

# A Provocation to Recalibrate Yourself: Living the Future Now

A session with Hamish Duff



*#AotearoaFuturesForum #2025 #StrategicForesight  
#FuturesForesight #Unquiet #ThinkBeyond #Ōtautahi*

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**UNQUIET**  
—Restless.Optimistic.Impactful—



Aotearoa Futures Forum

# Recalibrate Yourself

## Living the Future Now

A Provocation to Personal Action

A close-up portrait of a middle-aged man with short, graying hair, smiling warmly at the camera. He is wearing a dark suit jacket over a light-colored, vertically striped shirt. The background is a light-colored wall with a grid pattern of rectangular tiles.

**Ko Hamish Duff tōku ingoa**



A person wearing a light blue shirt and dark pants is riding a bicycle away from the camera on a paved path. The path is flanked by large, mature trees with green foliage, creating a canopy effect. Sunlight filters through the leaves, casting dappled shadows on the path. In the distance, other people can be seen walking on the path. The overall scene is a peaceful park setting.

**Nō Ōtautahi ahau**





**Ko Opuke te māunga**



An aerial photograph of a braided river system. The river is composed of numerous interconnected channels of turquoise water, which are separated by wide, flat sandbars of greyish-brown sediment. The channels meander and split, creating a complex, web-like pattern across the landscape. On the left side of the image, there is a dense, lush green forest that borders the river. The overall scene captures the dynamic and powerful nature of a glacial or high-altitude river system.

**Ko Waimakariri te awa**

Photo K Pedley (UC)



An aerial photograph of a rugged, mountainous landscape. A river flows through the center of the image, surrounded by steep, forested slopes. A small lake is visible in the upper left corner. The overall scene is captured in a high-contrast, blue-toned style.

**Ko Philip Laing te waka  
Ko Pākehā tōku iwi**

# Hamish Duff

## BSc, MSc (Hons), MBA

Biotechnology / Technology / Technology management /  
Business change / Digital Transformation /  
Futures / Permaculture

30 years in the technology industry:

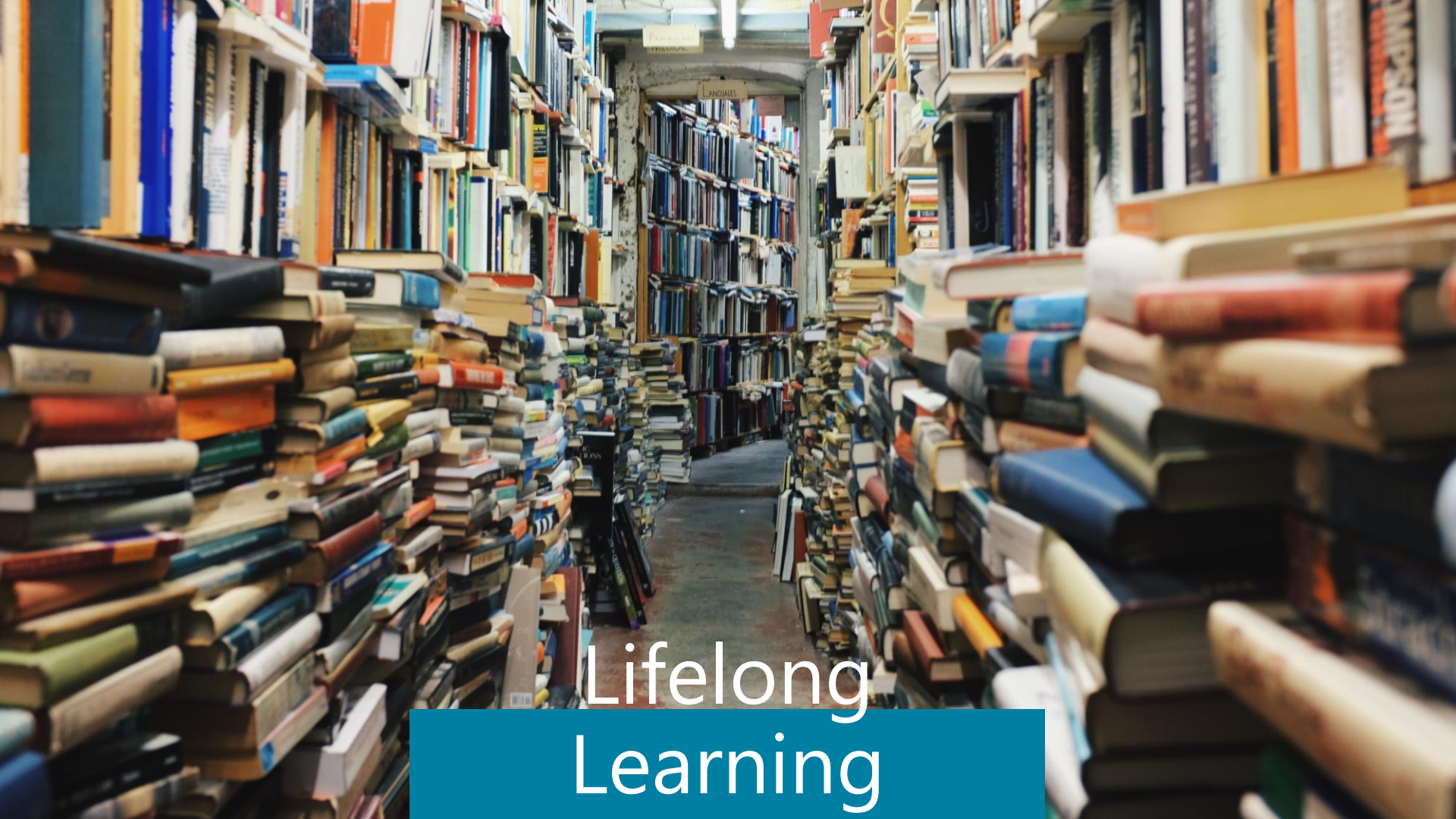
- How do we **fix the technology**?
- How do we **get IT working** properly?
- How do we implement **new technologies** effectively?
- How do we help **business managers** to understand technology?
- How do we take advantage of **new technologies**?
- How do we position our businesses to **survive accelerating technology change**?
- How can we optimise our **health and longevity**?
- How can we **take action** on climate change?







Growth Mindset



Lifelong  
Learning





# Techno-Optimism









WHEN HUMANS TRANSCEND BIOLOGY

# THE SINGULARITY IS NEAR

AUTHOR OF THE BESTSELLER  
THE AGE OF SPIRITUAL MACHINES

**RAY  
KURZWEIL**

DUCKWORTH  
OVERLOOK

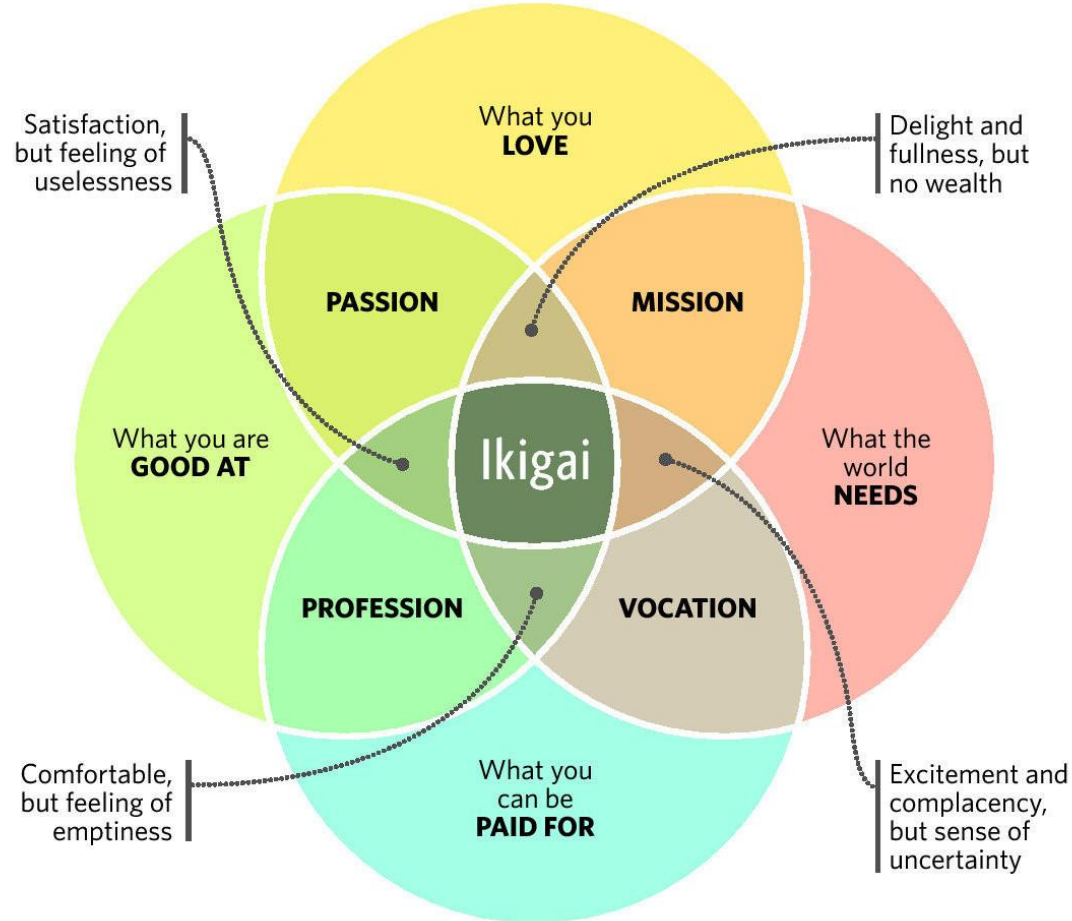
"I set the date for the Singularity—representing a profound and disruptive transformation in human capability—as 2045. The nonbiological intelligence created in that year will be one billion times more powerful than all human intelligence today."

Ray Kurzweil



# Ikigai

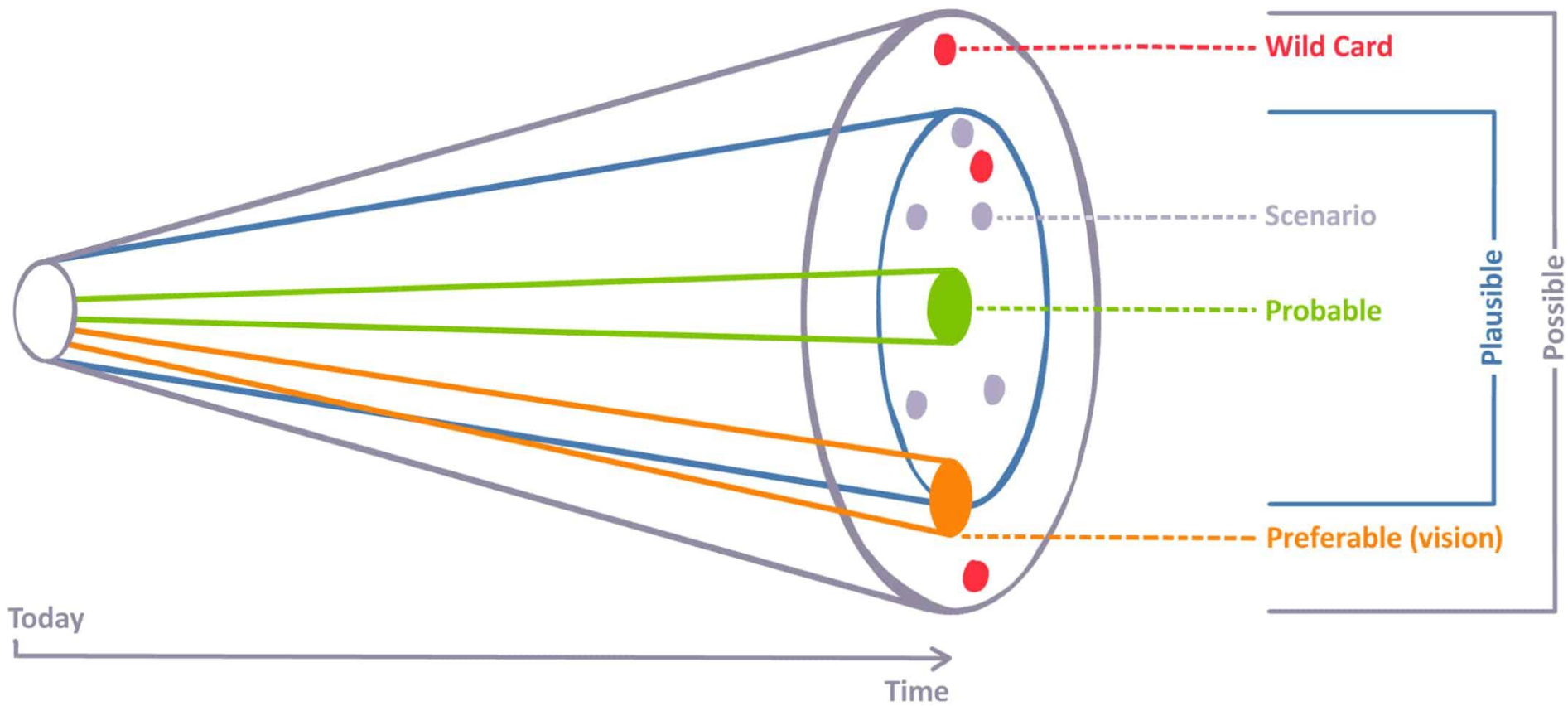
A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



# Exercise One

What is your Ikigai?





"Make no little plans. They have no magic to stir men's blood and probably will not themselves be realised. Make big plans; aim high in hope and work."

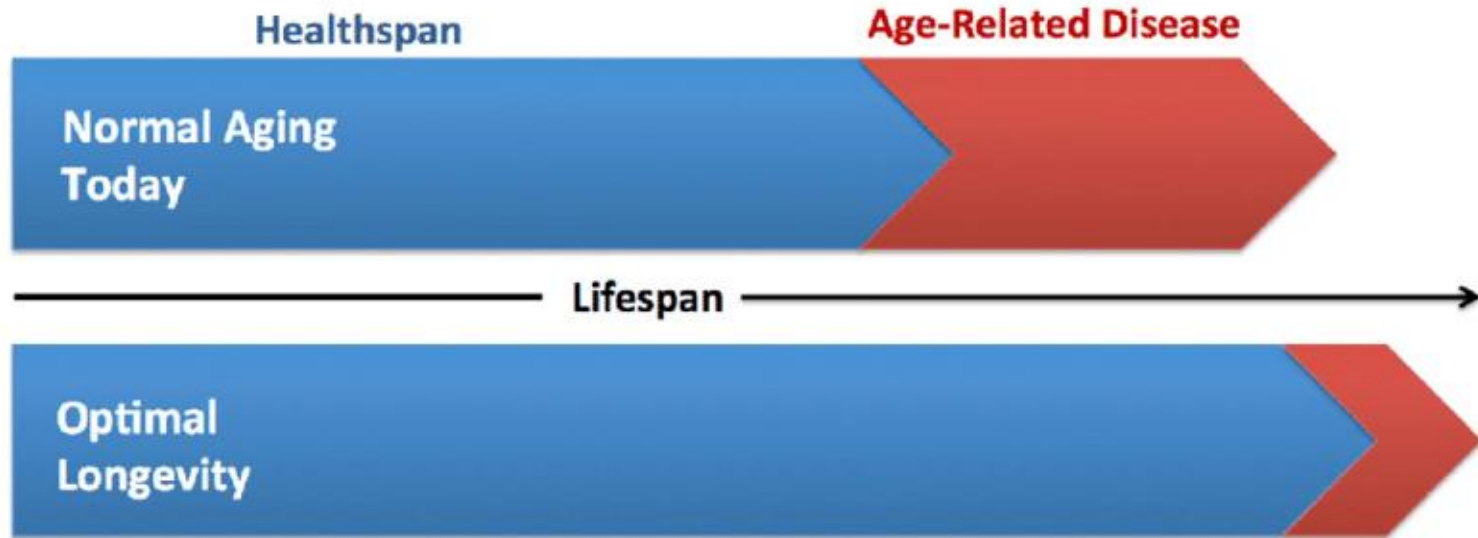
Daniel Burnham (1907)



# Exercise Two

What is your Preferred Future?

# Health-span / Longevity







Aubrey de Grey

@aubreydegrey

...

I now think there is a 50% chance that we will reach longevity escape velocity by 2036. After that point (the "Methuselarity"), those who regularly receive the latest rejuvenation therapies will never suffer from age-related ill-health at any age.

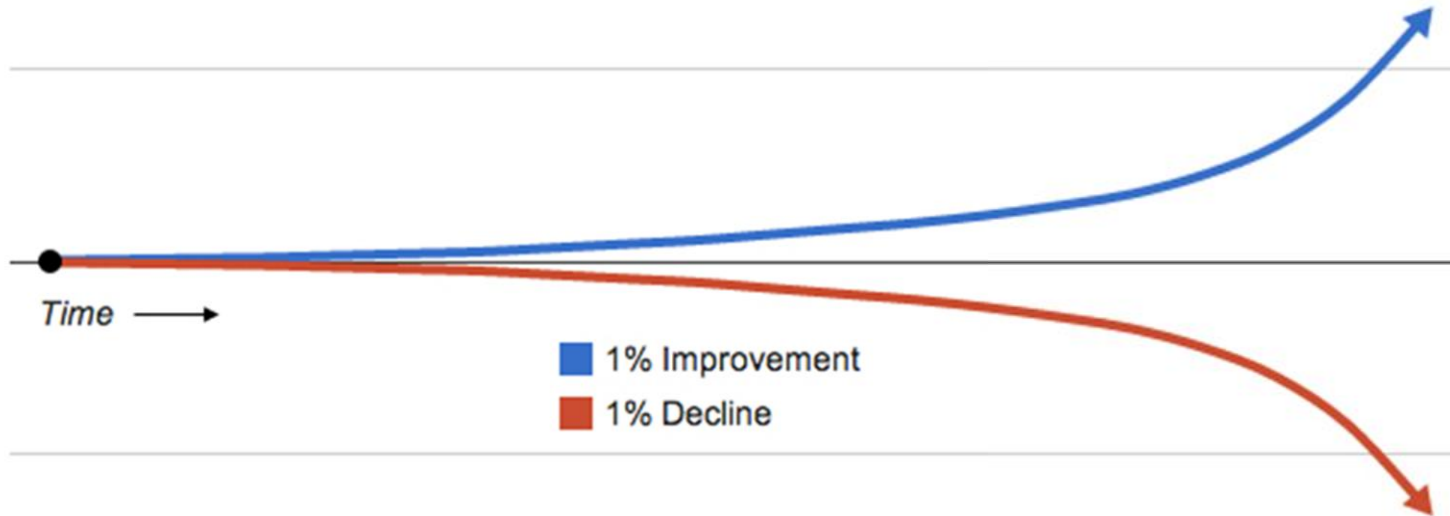
9:29 AM · Mar 15, 2021 · Twitter Web App

# Health-span experiments

- Eliminate dietary risk factors
- Optimise nutrition for longevity
- ~~Keto, paleo~~, plant-based whole foods
  - Very low meat, but not vegetarian or vegan
  - Fermented foods
  - Low dairy, low histamine
  - Diverse nutritional content – 9'ers
  - Minimally processed food, no additives, preservatives, colours, stabilisers, emulsifiers, flavour enhancers, sweeteners, industrial seed oils
  - Minimal alcohol
- Organics, permaculture – grow as much as we can
- Fasting & Intermittent Fasting
- Work/life balance, sleep health, meditation



# 1% Rule for Continuous Improvement



The best time to plant a tree  
was 20 years ago.  
The second-best time is now.

Chinese proverb??



# Exercise Three

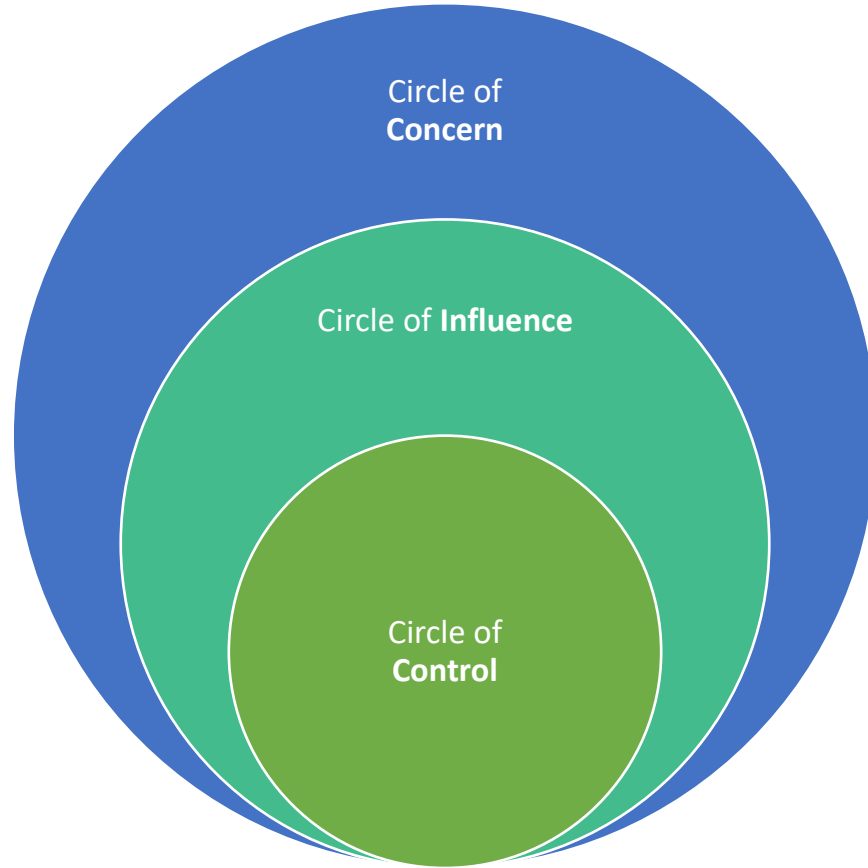
Start with the First Step

# Living Intentionally

- Design a career and lifestyle
- Do work that matters to us
  - That feels important to us
  - That we enjoy doing
- Collaborate with other people on projects
- Share what we learn, teach, mentor and encourage others
- TAKE ACTION WHEREVER WE CAN!



# Covey – Circle of Control



# Exercise Four

What do you have control over?

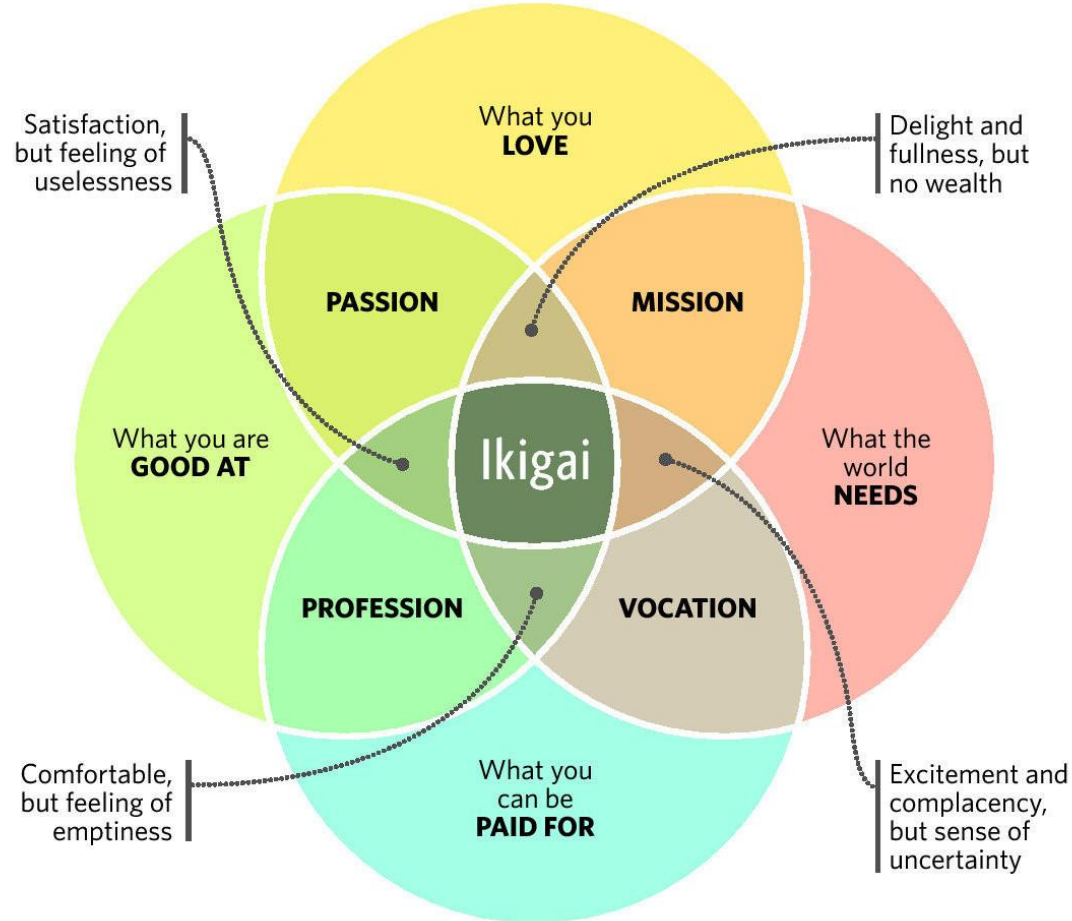
# Where Are You Focusing Your Time & Attention?

- Wealth
- Power
- Celebrity
- Sports
- Consumerism
- Vehicles
- Fashion
- Social Media
- News/politics
- Doom-scrolling
- Streaming



# Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



# Exercise Five

What distractions can you eliminate?

# Our Future Designed

- Technology management advisors
- Digital Transformation for SMEs
- Environment/Climate/Food resilience action
- Nutrition, health, fitness, longevity
- Permaculture-based food forest
- Sharing the journey, teaching others how to start



# AI Agency

- Learn about anything
- Get advice from different perspectives
- Structure your plans
- Write content, summarise content
- Automate the routine
- AI is not perfect,  
but this is the worst it will ever be!!

It doesn't need to be perfect!


















A top-down view of a basket filled with various fresh green herbs. On the left is a large pile of curly parsley. In the center and right are large-leafed greens, including spinach and Swiss chard with prominent red stems. A small white card with handwritten text is placed in the upper center. A pair of orange-handled scissors is positioned vertically in the lower center, partially submerged in the herbs.

Lemon grass x2  
Onion/leek x 4  
Parsley - loads  
Spinach - loads  
Savory/Thyme






























































Whatever you vividly imagine,  
ardently desire,  
sincerely believe in  
and enthusiastically act upon,  
must inevitably come to pass.

Paul J. Meyer

@lighthouseurbanfoodforest