

2025 Aotearoa Futures Forum - Ōtautahi, Aotearoa New Zealand - Workshop by Huw Jones.

Wayfinding Futures

Navigating the foreseeable future and beyond



Mānawatia a Matariki

Mānawa maiea te putanga o Matariki
Mānawa maiea te ariki o te rangi
Mānawa maiea te Mātahi o te Tau
Whano, whano
Haramai te toki ata huakirangi
Haumi e, Hui e, Tāiki e!



Mānawatia
a Matariki

Celebrate the rising of
Matariki
Celebrate the lord of the
skies
Celebrate the new year
Unite, unite
And bring forth the dawn
Together, In union, We
are one!

Hunga Nui
Remembering the
Past

Ahunga Nui
Celebrating the
Present

Manako Nui
Looking Forward

"Ka whangaia, ka tupu, ka puawai"

'That which is nurtured, blossoms and grows.' - Whakataukī



Did you know?

We each have approx. 60,000-70,000 thoughts everyday!!

90% of those thoughts are past-oriented / repetitive


Approx. 70-80% of all thoughts are negative...

Opportunity isn't to AVOID thinking negatively or to the past but to become more mindful and in-tune with how we think...

'Your mindset determines your future.'

- Gerd Leonard, Futurist & Film Maker, [Twice Upon A Time](#)



 The following activities are simple framing tools to help us see how we think and feel about the future and our relationship with time.



Moving Forward

Scenario: Imagine that you and I are due to meet next Wednesday, however something unexpected has come up and we now need to move our meeting forward two days.

Task: Write down your answer to the following question:

By moving our meeting forward two (2) days, when are we due to meet?

Future Feelings

Scenario: A common challenge for foresight practitioners and thought leaders is that emotions and feelings are often overlooked when imagining what the future might be like.

Task: For the following time horizons, write down the first "emotion" or "feeling" that comes to you. 😊 😞 😐 😡 😢

H1	H2	H3
1 year	10 years	100 years



It's Your Birthday

Scenario: Think about your birthday from different perspectives of time.

Task: Draw three (3) columns across the width of your page then follow each of the steps below:

P	F	FP

Step 1: In the middle column titled (F) for Future, write down what you would like to do to celebrate your next birthday. (1min)

Step 2: In the first column titled (P) for Past, write down the details of what you did to celebrate your most recent birthday. (1min)

Step 3: In the last column titled (FP) for Future's Past, imagine yourself five (5) years from now, which would be July 2030. Write down the details of what you did to celebrate your birthday in 2029. (1min)

What did you notice about yourself and your relationship with time?

i Turn to the person next to you and discuss any thoughts or feelings that came up during these activities.



Moving Forward

Monday or Friday?



Future Feelings

$H1 > H10 > H100$

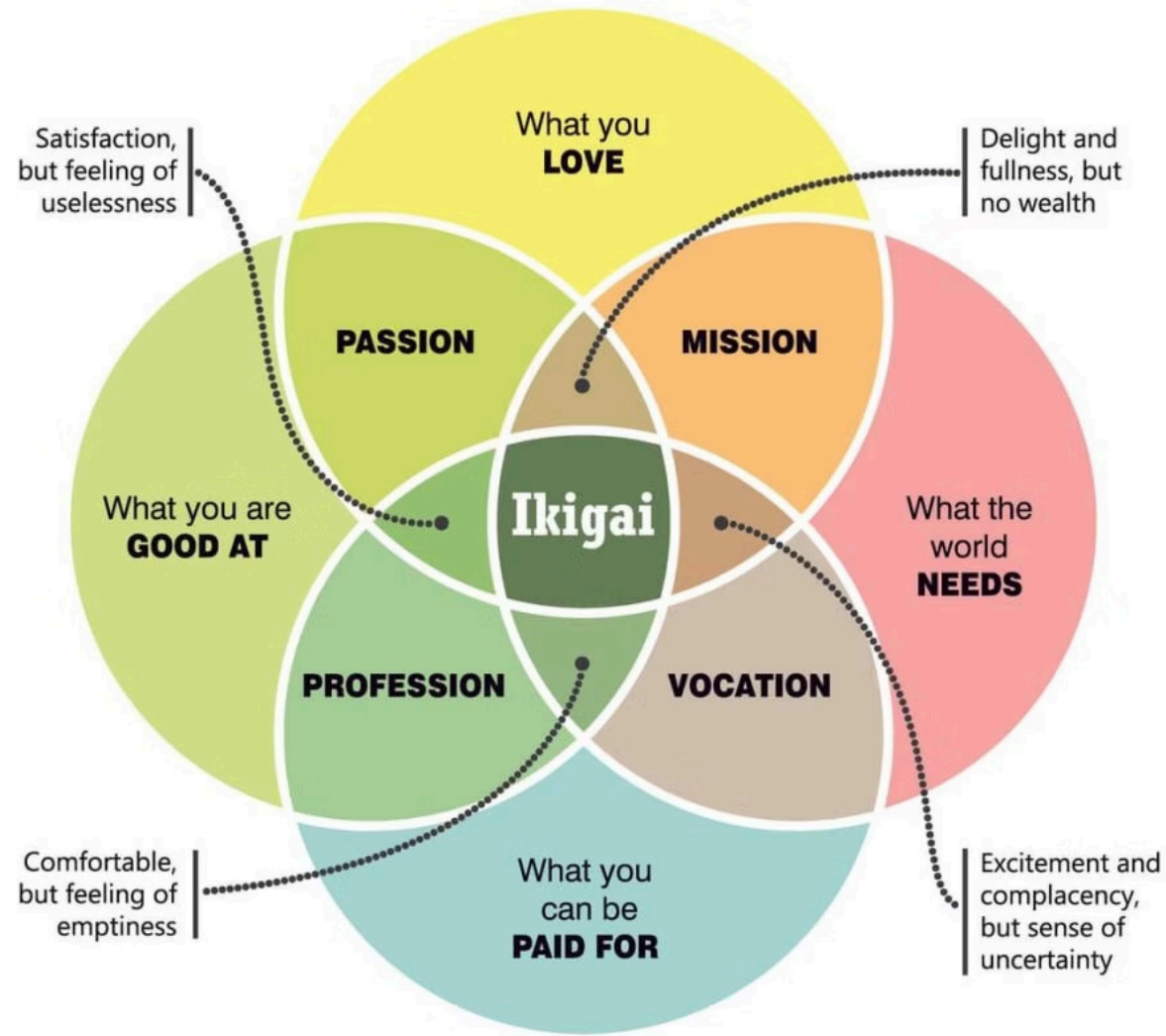


It's Your Birthday

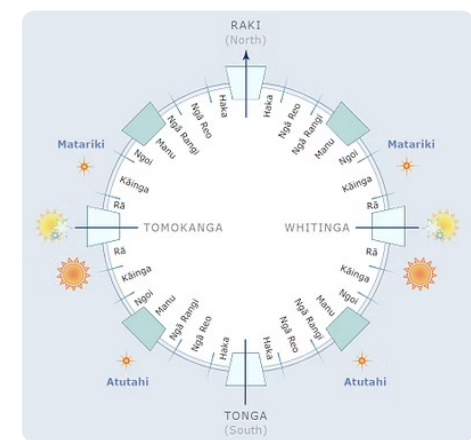
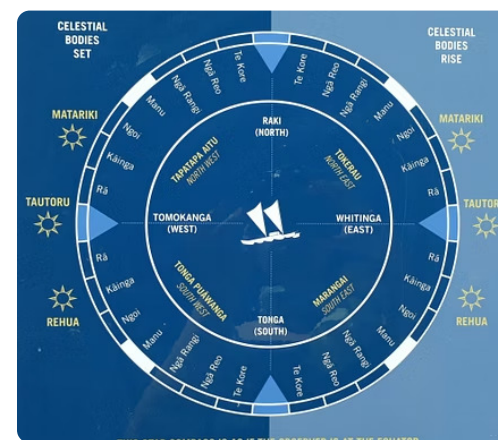
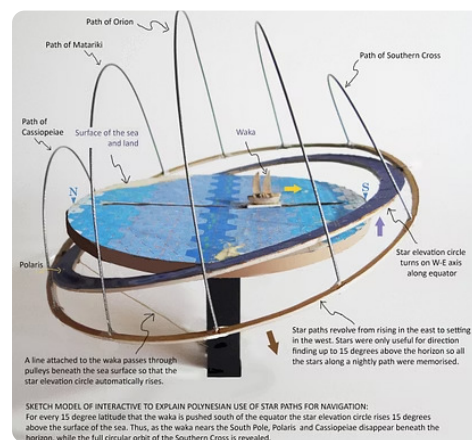
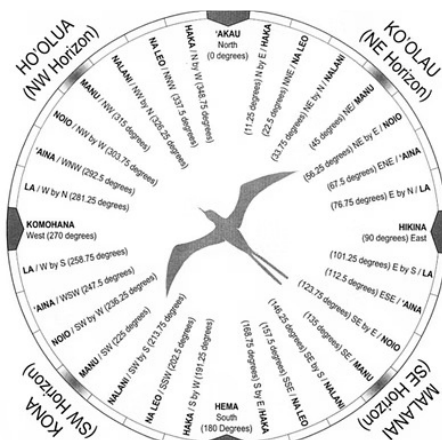
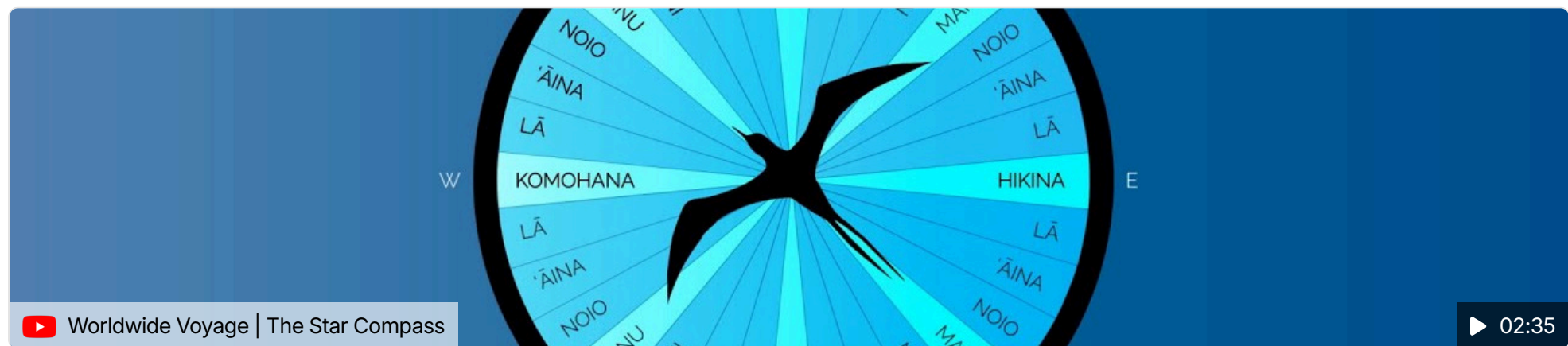
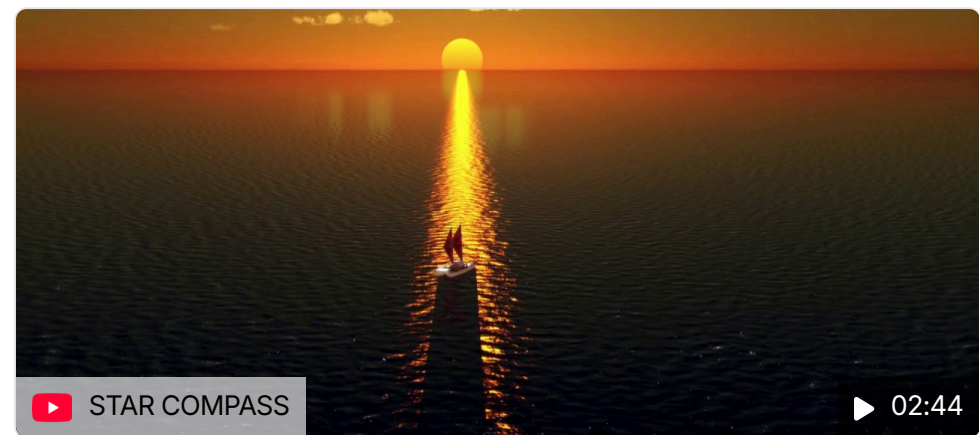
Past, Future, Future's Past?

Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"

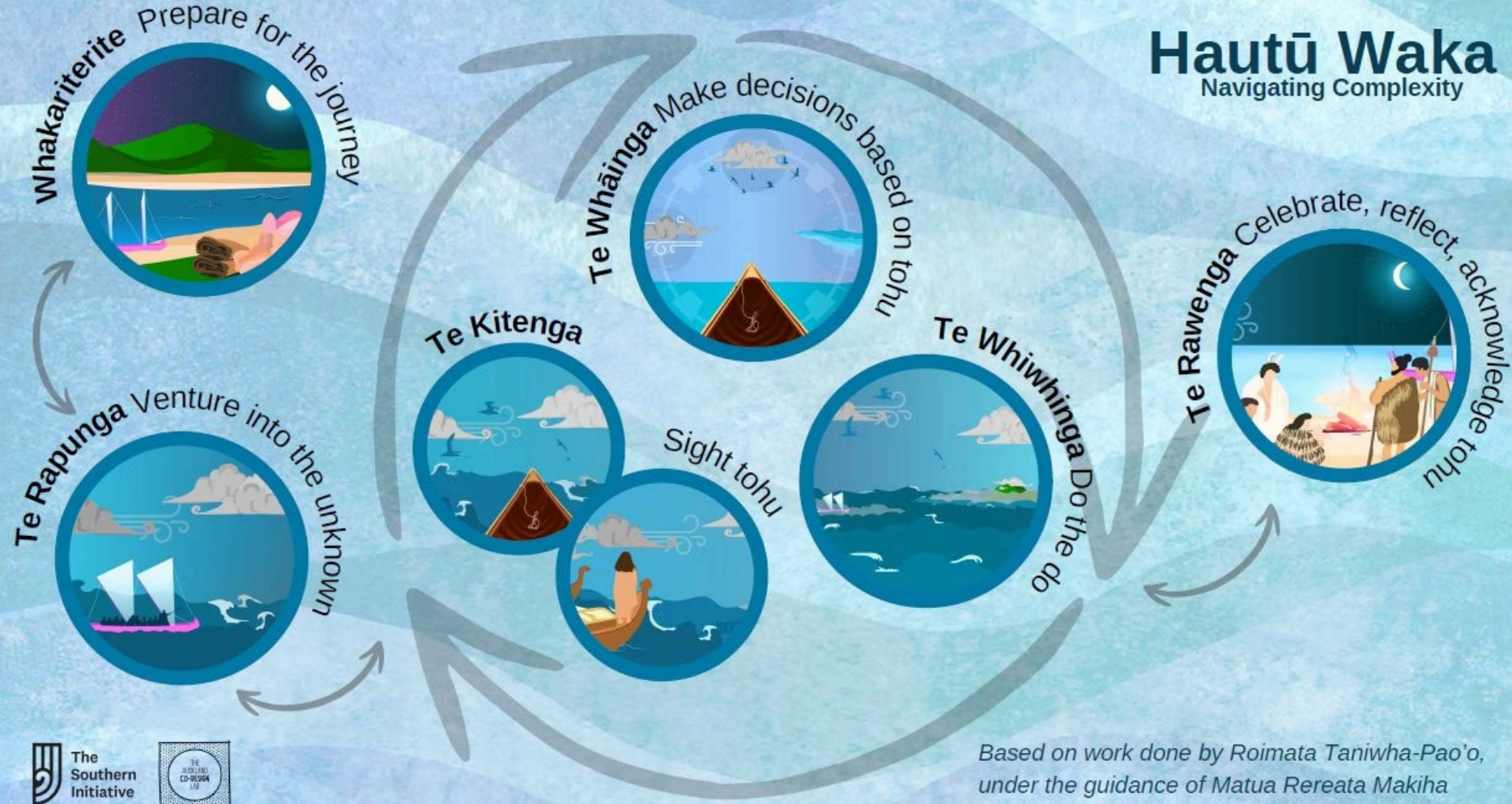


FILIPINIAN WATTANING



Hautū Waka

Navigating Complexity



Onamata, Anamata: A whakapapa perspective of Māori futurisms

'Seeing through the eyes of our ancestors, seeing through the eyes of our descendants'

❓ Take a moment to think about how your tupuna (ancestors) might see you today? How might they view society?

❓ Imagine 100 years from now. What legacy would you like to have in this world? What would make you most proud?

Credit: [Burgess, Hana](#) ; [Moko-Painting, Te Kahuratai](#)

Source: (2020). In Murtola, A. -M., & Walsh, S. (Eds.), Whose Futures? (ed., pp. 207-233). Economic and Social Research Aotearoa.

- ① Designed to be versatile, adaptable and simple, the *Wayfinding Futures Framework* can be utilised by individuals, teams, organisations, collectives and communities.

Wayfinding

- ① Ability to navigate an environment using intuition, observation, memory, and problem solving skills

Futures

- ① Imagined scenarios of periods of time yet to come.
A "future" could be Probable / Plausible / Possible / Potential / Preposterous

Framework

- ① Because "models" are usually wrong, some are helpful, this is a guide for navigating uncertainty, complexity and change.

Wayfinding Futures Framework

Your 'Reason for Becoming'

Determine Your Direction

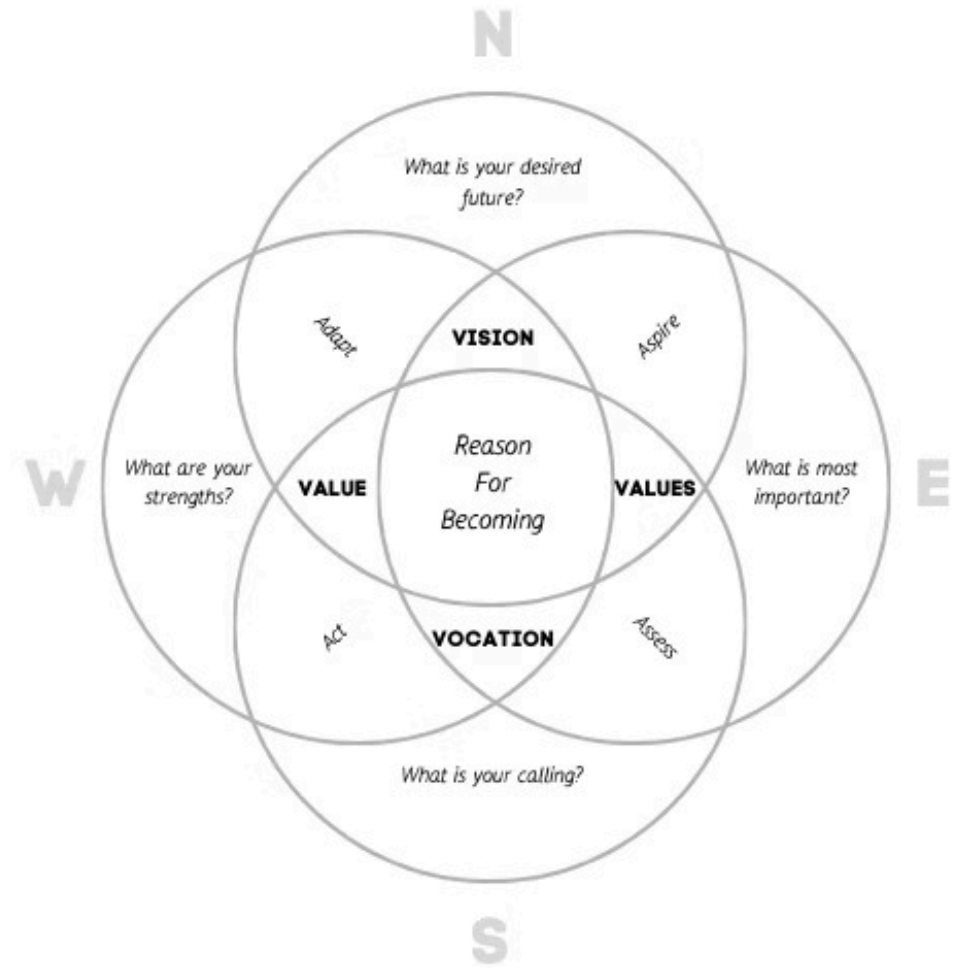
A tool that encourages you to explore what is most important to you now and into the future

Align Your Values with Your Value

By exploring your reason for becoming, you can uncover your true purpose and align your actions with your deepest values, leading to a more fulfilling and meaningful life.

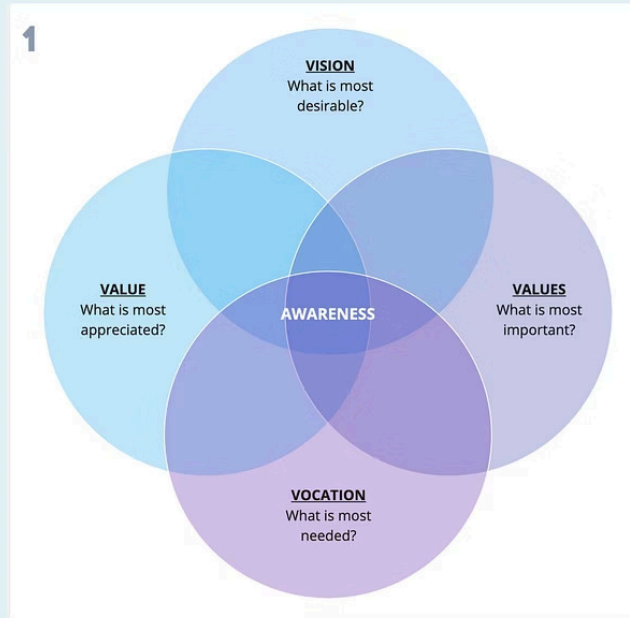
Live with Intention

Clarifying your reason(s) empowers you to live each day with intention, focusing on the things that matter most and bringing more joy and purpose to your daily activities.

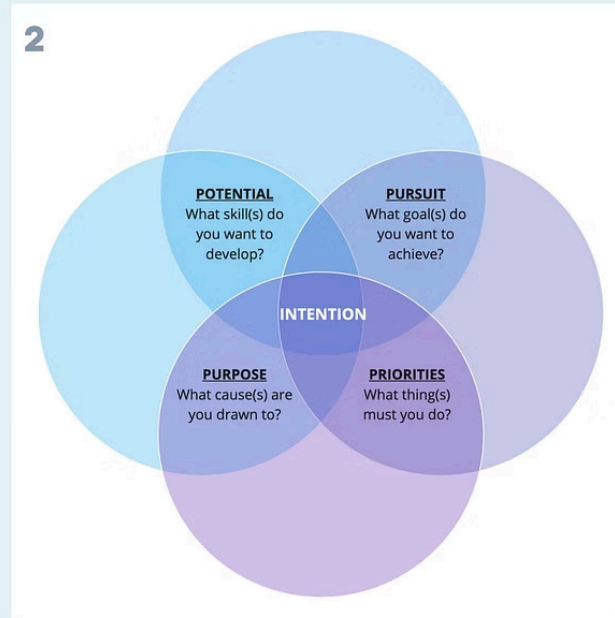


Wayfinding Futures Framework

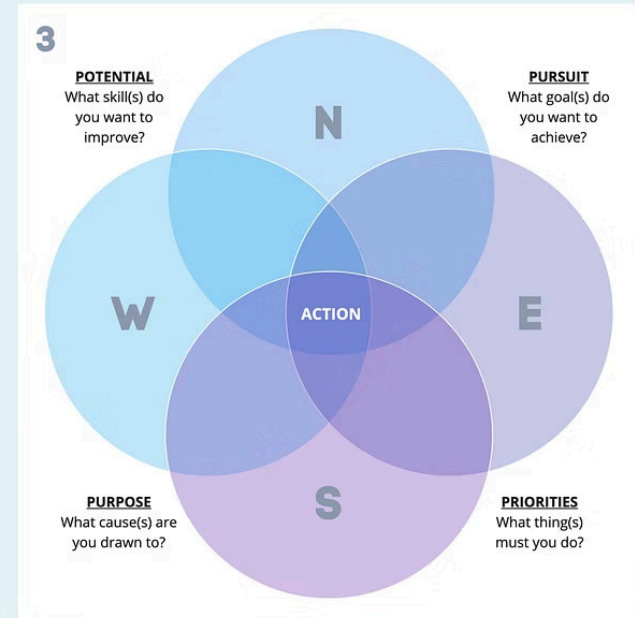
Develop a regular mindfulness practice to connect with your 'Reason for Becoming'



1. Draw attention to and clarify your current paradigm and mindset toward "Becoming"



2. Draw attention to and clarify your desirable future



3. Use the cardinal directions as a guide for focusing on your 'Reason for Becoming'

Wayfinding Futures Framework

Today I must...

H0

Immediate

What is ONE thing you must do over the next 24 hours?

H1

Short-term

What are THREE goals you would like to achieve over the next year?

H10

Medium-term

What is the most impactful purpose, cause or mission you'd like to contribute to?

H100

Long-term

At the end of your life, what legacy will you be most proud of?

This year I would like to...

H0

Immediate

What is ONE thing you must do over the next 24 hours?

H1

Short-term

What are THREE goals you would like to achieve over the next year?

H10

Medium-term

What is the most impactful purpose, cause or mission you'd like to contribute to?

H100

Long-term

At the end of your life, what legacy will you be most proud of?

My purpose / mission is to...

H0

Immediate

What is ONE thing you must do over the next 24 hours?

H1

Short-term

What are THREE goals you would like to achieve over the next year?

H10

Medium-term

What is the most impactful purpose, cause or mission you'd like to contribute to?

H100

Long-term

At the end of your life, what legacy will you be most proud of?

The legacy I will be most proud of is...

H0

Immediate

What is ONE thing you must do over the next 24 hours?

H1

Short-term

What are THREE goals you would like to achieve over the next year?

H10

Medium-term

What is the most impactful purpose, cause or mission you'd like to contribute to?

H100

Long-term

At the end of your life, what legacy will you be most proud of?

Let's Take A Mindful Moment...

EAST

H0

Immediate-term
Priorities

NOW / 24 HR

SOUTH

H1

Short-term
Goals

1 YR

WEST

H10

Medium-term
Mission

10 YRS

NORTH

H100

Long-term
Vision

100 YRS



Ko te pae tawhiti, whāia kia tata. Ko te pae tata, whakamaua kia tina.
Seek out distant horizons and cherish those you attain.

Whakatauki / Māori Proverb

Ngā Mihi | Thank you.

Huw Jones | Kaihautū Moana Māori

Indigenous Innovation, Equity and Engagement Lead

Ngāti Whakaue, Ngāti Pikiao, Waikato-Tainui, Ngapuhi, Ngāti Hamoa, Ngāti Tonga, me Ngāti Kereti

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