Build a World You Don't Want to Leave

Twelve questions to imagine the place that's entirely yours, and make it survive contact with your actual life

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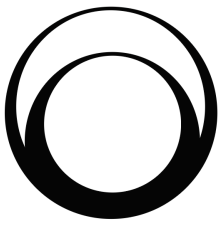
PART I. THE WORLD ITSELF PART II. KEEPING IT REAL



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by Second Harvest



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By Richard Banfield & Devon McDonald

BEFORE YOU BEGIN

You're going to build a world. Not a plan, not a vision board, not a five-year strategy. Definitely not an Instagram personal brand avatar. You’re going to imagine a reality, a place, a world. Somewhere specific enough that you could walk into it. Somewhere that feels entirely yours.

Most people design their lives from the outside in and wonder why none of it feels like home. They use the generic beige options from the world around them. This works the other way. You start with what the place feels like to stand in, and let everything else follow from that.

Answer from the body, not the resume. Don't write what sounds good. Write what's entirely yours. Feel your answers.

The first eight questions build the world. The last four keep it from staying a daydream.

Set aside some time to do this. Go somewhere you won't be interrupted.

PART ONE: THE WORLD ITSELF

Build the place before you live in it.

1. What does this world look like? Describe the immediate aesthetic — the first impression, the visual story of the place.

2. What do the first thirty seconds feel like? What does your body register before your mind catches up?

3. What's activated in the senses? The quality of the light. The smells. The sounds underneath the silence. What sense of surprise that you didn't expect?

4. What textures are in this world? What do your hands find when they reach out — wood, water, stone, paper, skin, cloth?

5. What does time feel like here? What's the rhythm — and how is it different from the rhythm you live in now?

6. What doesn't get in? Name what this world excludes — the people, the noise, the obligations, the kinds of conversation that don't happen here.

7. What rituals live here? The repeated things. The way the day opens and closes. What you do without deciding to.

8. Why don't people want to leave? This is the center of the whole thing. What does this world give them that the rest of their life doesn't?

PART TWO: KEEPING IT REAL

Now we make it survive contact with your actual life.

9. What's preventing this world from existing right now? Separate the two: what's stopping it out there (money, geography, other people, logistics), and what's stopping it here (fear, habit, permission, the story you tell about who you are)?

Out there:

In here:

10. How does this world pay for itself? Not just money — time, energy, attention. What feeds it, and what would drain it dry?

11. What keeps the feeling alive once you're in it? The feelings, the people, the affirmations, the conversations out loud, the practices you return to. What reminds you where you are when the old rhythm tries to pull you back?

12. What makes it easy to stay? What removes the friction — so that staying in this world is the default, not a thing you have to fight for every day?

WHEN YOU'RE DONE

Read it back once. Not to edit it, but to notice which answers came from the body and which came from your ego. Focus on what brings joy and excitement to your whole being, and put aside the part of you still holding onto your old role.

The ones that came from the body are the world you want to inhabit. Start there.

Richard & Devon

Second Harvest