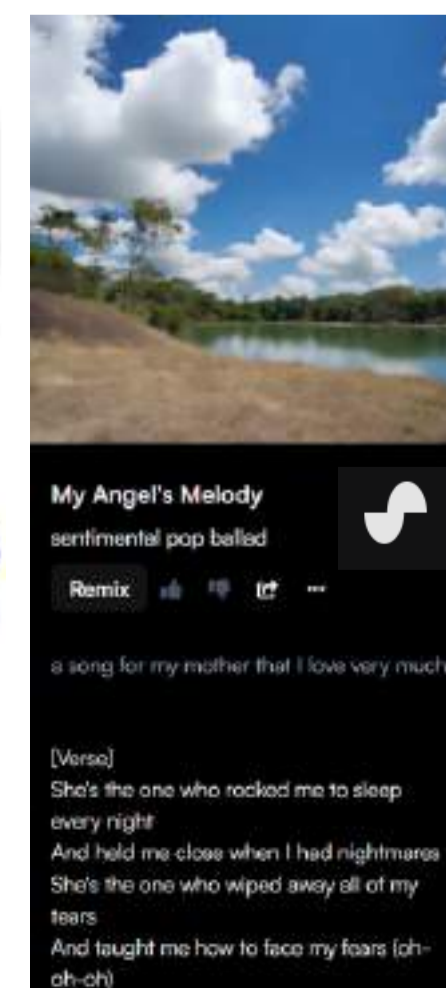
Taste of the Future!

Riffusion is a Generative AI tool that lets you make your own songs by typing in lyrics of your choice. You can then easily share on TikTok.

https://www.riffusion.com/

You can also go pro with Suno, but you will need to create an account.

https://app.suno.ai/create/

FUTURE Vision

Signals of the Future

SOCIETY

The average cost of owning a dog is $4,512 a year, according to a recent survey of 1,000 U.S. dog owners. 91% of people experienced financial stress in the past year related to the cost of pet care and 66% had to cut back on personal spending in response.

SCIENCE

A teacher in Taiwan apologized following backlash for repeatedly dropping his pet cat onto the floor.
The teacher aimed to demonstrate a physics principle (conservation of angular momentum) during a class.

INSPIRATION

A project called "Shifting the Focus" highlights the voices of people living with a pet while experiencing homelessness in the Seattle area. The interviewees discuss how the bonds with their pets help them through their struggles, both physically and mentally, by motivating them to stay sober or look for stable housing. They also brought up their pet-related challenges, such as losing their pet to animal control services or ensuring that their pets got enough food and health care.

> **"The love for all living creatures is the most noble attribute of man."** - **Charles Darwin**
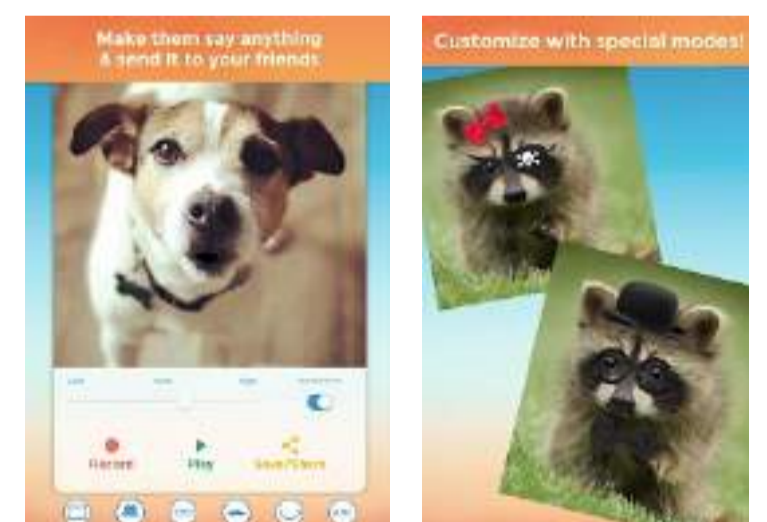
Envisioning: The Future of Pets

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next? Share your future visions with us!

- **What if** wearables, biosensors, and neural implants analyzed pets' feelings, recommending ordering treats or calming playlists when they are stressed?
- **What if** our future companions were lifelike robotic pets, fetching slippers, and relaxing us with their purring?
- **What if** we adopted an augmented-reality dragon or extinct dinosaur that lived in our home and responded to our touch and voice just like a living pet?
- **What if** we custom-designed pets through genetic engineering, creating cats with bioluminescent fur or dogs that never shed?
- **What if** pets had their own social platforms to interact with distant pets over online video?
- **What if** responsible pet ownership meant adopting pets that leave a smaller carbon pawprint such as algae-eating fish or composting guinea pigs?
- **What if** our homes adapted to our pets' needs, adjusting the thermostat, reordering snacks, and playing squirrel-chasing videos on demand?
- **What if** AI-powered chatbots simulated conversations with our pets?
- **What if** we brought pets to live with us in space and had them evolve to extraterrestrial conditions?
- **What if** we adopted alien species and submitted them to us as pets?

The Question: What does STEEPLE mean?

The acronym STEEPLE refers to a framework for analyzing various factors that shape the future:

Social Factors (S): societal trends, cultural shifts, human behaviors, demographics, social norms, values, lifestyles.

Technological Factors (T): emerging technologies, scientific breakthroughs, tech-driven innovations.

Economic Factors (E): economic systems, market dynamics, labor, trade, financial trends, new business models.

Environmental Factors (E): climate change, resource scarcity, biodiversity loss, environmental policies, sustainable solutions.

Political Factors (P): politics, governance, power structures, international relations, geopolitical shifts, policy decisions.

Legal Factors (L): laws, regulations, legal frameworks, intellectual property rights, privacy, safety.

Ethical Factors (E): responsibility, diversity, inclusion.

STEEPLE provides a comprehensive lens through which futurists explore the multifaceted aspects of what lies ahead.

Taste of the Future!

With **My Talking Pet**, you can animate pictures of your pets, make them speak realistically, and easily share on social media.

Cat Scanner and **Dog Scanner** can help you with breed recognition.

Dog Translator Prank simulates conversations with you dog via a collection of dog "sounds" and translates their barks, growls, and howls.

GoodPup and **Puppr** provide personalized training plans.

Rover and **TrustedHousesitters** connect you with the right pet sitters.

FUTURE Vision

Signals of the Future

SCIENCE

The first human to receive Elon Musk's Neuralink brain chip played chess using his mind to move a cursor on a laptop.
A livestreamed event demonstrated the paralyzed patient implanted with the brain chip, playing chess with his thoughts. He compared the cursor moving to using the Force in Star Wars.

SOCIETY

Lego halts California police department from using toy heads to protect suspect identities.
The Murrieta PD was using Lego faces instead of real mugshots due to a new law stopping them from sharing pictures of suspects of nonviolent crimes.

INSPIRATION

A 75-year-old Scottish grandmother becomes a videogame sensation.
Grumpygran1948, introduced to Fortnite by her grandson, plays 6 hours a day. Her gaming skills and hilarious comments got her thousands of fans!

> **"There is always one moment in childhood when the door opens and lets the future in."** - Graham Greene

Envisioning: The Future of Games

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next? Share your future visions with us!

- **What if** toys were designed by children themselves and 3D-printed at home?
- **What if** games were personalized through genetic and psychological profiling, and dynamically adjust difficulty on players' emotional state and stress levels?
- **What if** AI-powered toys taught children new languages and skills without human intervention, and grow in complexity at the child's learning pace?
- **What if** virtual reality (VR) games could simulate historical events, allowing players to experience history first-hand?
- **What if** toys synced with educational curriculums, becoming a fundamental part of school learning experiences?
- **What if** augmented reality (AR) games became so advanced that they were indistinguishable from real life?
- **What if** holographic gaming allowed players to interact with 3D game environments in their own living rooms?
- **What if** board games included sensory feedback, such as touch and smell, to enhance the immersive experience?
- **What if** game consoles were powered by renewable energy, significantly reducing the carbon footprint of gaming?
- **What if** games could create real-world impact, where achievements in the game contribute to solving global issues like poverty or climate change?
- **What if** brain-computer interfaces could allow players to control games with their thoughts alone?
- **What if** toys became sentient companions with their own emotions?

The Question: Can board games boost futures thinking skills?

Futurists frequently use games in their work, from collaborative table-top exercises and scenario-inducing card games, to serious gaming such as wargames, red-teaming, video games, real-time simulations, and immersive scenarios.

Commercial board games also activate cognitive abilities that are core in futures thinking:

- Games teach how to **navigate uncertainty**, and get out of our comfort zone.
- Games engage our **agency** as we can ponder the consequences of our behaviors in a safe environment.
- We can plan ahead and **strategize**, in response to events scenarios, resources scarcity, other players' actions.
- Games naturally contribute to generating **empathy** as we take on different perspectives and personas.
- Games' art, design, and **worldbuilding** capabilities stimulate our different senses and futures envisioning.
- Games rely on **multidisciplinary** thinking (digesting information, computing, negotiating, collaborating) with a choice of themes that we are not necessarily familiar with (be a spy, a pilot, a real estate mogul, a sushi chef...)
- The joy of playing and socializing correlates with positive thinking and **hope**, a value at the heart of futures thinking and futures building!

Discover our Top 10 Board Games for Futurists!
https://medium.com/predict/top-10-board-games-for-futurists-61e7c2391661

Taste of the Future!

The board game **The Search for Planet X** invite players to step into the shoes of astronomers to scan the sky, conduct research, attend conferences, and unravel the mysterious Planet X!

A companion **smart app** randomly selects an arrangement of celestial bodies and a location for Planet X. When players have the position for Planet X right, they can double-check it in the app.

While deduction games often rely on rigid solutions, Planet X introduces **uncertainty**. Success in the game relies on formulating precise queries at the right time and **managing emergent complexity**.

The Search for Planet X (2020)
1-4 players; 60-75 min; 13+ age

FUTURE Vision

Signals of the Future

SOCIETY

A village bans scrolling in public, promoting safety and sociability!
A French village voted yes in a referendum to restrict smartphone use in public, banning people from scrolling while walking down the street, while sitting with others on a park bench, while in shops, cafes or restaurants, and while parents wait for their children in front of school.

SCIENCE

7,000 humpback whales died in the North Pacific over 10 years because of major marine heat wave.
New research using AI-image recognition reveals that a decline in the population of humpback whales between 2012 and 2021 coincided with the strongest marine heat wave recorded globally dubbed "the blob".

INSPIRATION

A U.K. restaurant fed 20,000 people who "paid-as-they-can" while rescuing 3.4 tons of food.
At the Long Table, everyone eats the same meal below-cost based on what the managers rescue from their suppliers. This not-for-profit community interest company makes just enough revenue to cover all costs.

"The future belongs to those who believe in the beauty of their dreams"
- Eleanor Roosevelt

Envisioning: The Future of Vacation

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next? Share your future visions with us!

- **What if** we had a travel score and emission limit throughout our life to track the environmental impact of our vacation?
- **What if** passports were completely digital and implanted as microchips for convenience and security?
- **What if** wildlife safaris were conducted in virtual reality and mimicked real-life sensations to prevent disturbance to animals?
- **What if** our luggage could autonomously follow you, eliminating the hassle of carrying heavy bags?
- **What if** we spoke any language fluently thanks to smart AI-translators and any single place in the world were accessible to us?
- **What if** traveling outside of our hometown became forbidden?
- **What if** we could vacation in underwater cities, offering views of the aquatic life and coral landscapes?
- **What if** we experienced historical events firsthand through time travel tourism?
- **What if** an immersion trip in space became part of our school curriculum?
- **What if** we customized the weather at our travel destinations to ensure perfect vacation days?

The Question:
How can I practice Futures Envisioning?

Futures envisioning involves visualizing and mentally preparing for desired futures. This practice can be used in group workshops to bring participants in a meditative state. Techniques include:

Guided visualization based on prompts to imagine details about life in the future, from a specific perspective, in a given year, such as "How would a day in the life of a student look like in 2050?"

Five-senses meditation inviting you to reflect quietly, focus on your breath, and imagine how things could look like, feel like, sound like, smell like, taste like, in the future.
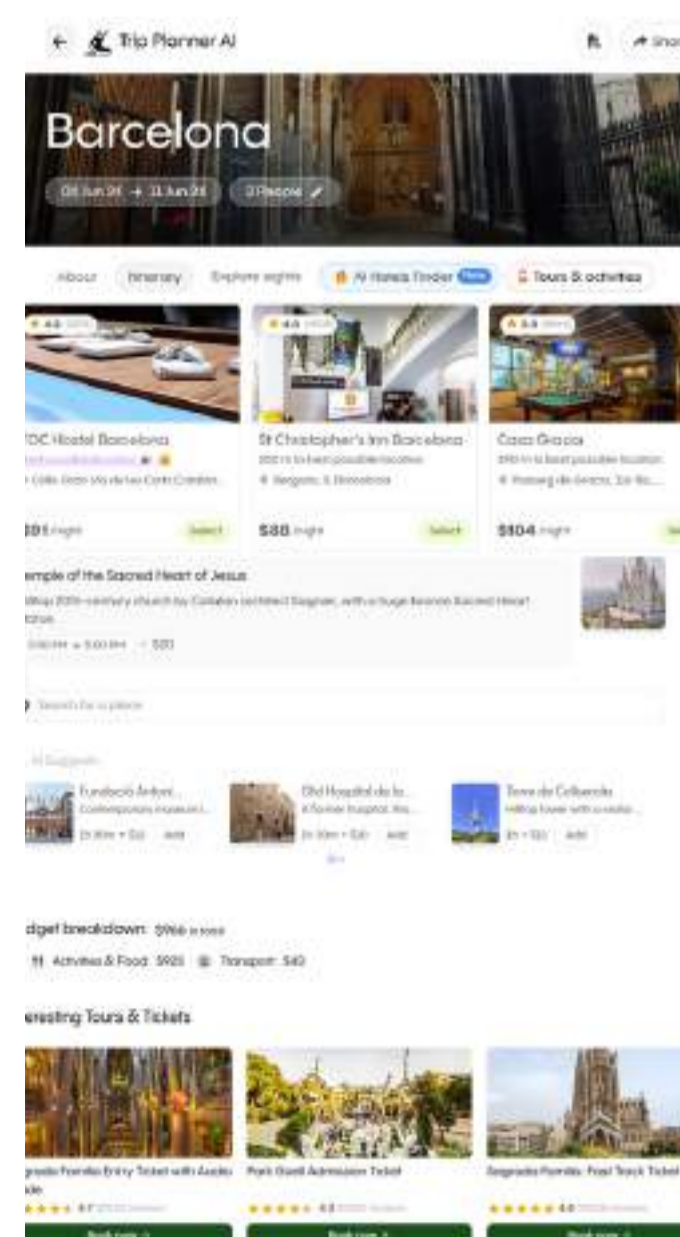
Journaling to write down and illustrate visions through thought association, introspection, and reactions to future prompts.

Collective vision boards gathering images, quotes, and symbols that resonate among a group of stakeholders.

Role play to help experience a scenario, as well as emotions and decisions a future person might face.

You can also include futures envisioning in your daily life, to connect with a future version of yourself, and gain clarity, inspiration, or guidance on your current path.

Taste of the Future!

Artificial travel assistants simplify your travel plans: They optimize itineraries, manage bookings, and provide personalized travel tips!

Trip Planner AI offers route optimization, a travel organizer, collaborative group planning features, and various travel scenarios from adventures to workations!

With **Destinations.ai**, you input your travel dates, airlines, budget, weather preferences, scenery, and the app crafts a tailored itinerary, with supplemental travel guides.

THE FORESIGHT NEWSLETTER FOR YOUNG FUTURISTS

FUTURE Vision

Signals of the Future

TECHNOLOGY
Bird Buddy takes photos and videos of birds in your backyard.
Equipped with AI, Bird Buddy takes shots, recognizes bird species, and organizes your bird collection like a Pokedex! Plus, you contribute valuable information to the database of bird migrations, helping experts better understand and protect bird populations.

DEMOGRAPHICS
The current world population stands at 8,102,862,050 as of April 13, 2024, according to the most recent UN estimates.

INSPIRATION
During India's water crisis, students from 40 schools saved 9 million gallons of water.
The Rain Reach program for kids aged 9 to 15 was implemented in 40 Bengaluru schools. It focuses on collecting and storing rainwater, using rain gauges to monitor rainfall, and treating and reusing wastewater for irrigation and toilet flushing.

"Cities, like dreams, are made of desires and fears" - Italo Calvino

Envisioning: The Future of Cities

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next? Share your future visions with us!

- **What if** cities harnessed renewable energy sources like solar and wind to achieve energy independence?
- **What if** self-driving electric vehicles were the primary mode of transportation in cities, reducing traffic congestion and emissions?
- **What if** vertical farming and rooftop gardens became commonplace, transforming urban spaces into green oases that produce food locally?
- **What if** augmented reality (AR) overlays enhanced our perception of the city, providing real-time information about buildings, history, and events?
- **What if** floating cities or underwater habitats become viable solutions for overpopulation and rising sea levels?
- **What if** modular, adaptable architecture enabled cities to quickly respond to changing needs and population growth?
- **What if** community-driven co-housing models redefined the concept of home and foster stronger social connections?
- **What if** urban green spaces were designed to support biodiversity, creating pollinators and habitats for wildlife within the city?
- **What if** 3D-printed buildings revolutionize construction, allowing for rapid and affordable housing solutions?
- **What if** cities prioritize mental health and well-being, integrating meditation spaces, art installations, and nature into urban design?
- **What if** blockchain technology decentralizes governance, enabling direct citizen participation in decision-making?

The Question:
What does a city futurist do?

Being a city futurist isn't about predicting flying cars. It's about shaping the cities we want to live in.

- City futurists don't just design buildings; they design entire ecosystems.
- City futurists don't just think about today; they consider how our choices today impact future generations.
- City futurists balance the needs of people with the health of the planet.

As the world population continues to grow, how can we create urban spaces that are not only vibrant, but also sustainable?

- **Green spaces** improve air quality, provide habitats for birds and pollinators, and give us a place to unwind.
- **Efficient public transit**, bike lanes, and electric vehicles mean less traffic, cleaner air, and happier commuters.
- **Waste management** such as collection, reduction, sorting, recycling, and composting minimize landfill pollution.
- **Energy-efficient buildings** use solar panels and insulate them against extreme weather.
- **Disaster-proofing** includes flood-safe zones, earthquake-resistant structures, and education on emergency plans.
- **Smart grids**, solar-powered streetlights, sensors, and real-time applications improve connection, mobility, and safety.

Taste of the Future!

The Curse (2023) is a satirical thriller TV series, starring Emma Stone, Nathan Fielder, and Benny Safdie.

It revolves around a newlywed couple who strive to create eco-friendly homes, to help locals while minimizing environmental impact.

The couple's efforts are met with criticism for gentrifying the area. This mirrors real-world debates about urban development, displacement, and the impact of revitalization projects on existing communities.

The show introduces a reality TV show sensationalizing their project, which highlights how media narratives shape our perception.

THE FORESIGHT NEWSLETTER FOR YOUNG FUTURISTS

FUTURE Vision

Signals of the Future

TECHNOLOGY

OpenAI needs 15 seconds of a voice to clone it.
After you record a voice in the Voice Enging, you can input text to create a realistic speech that uses this voice. This tech could be used for reading assistance to non-readers and children, as well as instant translation of videos and podcasts.

REGULATION

The ELVIS Act (Ensuring Likeness Voice and Image Security Act) was just signed into law by Tennessee Governor in the US.
This landmark law aims to protect musicians from the unauthorized use of their voices through AI and against audio deepfakes and voice cloning without the permission of their beholders!

INSPIRATION

NASA spacecraft, set to launch in October 2024, will carry a special message to Europa, believed to have an ocean under its icy crust.
The Europa Clipper spacecraft will carry to Jupiter's moon a "Golden record including a poem, 2.6 million names, and artwork symbolizing our connection to Earth, sparking imagination, and offering a unifying vision".

"You can't go back and change the beginning, but you can start where you are and change the ending." - C.S. Lewis

Envisioning: The Future of Schools

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next?

- **What if** students instantly downloaded knowledge and skills into their brains?
- **What if** schools transformed into dynamic, augmented-reality (AR) landscapes where students could interact with the walls and furnitures?
- **What if** traditional teachers were replaced by artificial, virtual, or holographic avatars adapted to each student's learning criteria?
- **What if** schools were self-sustaining ecosystems, teaching biology through hands-on gardening and physics through renewable energy experiments?
- **What if** students witnessed historical events by virtually traveling back in time?
- **What if** wearable devices tracked students' physiological responses during learning, optimizing their study conditions?
- **What if** AI chatbots provided personalized emotional support and coping strategies?
- **What if** nanobots enhanced students' memory and creativity, turning learning into a biological process?
- **What if** students had access to quantum computers to solve problems faster than classical computers?
- **What if** schools offered courses specific to the planet you live on and told the history of interplanetary colonization, astrobiology, and alien languages?
- **What if** students explored abstract concepts and historical scenarios within their dreams, guided by a lucid dream coach?

The Question:
Who were the first futurists?

The concept of foresight was first used by H.G. Wells in 1932, even if earlier authors Sir Thomas More in his *Utopia* (1516) and Jules Verne (1860s) had written visionary tales.

In the 1940s, consulting institutions specializing in strategic foresight engaged in long-range planning, systematic trend watching, scenario development, and visioning. These efforts were carried out under World War II military and government contracts. In the 1950s, private institutions and corporations started seeking the expertise of professional futurists.
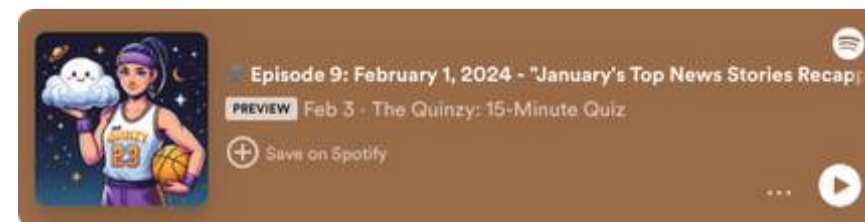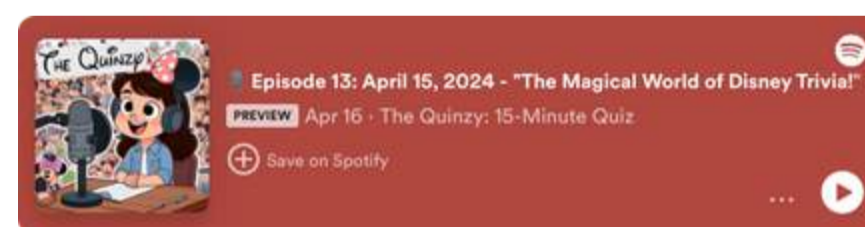
The RAND Corporation played a significant role in long-term planning and strategic analysis. The Stanford Research Institute (SRI) also contributed to foresight work, both for government agencies and private entities.

The World Futures Studies Federation (WFSF) was founded in 1967. The first doctoral program on the Study of the Future, was founded in 1969 at the University of Massachusetts. Alvin & Heidi Toffler's bestseller *Future Shock* (1970) generated mainstream attention for futures studies.

Note that professional futurists, who conduct futures studies and strategic foresight, differ from the Italian avant-garde movement, known as Futurism, which glorified modernism from an artistic point of view.

Taste of the Future!

The Quinzy is the 15-minute trivia podcast for all ages, hosted by 12-year-old middle schooler Pandora. It is published every 15 days!

https://open.spotify.com/show/699QpYFbw2AryT9lsOuMR7

Each episode includes 5 questions in 3 categories:
- The News: questions on current events
- Timeless: general knowledge questions
- Fun Time: entertainment questions

FUTURE Vision

Signals of the Future

BUSINESS

Polygonal cars are on the road: do people like them?
Tesla Cybertruck's polygonal design is as functional as it is futuristic. Inspired from *Blade Runner*, it is built to be bulletproofed and improves reflection, durability, spacious interior. However, Cybertruck sales are below expectations and Tesla is now laying off 10% of its staff. It also recalled all 4,000 Cybertrucks sold due to an issue with the accelerator pedal.

SUSTAINABILITY

Recycling and upcycling initiatives turn waste into energy.
CarbonScape (New Zealand) transforms woodchips into synthetic graphite for electric vehicle batteries. Lootah Biofuels (Dubai) turns used cooking oil into biodiesel. Both utilize waste while cutting down on carbon emissions.

INSPIRATION

An all-female shop mixes car repair and beauty services.
In Pennsylvania, the Girls Auto Clinic offers clients manicures while their cars are being serviced. Founded by a former engineer, the clinic empowers women with car care knowledge and skills, fostering a community of "Shecanics".

"All of the buildings, all of those cars were once just a dream in somebody's head." – Peter Gabriel

Envisioning: The Future of Cars

Pick one of those statements, imagine, and provoke a conversation with friends to discuss such future. What consequences would it have? Would you enjoy living in this world? What would you do next? Share your future visions with us!

- **What if** all cars were electric, charged wirelessly, and drove on solar-powered roads?
- **What if** self-driving cars were the standard, reducing traffic accidents?
- **What if** cars were summoned by a smartwatch and arrive at your home on demand?
- **What if** car sharing became more prevalent than car ownership, unclogging urban areas?
- **What if** cars were equipped with AI that could predict and avoid traffic jams?
- **What if** all vehicles were connected to a central traffic management system to optimize travel times?
- **What if** cars changed color, pattern, design, and voice with the touch of a button, using e-ink technology, generative AI, and augmented reality (AR)?
- **What if** drones could park on a docking station on top of cars, go shopping, and come back?
- **What if** cars could be folded when not in use to minimize garage areas in cities?
- **What if** cars were made of advanced materials that could self-heal after minor scratches or dents?
- **What if** cars communicated and aggregated with each other to form a convoy, to save driving effort and energy?
- **What if** cars levitated and navigated using magnetic fields?
- **What if** cars were equipped with virtual reality windows, allowing passengers to customize their view, or watch a movie on the windshield while parked?
- **What if** cars photosynthesized like plants, converting sunlight and CO2 into energy?

The Question:
What horizon do futurists typically look at?

Futurists look at a range of horizons, from the near future to several decades ahead.

Futurists explore possible, probable, and preferable futures, often focusing on **STEEPLE factors** (Social, Technological, Economic, Environmental, Political, Legal, and Ethical (See issue #9). The goal is to identify trends that affect society and the environment in the longer term (over a decade).

In **corporate foresight**, futurists often consider the **product life cycle** (PLC), that describes the stages a product goes through from its introduction to the market, its growth and maturity, until its decline. The PLC for fashion clothing is about 1 year, whereas it is 7 years for a car, 30 years for a rocket ship, 60 years for buildings and plants.

A well-known foresight tool is the **3-horizon model**:

- Horizon 1: The present state, where current systems and practices dominate.
- Horizon 2: The transition phase, where the old and new intersect, and innovation takes root.
- Horizon 3: The future state, where new systems and practices flourish, shaping the world to come.

A good starting point to engage with the future, is to imagine what the world will look like **10 years from now**!

Taste of the Future!

Back to the Future: Back in Time is a cooperative board game that offers a thrilling race against time, mirroring the iconic film.

Players collaborate to ensure Marty's parents fall in love and the DeLorean is ready for a pivotal lightning strike.

With simple yet engaging mechanics and beautiful artwork, the game balances strategy and chance.

*Back to the Future: Back in Time (2020)
2-4 players; 50 min 10+ age*

FUTURE Vision

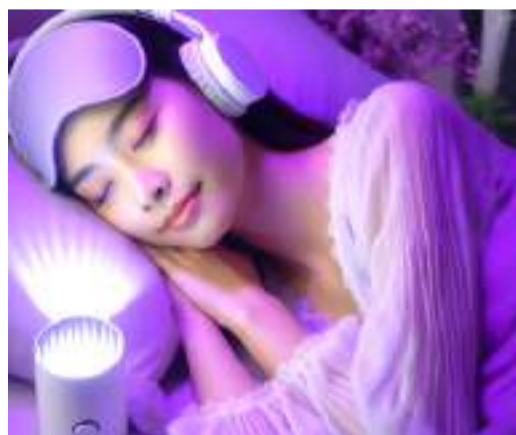## Signals of the Future

HEALTHCARE

Sleepiz creates new care experience from the bedside table.
A new FDA-approved contactless remote patient monitoring device tracks respiration and heart rates with the highest accuracy. Physicians can prescribe the Sleepiz One+ to their patients who monitor their own vital signs from the comfort of their home.

TECHNOLOGY

Audible is inundated with 40,000 AI-narrated audiobooks.
While the technology offers a cost-effective solution for self-published author, it raises concerns among human narrators about job security and among listeners missing the human voice and lack the option to filter out AI-narrated titles.

SCIENCE

Neuroscientists discovered that our brains reset during the first half of sleep.
While the process of weakening brain cell connections to prepare for new learning is clearer, the second half of the night remains an enigma.

"First, think. Second, dream. Third, believe. And finally, dare. All our dreams can come true, if we have the courage to pursue them." – Walt Disney

The Question:
Can a futurist mindset help with mindfulness?

A futurist mindset can complement mindfulness practices.
While mindfulness often focuses on being present and aware of the current moment, a futurist mindset involves looking ahead and anticipating future possibilities. Here's how they can both work together:

Enhanced Visualization: Mindfulness techniques such as visualization can be enriched by a futurist perspective, allowing you to vividly imagine and prepare for future scenarios.

Embracing Change: A futurist mindset encourages openness to change and innovation, which can help in adapting mindfulness to evolving personal and societal needs.

Expanding Awareness: Both mindfulness and a futurist approach expand your awareness, one in the present moment and the other in the realm of future possibilities.

Cultivating Resilience: By combining mindfulness with future-oriented thinking, you can build resilience against uncertainty and develop a proactive approach to life challenges.

Envisioning: The Future of Sleep

Pick one of those statements, imagine, and provoke a conversation What consequences would it have? Would you enjoy this world? What would you do next?

- **What if** sleep tracking could predict and prevent future health issues?
- **What if** we could extend our nights during our commute in self-driving cars?
- **What if** mattresses adjusted to your body's needs throughout the night, optimizing sleep posture, temperature, nutrients, air quality, etc.?
- **What if** wearable tech could prevent nightmares and ensure only pleasant dreams?
- **What if** we sleep pods could simulate a full night's sleep in just 30 minutes?
- **What if** VR masks transported us to calming places improving sleep quality?
- **What if** we controlled our sleep cycles with an app, adjusting the duration and intensity of our sleep phases?
- **What if** we extended REM sleep, enhancing creativity and problem-solving?
- **What if** sleep could be fully customized, allowing you to choose dreams like episodes from a streaming service?
- **What if** we could download and process new information into our brains during sleep, such as learning a new language?
- **What if** sleep became a social activity, where friends join in a shared dream?
- **What if** sleep deprivation was eliminated by a pill that replicates the effects of 8 hours of sleep?
- **What if** we hibernated like marmots, sleeping for months without aging?
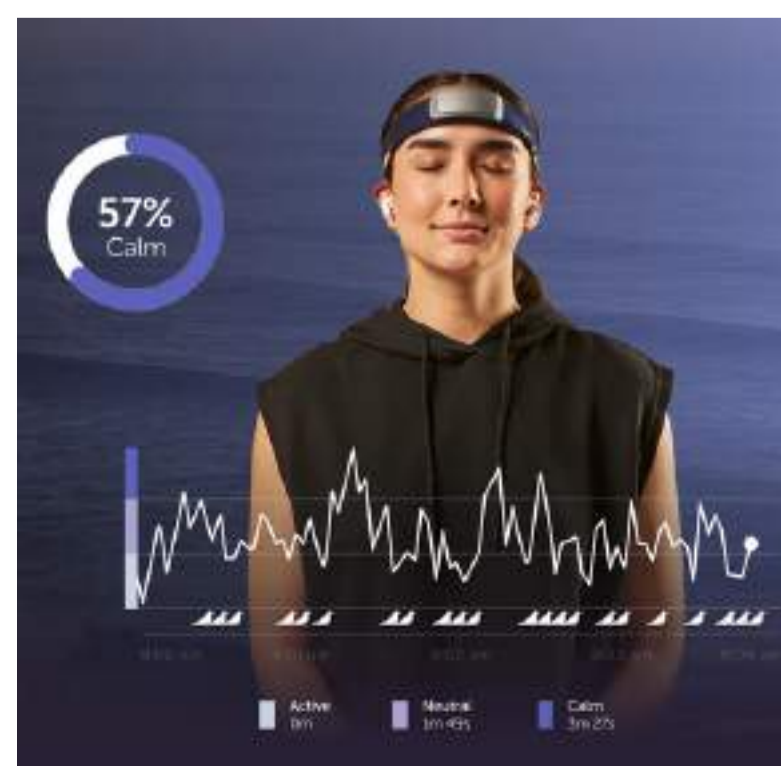
Taste of the Future!

Scarlett Panda helps you create an hyper-personalized AI story in 30 seconds for free.

It claims to be particularly useful to engage children with ADHD, autism or dyslexia.

https://www.scarlettpanda.com/

Muse is a wearable brain sensing headband designed for mindfulness, meditation, and sleep optimization.

It measures brain activity via electroencephalography (EEG) sensors. A companion app converts mental activity into audio feedback that is fed to the user via headphones: In a state of calm, it emits peaceful weather sounds, while a distracted mind triggers stormier audio cues.

https://choosemuse.com/

THE FORESIGHT NEWSLETTER FOR YOUNG FUTURISTS

FUTURE Vision

Signals of the Future

TECHNOLOGY

Owlet Smart Sock offers parents peace of mind about their baby's sleep and well-being. This connected sock monitors an infant's heart rate and oxygen levels, providing parents with real-time health data via a smartphone app.

SUSTAINABILITY

We produce 92 million tons of textile waste globally each year. China (20 million tons) and the US (17 million) produce the most. Clothing and textiles currently make up 7% of the total amount of waste in global landfill space. Only 20% of discarded textiles are collected.

SCIENCE

MIT and the University of Waterloo develop smart textiles The University of Waterloo designs a fabric that changes color and shape in response to heat and electricity. MIT produces a fiber that reacts to temperature changes and adapts its size in real-time, as well as textiles capable of sensing movements using thermoforming and digital knitting. Both open applications in healthcare, rehabilitation and everyday clothing.

"Fashion is not something that exists in dresses only. Fashion is in the sky, in the street; fashion has to do with ideas, the way we live, what is happening." - Coco Chanel

The Question:
What is Biomimicry?

Biomimicry, or biomimetism, consists in designing materials and structures by emulating nature's time-tested patterns and strategies. Here are a few examples:

Velcro was created in the 1940s by an engineer who noticed how burdock plant's burrs stuck to his dog's fur and his pants.
Cat-tongue brushes mimic the microstructure of a cat's tongue, which can efficiently clean and detangle fur and hair.
Morphotex fabric by Teijin uses structural coloration inspired by the Morpho butterfly's wings to create color without dyes.
Mycelium leather is a sustainable self-repairing material made from mushroom roots that does not require chemical tanning.
Micro-wrinkles of jellyfish skin can reduce glare on smartphone screens by scattering light in multiple directions.
Hagfish slime's strength and flexibility is studied to develop ultra-light and resistant body armor.
Spiny-headed worms inspired a microneedle adhesive for skin grafts which is three times stronger than surgical staples.
Spider silk such as Microsilk provides durable, flexible, and biodegradable biosynthetic clothes and biomedical materials.
Dragon silk produced by genetically modified silkworms (with spider DNA!) is tested by the US Army in bulletproof vests.

Envisioning: The Future of Clothing

Pick one of those statements, imagine, and provoke a conversation What consequences would it have? Would you enjoy this world? What would you do next?

- **What if** we 3D-printed at home clothes tailored to our measurements?
- **What if** clothing incorporated sensors tracking vital signs and fitness metrics?
- **What if** clothes adjusted to weather forecast or temperature changes, keeping us cool or warm as needed?
- **What if** fabrics could clean themselves, eliminating the need for laundry?
- **What if** textiles harnessed energy from our body or the environment, and act as a charging station for our devices?
- **What if** fashion companies implemented a return-for-credit system, where customers could return used clothes for discounts on future purchases?
- **What if** there was a global platform for individuals to exchange clothes they no longer wear, creating a vast, free wardrobe for everyone?
- **What if** virtual fitting rooms allowed us to try on clothes in a digital space?
- **What if** fashion brands projected the latest trends onto your current outfit via AR (augmented reality)?
- **What if** clothes changed color, pattern, or even texture (satin, lace, leather, denim…), with the tap of an app, matching our mood or as special occasion?
- **What if** biodegradable clothes were planted after use to grow into plants?
- **What if** smart textiles could provide real-time feedback on posture and body language at work or on stage, helping with personal development?

Taste of the Future!

Virtual Fitting Room Apps use AR or VR to improve and customize the clothes shopping experience.

They typically include virtual try-on, mix and match, personalized recommendations, fabric rendering, and e-commerce integration.
Here are a few noticeable ones:

3DLOOK
GOODSTYLE
PICTOFiT
style me WROBE