

THIS IS LIFE DESIGN WORKBOOK

REIMAGINE THE WORLD *in 4 Steps* *from spectators to designers.*



FOR



INDIVIDUALS



GROUPS



CLASSROOMS



WORKSHOPS

A fun, flexible, and surprisingly empowering activity.

REIMAGINE THE WORLD *in 4 Steps*

from spectators to designers.

This 4-Step design tool invites you to reimagine the systems that shape our lives. Complete it on your own, with a small group, or with multiple teams. It is ideal for classrooms, workshops, and social settings.

1



EXPERIENCE *This Is Life*

Step into the world on the pages of the picture book *This Is Life*.

2



EXPLORE *the 28 Shifts*

Review the 28 shifts between today's world and the one imagined in *This Is Life*.

3



DESIGN *Your Path*

Arrange the shifts into a pathway that shows how we transform the world we live in to the one imagined in *This Is Life*.

4



TELL *the Story*

Describe the transformation that unfolds across your chosen shifts.



WHAT'S INCLUDED



THE 28 SHIFTS

A reference guide to explore the fundamental 28 shifts that reimagine how life and society are organized.



SEQUENCE & STORY TEMPLATES

Blank templates to help you design your path and tell your story.



EXAMPLE SEQUENCE & STORY

Examples to inspire creativity and demonstrate what a completed outcome might look like.



THE
OUTSIDE
PATH

Let's begin!



STEP 1



EXPERIENCE *This Is Life*

Step into the world on the pages of the picture book *This Is Life*.

Before imagining what comes next, it helps to step outside what already exists.

This Is Life is a picture book that invites us to imagine a world where life is organized around well-being, freedom, and the flourishing of all living beings.

Take about 5 minutes to read *This Is Life*.



WHY START WITH A STORY?

A story lets us experience a world before we analyze it.

Rather than asking whether something is possible, it invites us to notice what feels meaningful, surprising, or worth exploring.

As you read, don't worry about agreeing with every idea. Simply notice the questions the story leaves you with.



READ THIS IS LIFE

Visit ThisIsLifeBook.com to read the free online version, purchase the book, and explore companion blogs and additional resources.



WHAT'S NEXT?

After reading *This Is Life*, continue to Step 2 and explore the 28 Shifts.



SHARE THIS ACTIVITY

We hope this experience inspires conversations, curiosity, and new possibilities. If it does, share it freely.



Imagine boldly. Design intentionally. Build a world that works for all life.





STEP 2

EXPLORE THE 28 SHIFTS

Explore the 28 shifts that reimagine how the world works.
Use this page as your reference throughout the activity.



#	CATEGORY	SHIFT FROM	SHIFT TO	DESCRIPTION	QUESTION BEING ANSWERED
HOW LIFE IS ORGANIZED					
1.	Core Structure	Financial infrastructure	Living infrastructure	From money as an organizing principle → Living as an organizing principle.	What is society organized around? → Living becomes the organizing principle.
2.	System Design	Fixed systems	Adaptive systems	From fixed systems requiring conformity → Adaptive systems responding to individuals.	How do systems respond? → Systems adapt to individual needs.
3.	Coordination	Collective focus	Individual focus	From organizing around the collective → Organizing around each living being.	Who is the system designed to consider? → Each living being is considered.
4.	Governance	Control	Support	From governing through control → Supporting life in ways that eliminate the need for imposed control.	How is society governed? → Systems designed to support life replace traditional government.
5.	Value	Assigned value	Inherent worth	From assigned value and ranking → Recognition of inherent, one-of-one worth.	How is worth understood? → Worth is not assigned. Worth is inherent.
6.	Human Role	System preservation	Expanding possibility	From maintaining inherited systems and realities → Expanding possibility in ways that center all life.	What role do humans play? → Humans expand what is possible for life through imagination and creation.
7.	Structural Change	System repair	System reimagination	From repairing the existing structure → Reimagining the foundations from which systems emerge.	How do we change the system? → The system foundations are reimagined.
HOW PEOPLE AND ANIMALS EXIST					
8.	Identity	System defined	Self-expressed	From identity defined and verified by systems → Recognition through unique existence.	How are individuals recognized? → Individuals are recognized through their unique existence.
9.	Lived Safety	Conditional safety	Built-in safety	From safety requiring protection → Safety built into the conditions of life.	What does safety look like in everyday life? → Life unfolds without the threat of harm.
10.	Labor	Survival	Being	From working to exist → Existing for our own sake.	What is the relationship between existence and labor? → Existence is no longer dependent on labor or earning.
11.	Mobility	Confined movement	Universal mobility	From physical and artificial boundaries → Universal freedom to reach any location.	What does universal mobility look like? → Movement has no boundaries; the world is open to exploration by all.
12.	Connection	Proximity based	Authentic choice	From proximity-forced connections → Authentically formed, intentional bonds.	What brings people together? → Authentic choice and shared resonance bring people together.
13.	Animal Existence	Controlled utility	Sovereign existence	From animals living under human constraint → Animals existing for their own sake.	What is the relationship between animals and humans? → Animals are sovereign beings who exist for their own sake.
14.	Creation	Survival output	Pure expression	From creating to sustain your life → Creating and sharing by choice.	Why do we create? → People create to express, explore, and share.
15.	Living Space	Static domicile	Boundless living	From being tied to a fixed location → A living space that moves with you.	What is the concept of home? → Home moves with us wherever life unfolds.
16.	Direction	System directed	Self-directed	From following external systems → Self-directed life with no external dictates.	What determines life's direction? → Individual choice and intention determine life's direction.

#	CATEGORY	SHIFT FROM	SHIFT TO	DESCRIPTION	QUESTION BEING ANSWERED
HOW SYSTEMS FUNCTION					
17.	Technology	Opaque systems	Transparent systems	From systems that hide their logic → Systems that make their logic visible and responsive to intent.	How do living beings interact with technology? → Technology becomes visible, responsive, and aligned with intent.
18.	Interaction	Manual operation	Effortless response	From managing tools, devices and apps → Interacting with systems that respond to your intent and desire.	How do living beings interact with tools, devices and apps? → Interaction is through intent and desire rather than manual operation.
19.	Knowledge	Institutional silos	Universal access	From knowledge being held behind gates and credentials → Being an open, shared, and on-demand.	How is knowledge gained? → Knowledge is gained through open access and exploration.
20.	Discovery	Specialized pursuit	Ambient discovery	From discovery being restricted to experts and institutions → Being a natural, everyday interaction with the world.	What role does discovery play in life? → Discovery becomes a natural part of everyday life.
21.	System Evolution	Constrained updates	Continuous evolution	From change that is slow and system-limited → A world that grows and adapts as we do.	What determines how the system evolves? → The system adapts in response to lived experiences.
22.	Participation	Limited input	Living input	From systems shaped by narrow participation → Life itself as part of ongoing system design.	How is ongoing participation woven into system design and evolution? → Living continuously contributes to system design.
HOW LIFE AND THE ENVIRONMENT EXIST					
23.	Environment	Passive setting	Living integration	From moving through environments passively → Living in deeper interaction and exploration.	What is the relationship between life and environment? → Life and the environment exist in continuous interaction.
24.	Starting Conditions	Conditional security	Structural dignity	From conditional safety and well-being → Conditions that protect safety, freedom, sovereignty, and ecological balance.	What conditions cannot be compromised? → Safety, freedom, sovereignty, and ecological balance cannot be compromised.
25.	Safety Conditions	Reactive control	Embedded protection	From safety being monitored and enforced → Systems designed so harmful conditions cannot emerge.	How are conditions for safety maintained? → Systems prevent harmful conditions before they can emerge.
26.	Resource System	Artificial scarcity	Open abundance	From gated access and artificial scarcity → Natural, unrestricted utility of materials.	How are resources accessed? → Resources are available on demand.
27.	Storage	Stored access	On-demand access	From waste and inventory burden → Objects existing only when and while they are needed.	What happens to inventory, warehousing, and stored excess → Objects exist only when and while they are needed.
28.	Architecture	Permanent structures	Manifested spaces	From permanent structures occupying space → Spaces that appear when needed and disappear when they are not.	How are spaces created? → Spaces manifest on demand.

STEP 3

DESIGN *Your Path*.....



Sequence the shifts to show how the world transforms.

Narrative notes identify why each shift appears where it does in your sequence.

Your transformation notes will become the foundation of your transformation story.



#	SHIFT	NARRATIVE NOTES (Why does it happen here?)
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STEP 4

TELL *Your Story*



Use this space to write the narrative that emerges from your sequence.

Your story can be as short or as detailed as you'd like.



EXAMPLE

DESIGN *Your Path*.....

EXAMPLE TRANSFORMATION PATH

One possible way to sequence the 28 shifts.

#	SHIFT	NARRATIVE NOTES (Why this comes next)
1.	Identity	We recognize who we are.
2.	Value	Everyone's existence becomes essential to the whole.
3.	Starting Conditions	We establish the conditions that protect life.
4.	Technology	We recognize that technology is an extension of our intention and embrace it to expand what is possible.
5.	Human Role	We create a Living Network that makes new ways of organizing life possible.
6.	Participation	As we live our lives, our thoughts, needs, curiosity, and intentions become visible expressions.
7.	Coordination	Those expressions overlap, revealing patterns and possibilities.
8.	Structural Change	The patterns reveal entirely new ways of organizing life.
9.	System Design	The Sensor Fabric emerges as one of the first coherent designs, enabling systems to sense, respond, and adapt to each living being.
10.	Lived Safety	The Sensor Fabric prevents harm before it can take effect, making safety a constant.
11.	Labor	The Sensor Fabric sustains life's essential systems, removing labor as a condition of survival.
12.	Living Space	Sensor-supported habitats move with us wherever we go.
13.	Mobility	We wake up wherever we choose.
14.	Connection	Authentic relationships emerge through choice.
15.	Knowledge	We follow our curiosities with full access.
16.	Discovery	Curiosity naturally leads to discovery, making exploration part of everyday life.
17.	Creation	We create by choice and freely share what we create.
18.	Direction	No external system defines how we live.
19.	Interaction	The Sensor Fabric moves intention into action.
20.	Environment	We live in deep integration with the world around us.
21.	Safety Conditions	Our systems continuously maintain the conditions that keep life safe.
22.	Animal Existence	All life is valued and exists for its own sake.
23.	Resource System	The Sensor Fabric ensures resources are available exactly as needed.
24.	Storage	The Sensor Fabric manifests objects only when they are needed and in use.
25.	Architecture	The Sensor Fabric manifests structures only when they are needed.
26.	Core Structure	Living becomes the foundation from which everything else emerges.
27.	Governance	The system responds to us; no one rules us.
28.	System Evolution	Life grows and adapts as we do. This is life.

EXAMPLE

TELL *Your Story*.....

EXAMPLE TRANSFORMATION STORY

One example of how a sequence can become a narrative.

The transformation begins with recognizing who we are. Everyone's existence is essential to the whole. To build a world from this truth, we must first establish foundational conditions that protect life.

- No harm.
- No impeding another's freedom.
- No violation of sovereignty.
- Ecological balance is preserved.

These are not goals. They are starting conditions. This is the beginning of everything that follows.

We then recognize that technology is an extension of our intention. We develop it to expand the boundaries of what is possible. We intentionally create a Living Network—a dynamic system where intention, participation, and collective human intelligence shape our reality at scale. As we live, create, explore, and change, patterns emerge. Those patterns reveal new possibilities for organizing systems.

The network evolves with the people within it. It does not eliminate differences or force people onto the same path. Instead, it expands to incorporate the full range of human expression while remaining anchored to foundational principles. This structural change allows the Sensor Fabric to emerge as a coherent, adaptive layer embedded throughout our environment. It senses, responds, and sustains life.

With the Sensor Fabric active, daily survival shifts completely. The fabric prevents harm before it can take effect, making safety a constant. It sustains life's essential systems, removing labor as a condition of survival. Homes no longer remain fixed structures. Sensor-supported habitats move with us, and we wake up wherever we choose. Freed from physical constraints, authentic relationships emerge entirely through choice.

Knowledge no longer hides behind barriers. We follow our curiosities with full access. This naturally leads to discovery, making exploration a part of everyday life. We create by choice and freely share what we create. No external system defines how we live. The Sensor Fabric moves our intentions into action instantly. We live in deep, harmonious integration with the world around us.

At this stage, this new world comes into sharp focus. Our systems continuously maintain safe conditions. All life is valued for its own sake, including animal existence. The Sensor Fabric ensures resources are available exactly as needed, manifesting physical objects only when they are required. It builds and alters structures on demand, eliminating waste and permanent environmental scars.

What once seemed farfetched becomes something else entirely. Living becomes the foundation from which everything else emerges. The system responds to us. Life grows and adapts as we do. This is not a dream we are chasing. It is life as it can be when our intention helps shape the world around us.