Future Health Worldbuilding Competition Workbook

World Name:

Team Member 1

Full name:

School (if applicable):

Year/age:

Parent/caregiver name:

Parent/caregiver email:

Parent/caregiver phone:

Team Member 2 (if applicable)

Full name:

School (if applicable):

Year/age:

Parent/caregiver name:

Parent/caregiver email:

Parent/caregiver phone:

Team Member 3 (if applicable)

Full name:

School (if applicable):

Year/age:

Parent/caregiver name:

Parent/caregiver email:

Parent/caregiver phone:

Contents

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Could-Do activities

Ready to submit?

Welcome to Worldbuilding!

Imagine it's the year 2040. You're walking into a healthcare system that feels... different. Better. More human. More fair. More connected to community, technology, nature, and the people it serves.

Watch this video!

Now imagine: you helped design it.
If you've ever had a big idea about how to make the world better, especially how we care for people, this is your invitation to do something with it.
You don't need to be an expert. You don't need to get the top marks. You just need to care, to wonder, and to create.

What's worldbuilding, anyway?
Worldbuilding means imagining a future and designing the systems, spaces, values, and stories that bring that future to life.
In this challenge, you'll be worldbuilding a version of healthcare in 2040 that works better. You'll ask things like:

- Where do people receive healthcare? Is it in a hospital, or somewhere different?
- Who provides care - and how do they learn?
- How do we make healthcare fair and accessible for all communities?
- What roles do AI, climate change, or First Nations knowledge play?

And watch this video!

Then, you'll turn your ideas into something real: a drawing, a podcast, a video, a short story, a prototype, a comic, a voice memo... anything that helps someone else see the world you're imagining.

How to use this workbook

This workbook will help you **imagine possible futures** and prepare your **creative piece**.

Throughout the workbook, you will see worksheets that are labelled 'Must Do' and 'Could Do'.

- **Compulsory or** Must do! **worksheets:** these need to be filled in to be eligible for judging.
- **Optional or** Could do! **worksheets:** completing these may help you produce a more insightful creative work, but they won't be considered by the judges.

This workbook will form part of your final entry. You will need to upload a PDF version or mail in a printed copy by the due date (8pm on Thursday 25 September 2025). Without this, your entry will not be eligible for judging.

Whether you're working solo or in a team of 3, **you must complete the cover page with your name / each team member's full name and parent/caregiver details**.

Make sure you add your 'World Name' to each of the Must-Do worksheets

Check the **website** for updates or **register** to receive email updates.

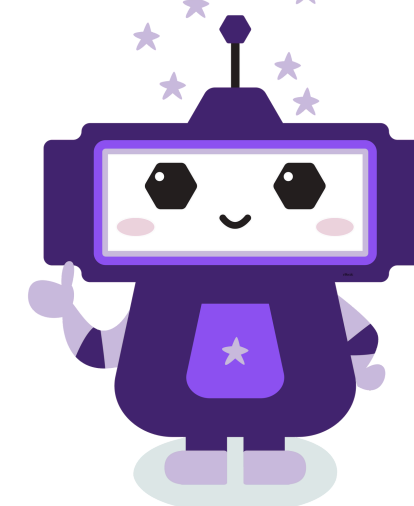**It's strongly recommend that you watch the following videos:**

#1 Welcome

#2 What is Worldbuilding

#3 Futures Thinking Tools

#4 Three Horizons
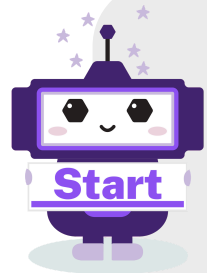
#8 Introduction to Megatrends

Answer these quick questions

Here's how you can put together a strong entry!

Start

Step 01

Decide whether you want to work solo or in a team of 3. Choose your 'World Name'!

Step 02

Take advantage of the **research** we've already done! Use one or more of the megatrends to inform your future.

Step 03

Start working through the **3 'Must-Do'** activities. Start thinking about your creative piece.

Step 04

Hear from current NSW Health professionals and what they think the future might hold for their roles.

Optional - dive deeper into your futures using any of the **'Could-Do'** activities.

Step 05

Get creative! Build your future world in a way that is meaningful to you.

Step 06

Submit your workbook and creative piece via the submission form on our website by **25th September**. See Page 26 for more info.

Finish

Five Principles of a Great Worldbuilding Submission

1 **Be clear and concise.**
Your submission should be easy to judge in **under 12 minutes**. Keep it short, sharp, and satisfying. Make your core idea shine fast, without too much fluff.

2 **Lead with imagination.**
We value depth of thinking over flashy editing. Great ideas don't need big budgets, just bold thinking, clever connections, and originality.

3 **Choose a format that fits your idea.**
Video, voice, slides, sketches... use the format that best tells your story. Whatever you choose, make it easy to understand and share.

4 **Show us the "why."**
A great world doesn't just happen by itself; it is built with purpose. Share the insight behind your creation. That's where the **Must do!** activities are key.

5 **Let your voice come through.**
Whether it's polished or rough-around-the-edges, what matters most is your thinking. Create with **clarity, curiosity, and confidence.** We're listening for your ideas, not your performance.

Worldbuilding and the Futures Cone

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When considering your future, it's important to stay within the Futures Cone!

Why?

- It helps you **explore big ideas**, while still remaining grounded in reality.
- It gives you **creative freedom with direction**. You can go wild with ideas (preposterous futures) but also think about what's likely (probable) or what you want to see (preferable).
- It helps you **ask 'what if?' in smart ways** - instead of just imagining random stuff, you're exploring how the world *could* change and why.
- It makes your **world feel real**. And when your future is based in what could actually happen, people connect with it more deeply.

The Futures Cone is a futures thinking tool that helps us to think about the future in different ways.
You can think of it like a flashlight shining into the future — it shows different paths the world could take, from wild ideas (possible), to realistic ones (plausible), to likely ones (probable), and the ones we hope for (preferable).

Possible Futures: A future that could happen, even if it sounds wild or strange.

Plausible Futures: A future that might happen based on science and trends.

Probable Futures: A future that's likely to happen if things keep going the way they are.

Preferable Futures: A future we hope will happen because it's better for people and the planet.

Preposterous Futures*: A future that sounds ridiculous or impossible. Sometimes "the only way of finding the limits of the possible is by going beyond them into the impossible" [1].

*If you design in the preposterous space, make sure you explain your thinking and link it to reality

Based on Hancock, T & Bezold, C 1994, 'Possible futures, preferable futures', Healthcare Forum Journal, vol. 37, no. 2, pp. 23-29. | Expanded on by Joseph Voros. *Last updated 2022-03-08.*
[1] Clarke, AC 2000, Profiles of the future: An inquiry into the limits of the possible, Millennium edn, Orion Books, London.
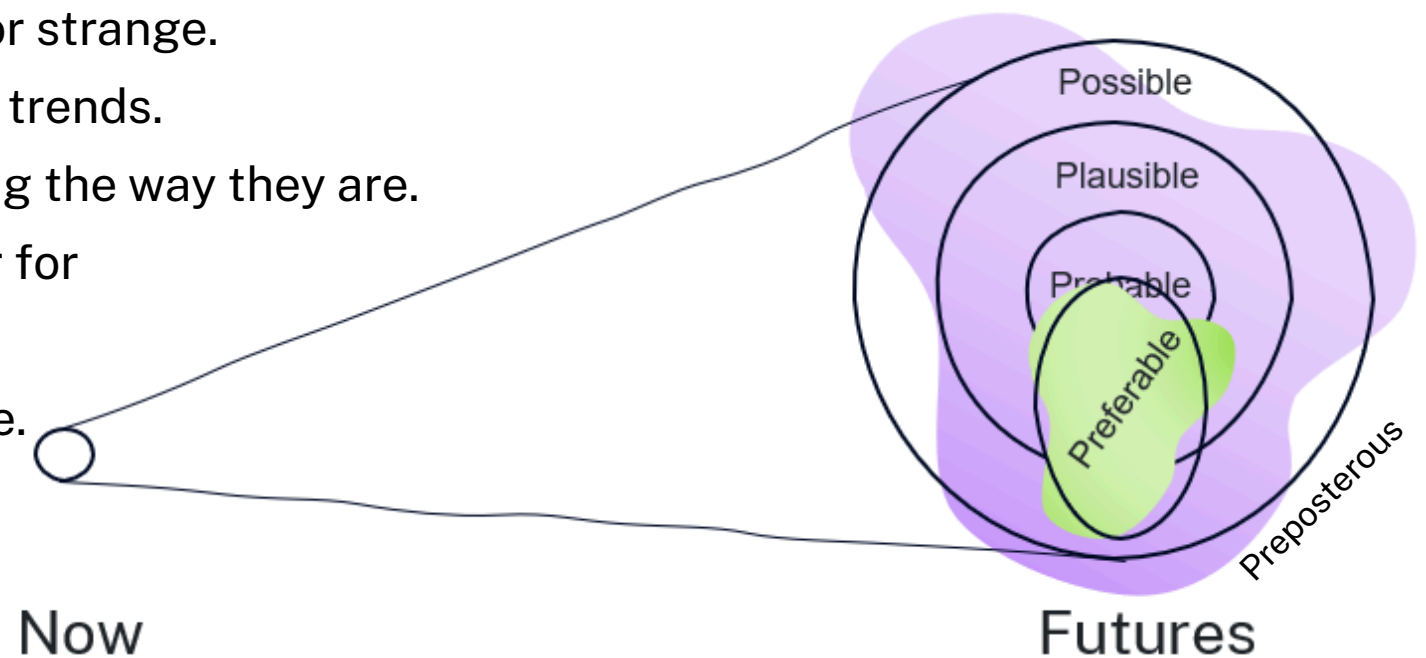
What are you going to create?

Some examples of what you might do...

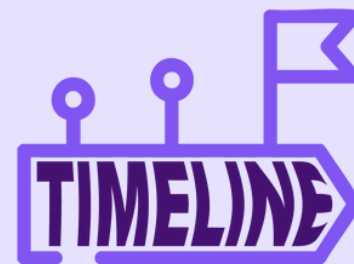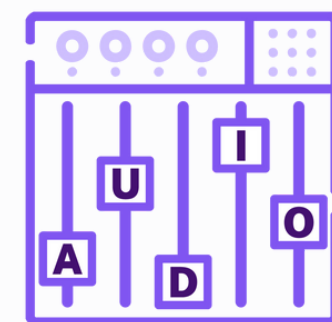A visual artwork (digital or traditional)

Short film or animation

Short story

Illustrated story, graphic novel, zine

Detailed timeline of events

A podcast episode, audio drama or musical composition

Future product prototype (e.g. sketch, 3D print, laser cut, wireframe)

A news article or ad campaign on a future event, product, service or initiative

Model of a building or space in which healthcare happens

6 Health Megatrends

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Before we design anything, we need to do some research. Luckily for you Australia's National Science Agency - CSIRO - has done some of the hard work for you!

They've identified six health megatrends that are likely to impact future health care in NSW to 2040. These are like powerful forces you can use as "building blocks" for your future world.

You might choose one or more of the megatrends to inform your future world. For example, you might focus on "Augmented Care" and think about how AI or robots might appear in your persona's daily routine or healthcare experience.

Remember, these megatrends aren't separate islands – they often overlap and influence each other. Feel free to weave in elements from multiple megatrends to create a rich, complex, and truly believable future.

1. Limitless Care

2. Empowered Consumers, Engaged Communities

3. Mass Personalisation

4. Augmented Care

5. A Volatile World

6. The Prevention Potential

Naughtin, Claire; Evans, David; Packer, Katie; Schleiger, Emma; Burns, Shanae; Niven, Pippa; Hansen, David. Beyond Tomorrow: Health megatrends anticipated to impact NSW and the workforce to 2040 NSW Health website: CSIRO; 2024. csiro:EP2024-5578. http://hdl.handle.net/102.100.100/658913?index=1

Lets get started!

The next 3 activities will help you think deeply about your future world.

These are **Must do!**

Why are we doing this?!

These tools are common Futures Thinking tools that are used in many industries, not just health! They're helpful ways of thinking about your vision for the future and really getting into the details about what your vision could mean for people in your community, in the workforce and in your family! They also help you to think about what's happening today - what do we want to hang on to, and what don't we need anymore?
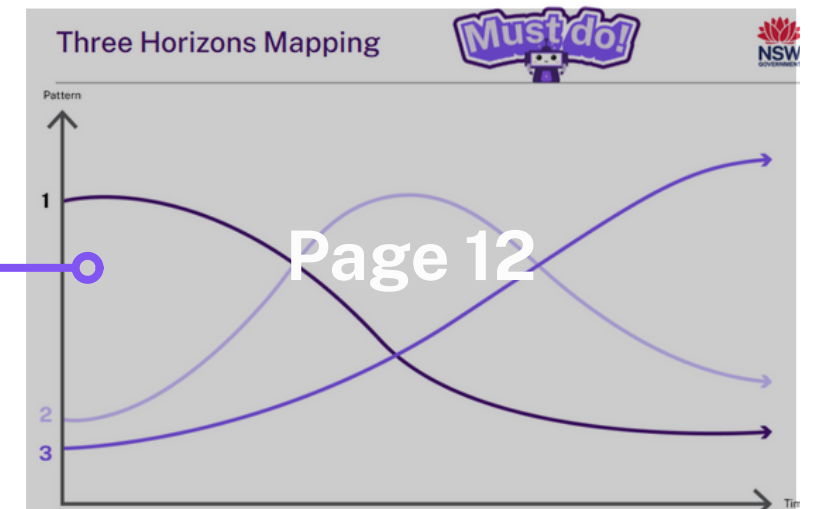
The three must-dos...

1 **Three Horizons** is your wide-angle view of the future. It helps to see where we are now, what new ideas are emerging, and the distant future you're aiming for - **your vision of the future**.

2 **STEEPV** helps you think through the social, technological, environmental, economic and political landscapes as well as the values of your future world. We've provided you with some suggested questions that can help you think through these different aspects of your world.

3 The final Must-Do is a **Persona**. Show and tell us about someone who lives in your future world! This might be a health professional, yourself or a family member. Or it might be not be a person at all - it might be an AI workforce from the future!

Three Horizons Mapping · Must do! · NSW

Page 12

STEEPV Analysis · Must do! · NSW

Social	Technological	Economic	Ecological	Political	Values
Your text here:	Your text here:	Your text here:	Your text here:	Your text here:	Your text here:

Page 14

Persona worksheet · Must do! · NSW

Show and describe your person across the 4 dimensions (Identity, Thinking, Feeling, Doing)'

Page 16

Three Horizons - Our example

Watch [this video!]
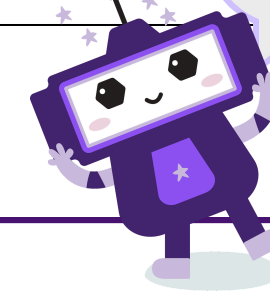
Using this tool helps us tell a story of what is happening now (Horizon 1), where we want to be (Horizon 3), and what needs to happen to get us there (Horizon 2).

Step 1: We start with Horizon 1: "Today's World"
What is happening right now? Who is providing health care? Who is receiving it? Where and how are they receiving it? What is the 'normal' way of doing things?

Step 2: Then we move to Horizon 3: "Your Vision of the Future" (don't worry - we haven't forgotten about Horizon 2)
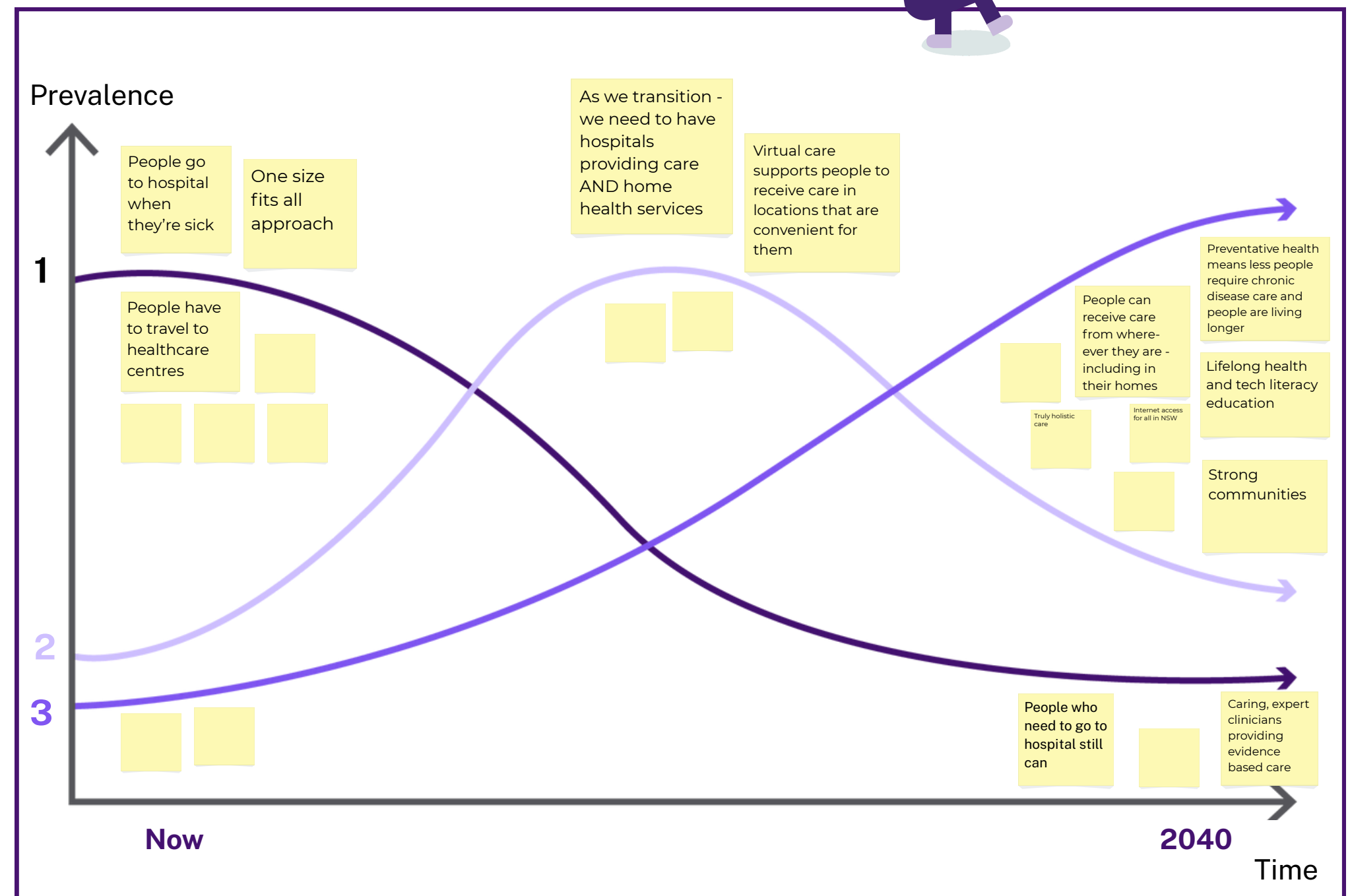What's the truly amazing, bold, and preferred future you're aiming for? Describe what your world looks like when it's really successful. What are the things of today that we can't or don't want to lose?

Step 3: We finish on Horizon 2: "How we get there"
As we move towards our vision of the future, what needs to happen to get us there? What support systems or technologies help bridge that gap? These might be things that stick around in the future, or that drop off once our future has arrived.

Prevalence

1
People go to hospital when they're sick

One size fits all approach

People have to travel to healthcare centres

As we transition - we need to have hospitals providing care AND home health services

Virtual care supports people to receive care in locations that are convenient for them

Preventative health means less people require chronic disease care and people are living longer

People can receive care from where-ever they are - including in their homes

Lifelong health and tech literacy education

Truly holistic care

Internet access for all in NSW

Strong communities

2

3
People who need to go to hospital still can

Caring, expert clinicians providing evidence based care

Now

2040

Time

Based on the Three Horizons framework by Sharpe, Hodgson, Curry, Leicester, Lyon & Fazey. Adapted from H3Uni's Three Horizons Mapping Guide

Three Horizons - Your template

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Prevalence

1

2

3

Now

2040

Time

World name:
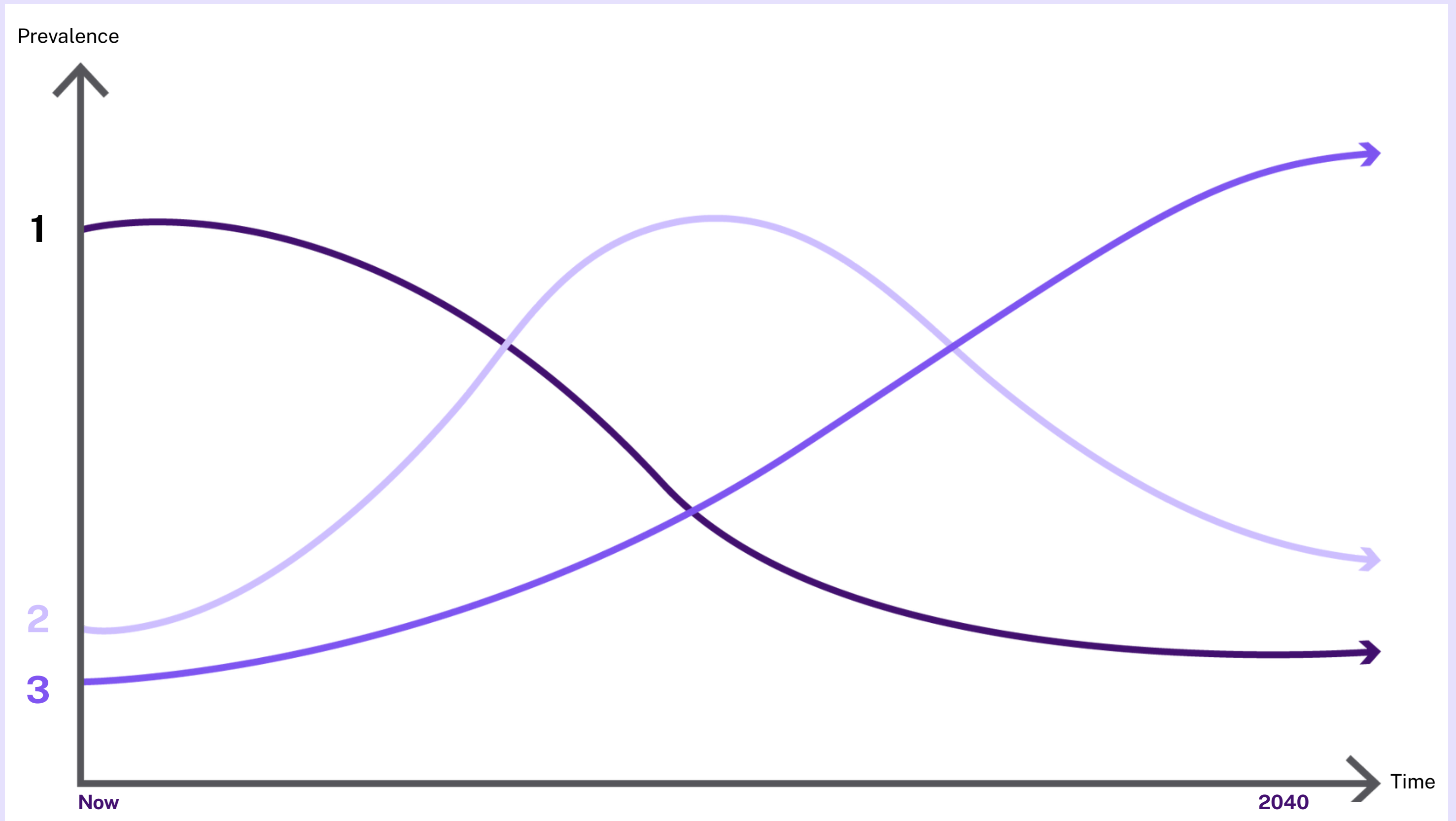
STEEPV - Our example

Think about your future world and use the STEEPV tool to describe it from different perspectives.

Use each column to present your thoughts and findings:

S – Social: How might people's lives, communities, or ways of interacting change? (e.g. AI friends and coworkers)

T – Technological: What new inventions or digital tools will exist? (e.g. flying cars)
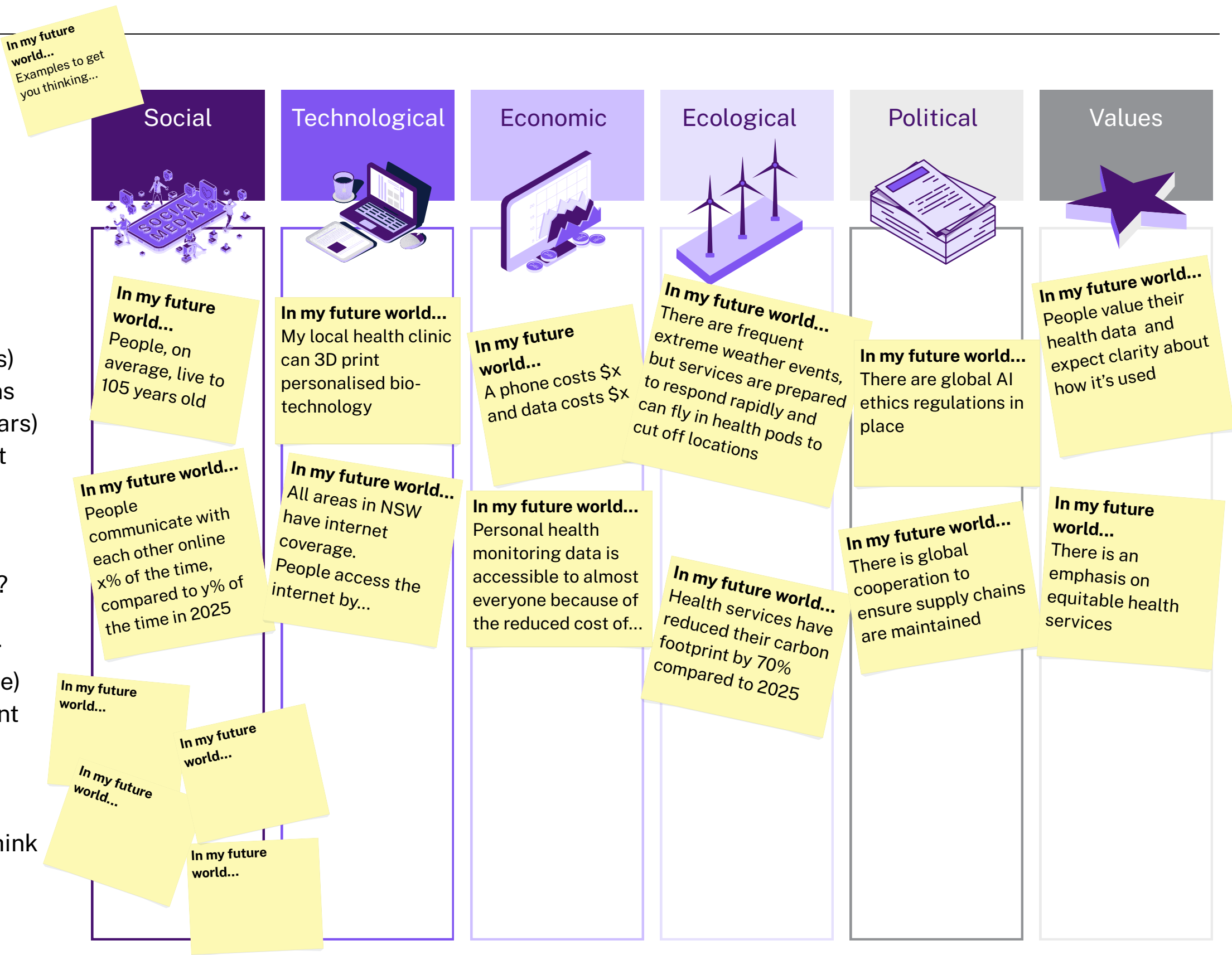
E – Environmental: How will the planet change, and how will people live with nature?

E – Economic: How will people earn money, buy things, or share resources? (e.g. new jobs, currencies)

P – Political: How will leaders, laws, or governments work? (e.g. AI governance)

V – Values: What will be most important to people and society? (e.g. privacy, community, sustainability)

Don't worry about being "right," just think boldly and creatively about the possibilities!

In my future world...
Examples to get you thinking...

Social

In my future world...
People, on average, live to 105 years old

In my future world...
People communicate with each other online x% of the time, compared to y% of the time in 2025

In my future world...

In my future world...

In my future world...

In my future world...

Technological

In my future world...
My local health clinic can 3D print personalised bio-technology

In my future world...
All areas in NSW have internet coverage.
People access the internet by...

Economic

In my future world...
A phone costs $x and data costs $x

In my future world...
Personal health monitoring data is accessible to almost everyone because of the reduced cost of...

Ecological

In my future world...
There are frequent extreme weather events, but services are prepared to respond rapidly and can fly in health pods to cut off locations

In my future world...
Health services have reduced their carbon footprint by 70% compared to 2025

Political

In my future world...
There are global AI ethics regulations in place

In my future world...
There is global cooperation to ensure supply chains are maintained

Values

In my future world...
People value their health data and expect clarity about how it's used

In my future world...
There is an emphasis on equitable health services

Adapted from: Ramos, J. (2006). STEEPV framework with examples of what is covered under each category. Retrieved from ResearchGate.
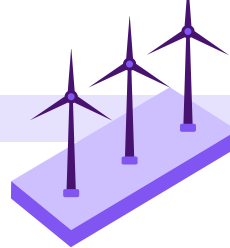
STEEPV - Your template

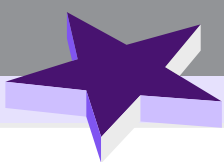| Social	Technological	Economic	Ecological	Political	Values
Your text here:	Your text here:	Your text here:	Your text here:	Your text here:	Your text here:

World name:

Persona - Our example

This tool helps you imagine and describe a key individual or 'main character' living in New South Wales in 2040.

Your person might be:

- Someone providing health care. This could be a profession that doesn't even exist yet!
- A person receiving care - a family member, a friend or someone in your community. They might be needing urgent care (a one off!) or perhaps they need long term care.
- A digital or AI workforce delivering health care

You don't have to cover the same factors as our example, but please address the same 4 dimensions: Identity, Thinking, Feeling and Doing.

Show and describe your persona across 4 dimensions:

A Medical Student in **2040** NSW

Identity
Age: 21
Occupation: 3rd year medical student in precision health
Location: Neo-Sydney, often attending virtual lectures and clinical simulations in suburban study hubs

Feeling
Needs: help with workload and human mentorship
Fears: burnout from study load, rising inequality in access to advanced care
Hopes: trusts AI tools will help broaden access

Thinking
Interests: ethical AI use and genomics for preventing disease
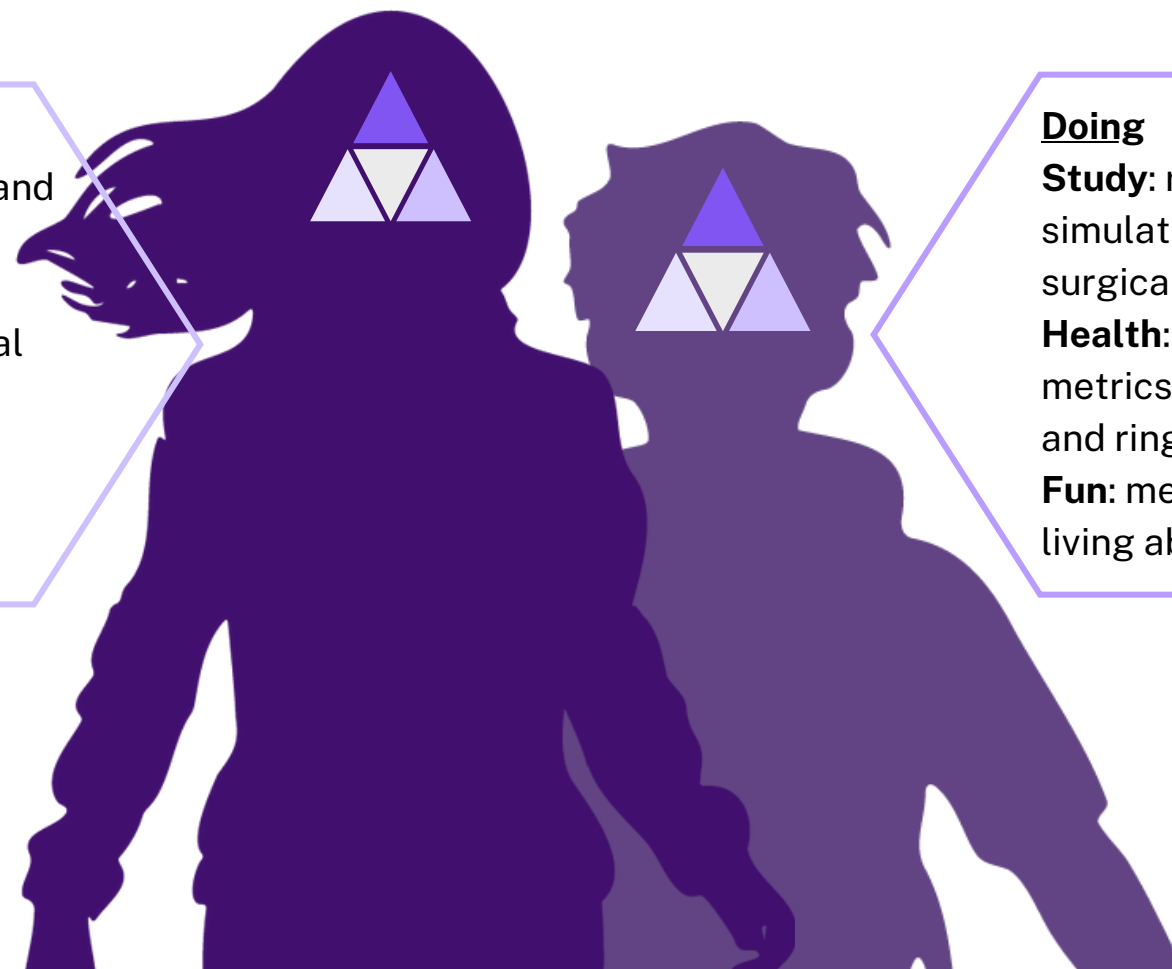**Opinions**: tech is essential but healthcare needs the 'human touch'
Goals: to help build more empathetic AI tools

Doing
Study: routinely uses VR simulations for study and surgical practice
Health: monitors advanced metrics with a smart patch and ring, AI provides advice
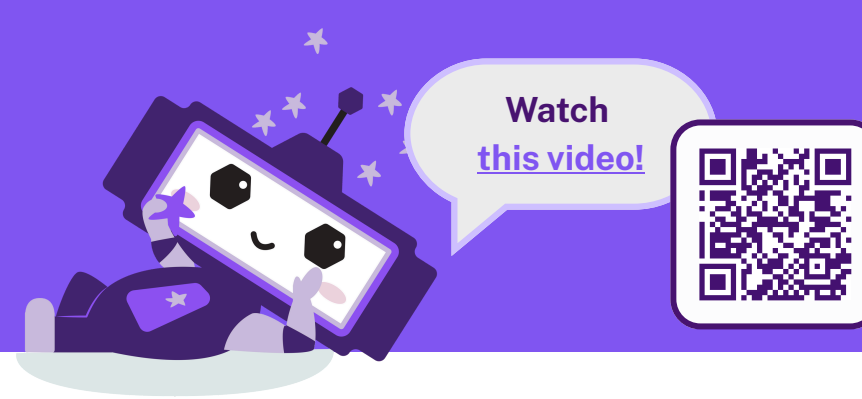**Fun**: meets up with friends living abroad as holograms

Persona - Your template

Show and describe your 2040 persona across the 4 dimensions (Identity, Thinking, Feeling, Doing)

World name:

Could-Do activities

This section includes 3 **Could do!** activities, a braindump and reflection page to help you think deeply about your future world.

The three Could-Dos...

1 The **2x2 matrix** is a simple grid that clashes two big ideas or changes together. By putting the extreme possibilities of these two changes on the grid, you get four possible future stories or "scenarios" that help you think about what might happen. You might want to choose 2 megatrends!

2 **Backcasting** is like imagining a perfect future and then working backwards to figure out all the steps you need to take to get there. Instead of guessing what might happen, you decide what you want to happen and plan how to make it a reality.

3 **Moonshot** futures are about dreaming really big and setting incredibly ambitious goals, like sending a rocket to the moon. It's about thinking 10 times bigger than you normally would to inspire amazing new solutions to huge problems.

Braindump & Reflection

After thinking about the future you might want to **braindump** anything and everything that's come to mind - especially anything that you want to include in your creative piece! Page 24 can be duplicated (Ctrl + D) as many times as you like! Braindumping can help you remember all the cool ideas and different possibilities you explored, preventing them from being forgotten. It helps to lay the groundwork for you to create and design your future world.

Then, take time to **reflect** on you process so far! Reflecting on how you thought about the future helps you understand your own thinking, so you can get even better at imagining different possibilities next time.

2x2 matrix — Page 19

Backcasting timeline — Page 21

Moonshot — Page 23
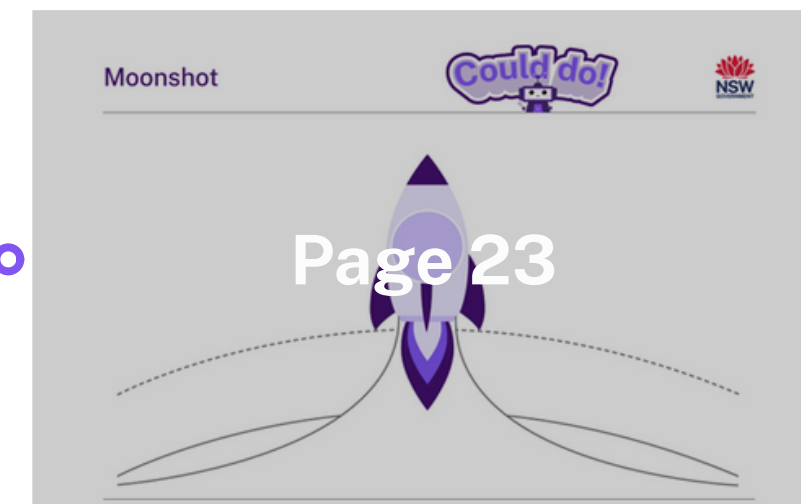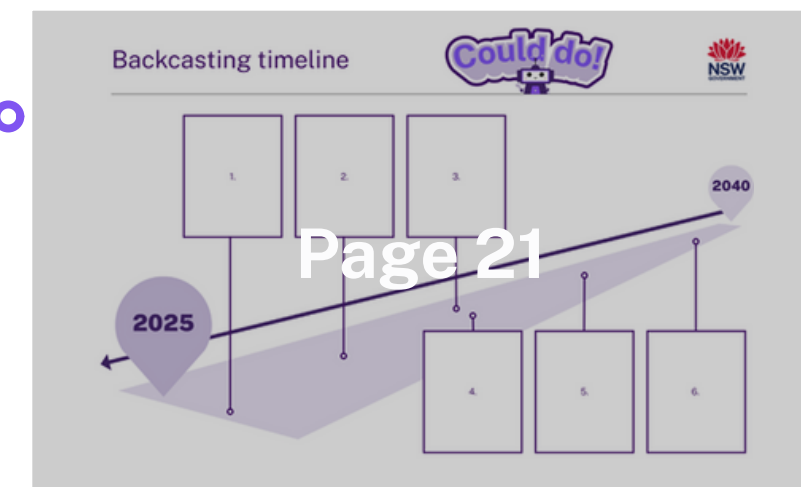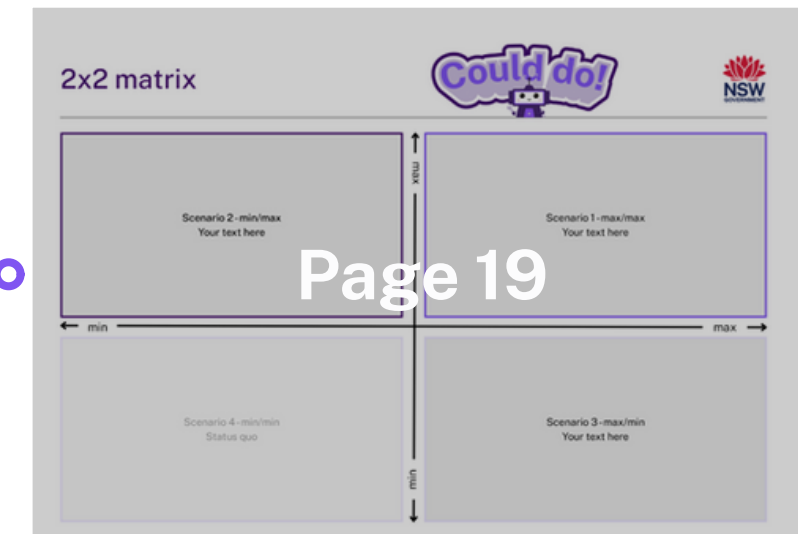
2x2 matrix - Our example

The future has many paths! To explore different ones for your world:

Step 1. Choose two big uncertainties: Think of two huge questions about your future world. For example, "Will technology be super advanced or very basic?" and "Will people live for 20 years longer or 20 years less?".

Step 2. Add your uncertainties to the matrix: Let's put 'Technology' on the x-axis and 'Living longer' on the y-axis.
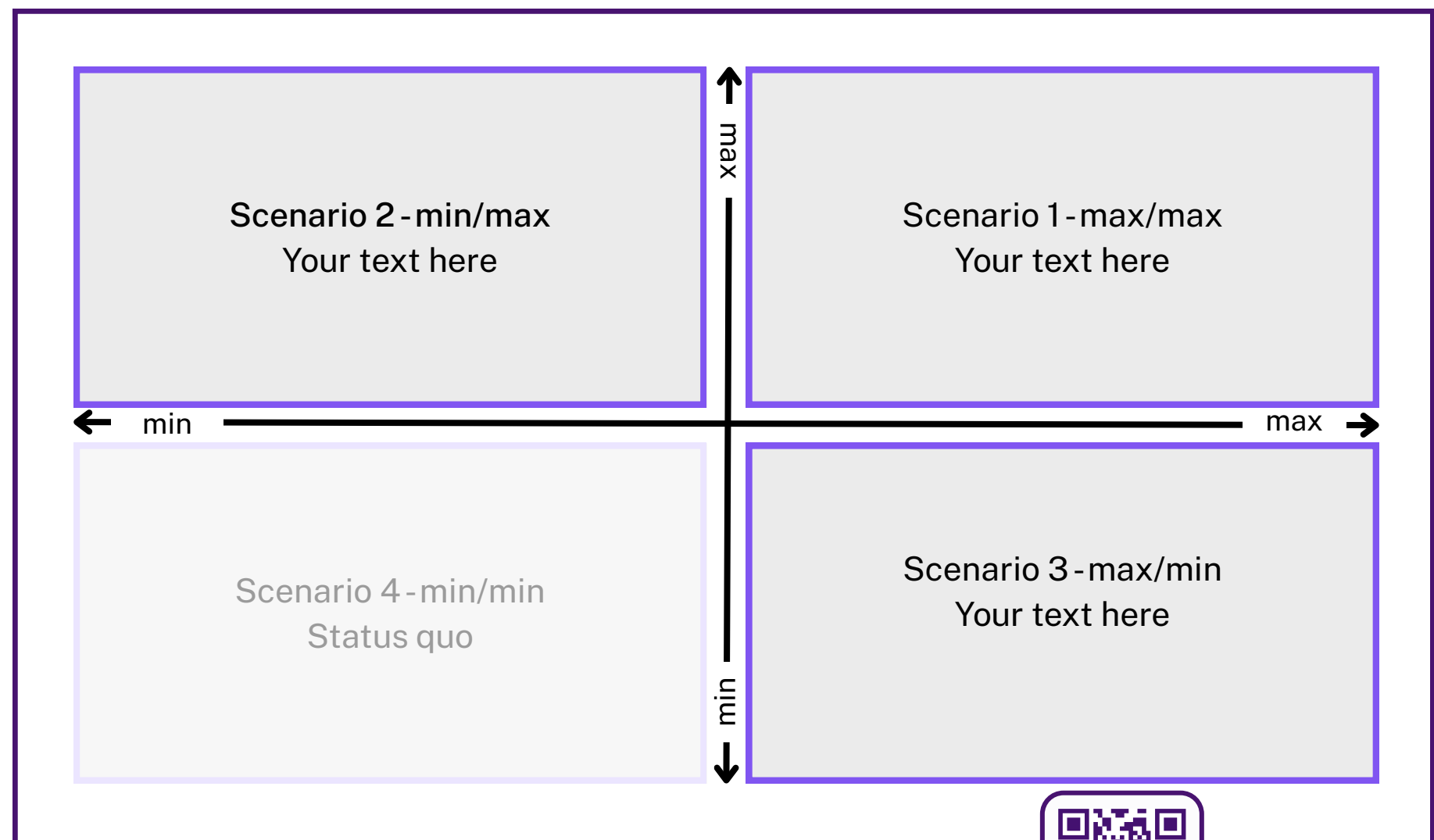
Step 3. Play out the Scenarios: In this example, Scenario 1 is when both uncertainties are at their 'max' - Technology is super advanced and people are living 20 years longer. What does this look and feel like?
Move onto Scenario 2 - Technology is very basic and people are living 20 years longer. What does this look and feel like?
Repeat for Scenario 3 - Technology is super advanced and people are living 20 years less. What does this look and feel like?
You don't need to worry about Scenario 4! This is like if nothing changed. It would be a pretty boring scenario to work through!
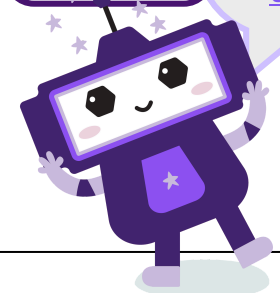
Step 4. Consider your preferred future: Each box represents a unique future scenario and helps you consider unexpected possibilities! There will be positives and negatives that come out of all of them. Think about what this means for your preferred future.
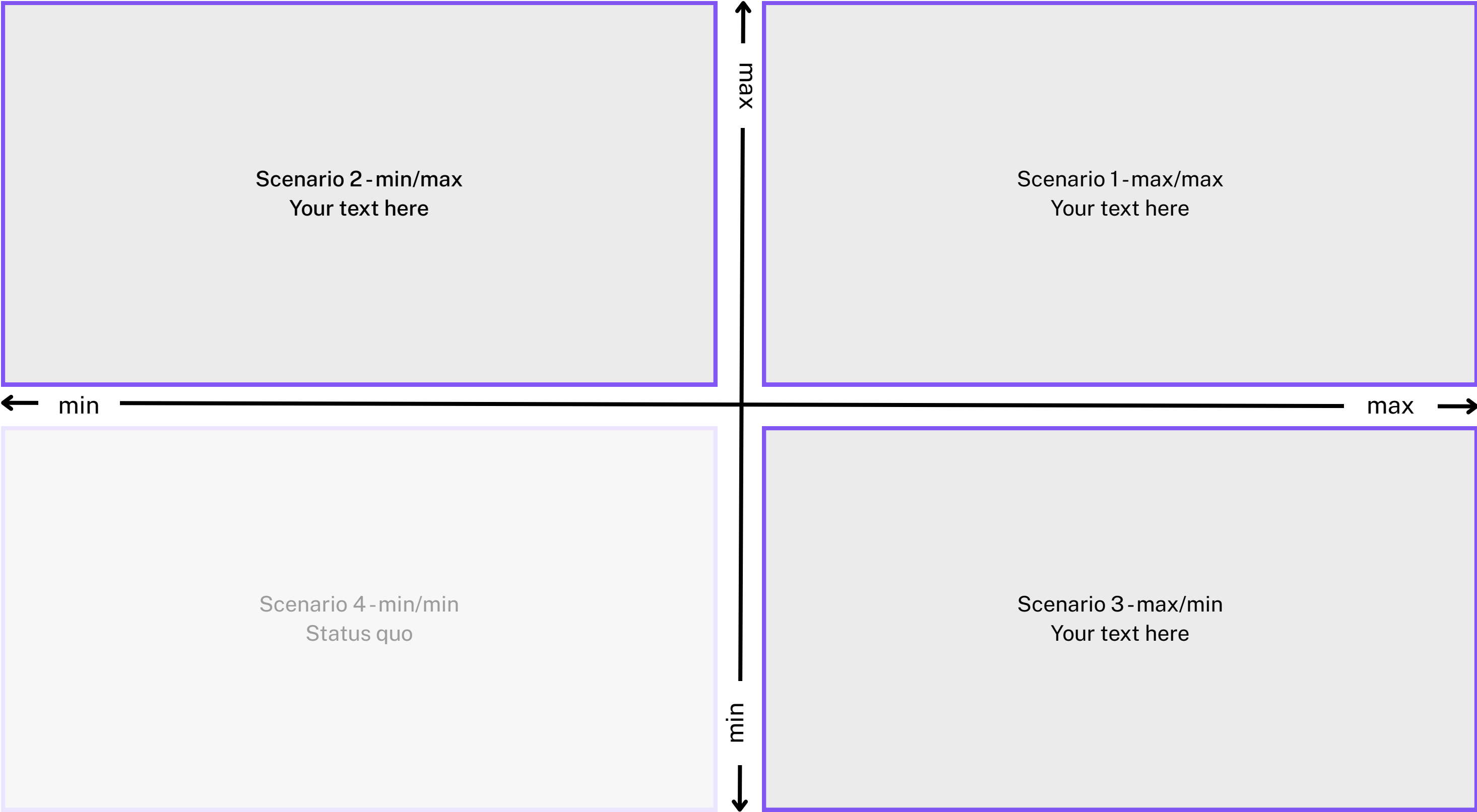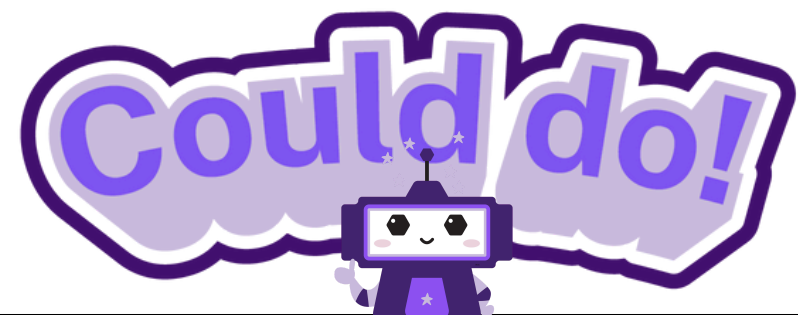
	max	
Scenario 2 - min/max Your text here		**Scenario 1 - max/max** Your text here
min		max
Scenario 4 - min/min Status quo		**Scenario 3 - max/min** Your text here
	min	

Adaptation from Scenario Building: The 2×2 Matrix Technique by Alun Rhydderch

Watch this video!

2x2 matrix - Your template

Could do!

max

Scenario 2 - min/max
Your text here

Scenario 1 - max/max
Your text here

← min

max →

Scenario 4 - min/min
Status quo

Scenario 3 - max/min
Your text here

min

Backcasting - Our example

**Now that you've got the vision of your future, let's figure out how we might get there!**

Step 1. Start at Your Dream Future: Imagine your ideal future world. What does it look like? What problems have been solved? Dream as big as you can! And give as many examples as possible - Be super specific!

Step 2. Work Backwards, Step-by-Step: Now, pretend you're already in that amazing future. Ask yourself: "What had to happen just before this for it to become real?" Then, "What had to happen before that?" Keep going backwards in time, identifying all the major changes, inventions, or decisions that would lead to your ideal future.
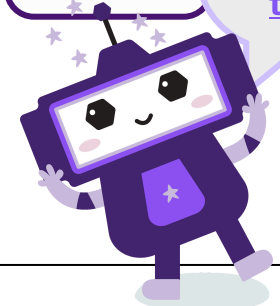
Step 3. Find Today's Actions: Eventually, you'll arrive at the present. This shows you the key steps and actions you (or others) could take to make that dream future happen!

6. 5. 4.

2040

2025

3. 2. 1.
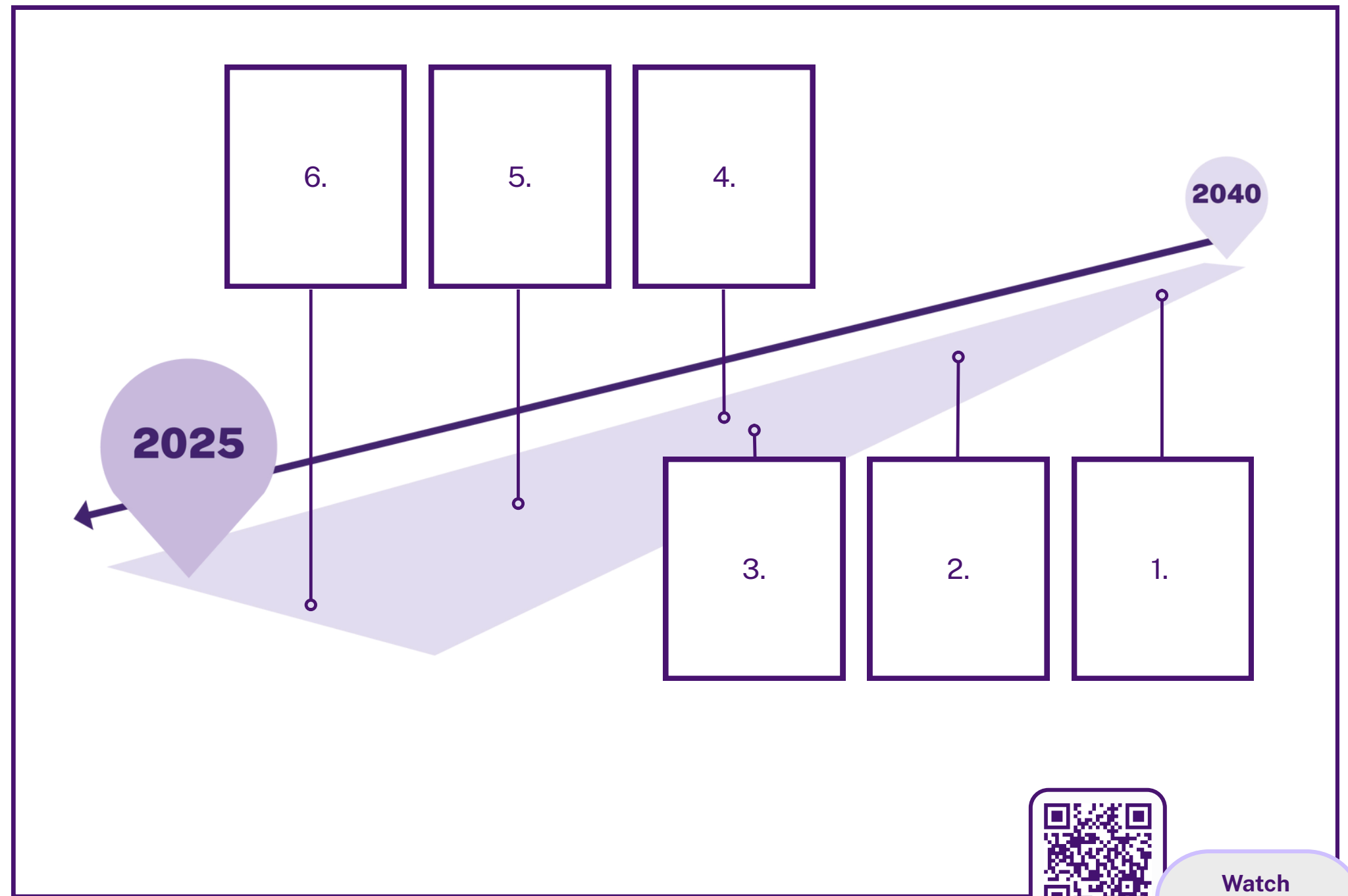
Based on the backcasting method developed by John B. Robinson (University of Waterloo, 1990), building on earlier futures work by Amory Lovins.

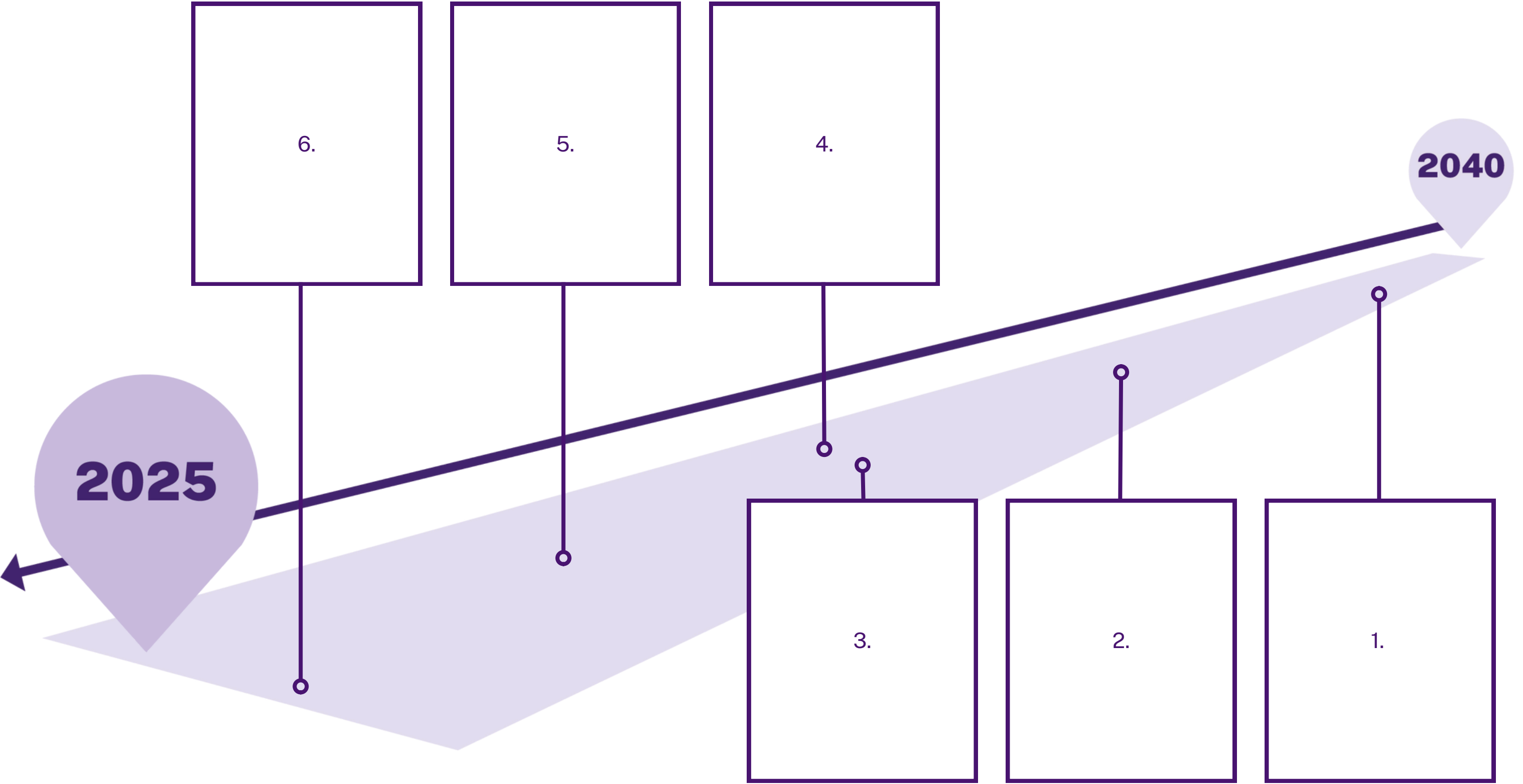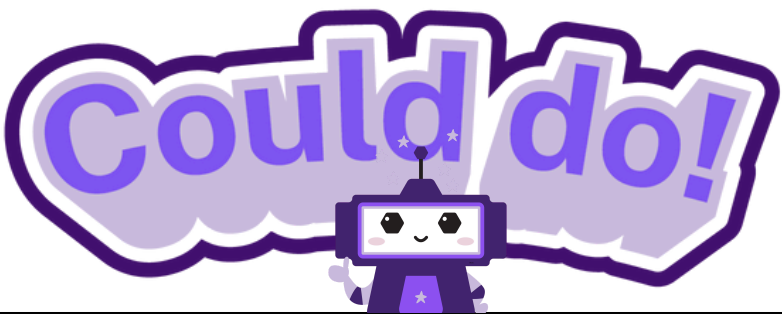Watch **this video!**

Backcasting - Your template

Could do!

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6.

5.

4.

2040

2025

3.

2.

1.

Moonshot - Our example

The 'Moonshot' tool helps you dream big and aim for ideas that feel wild or impossible right now, but could change the world in the future.
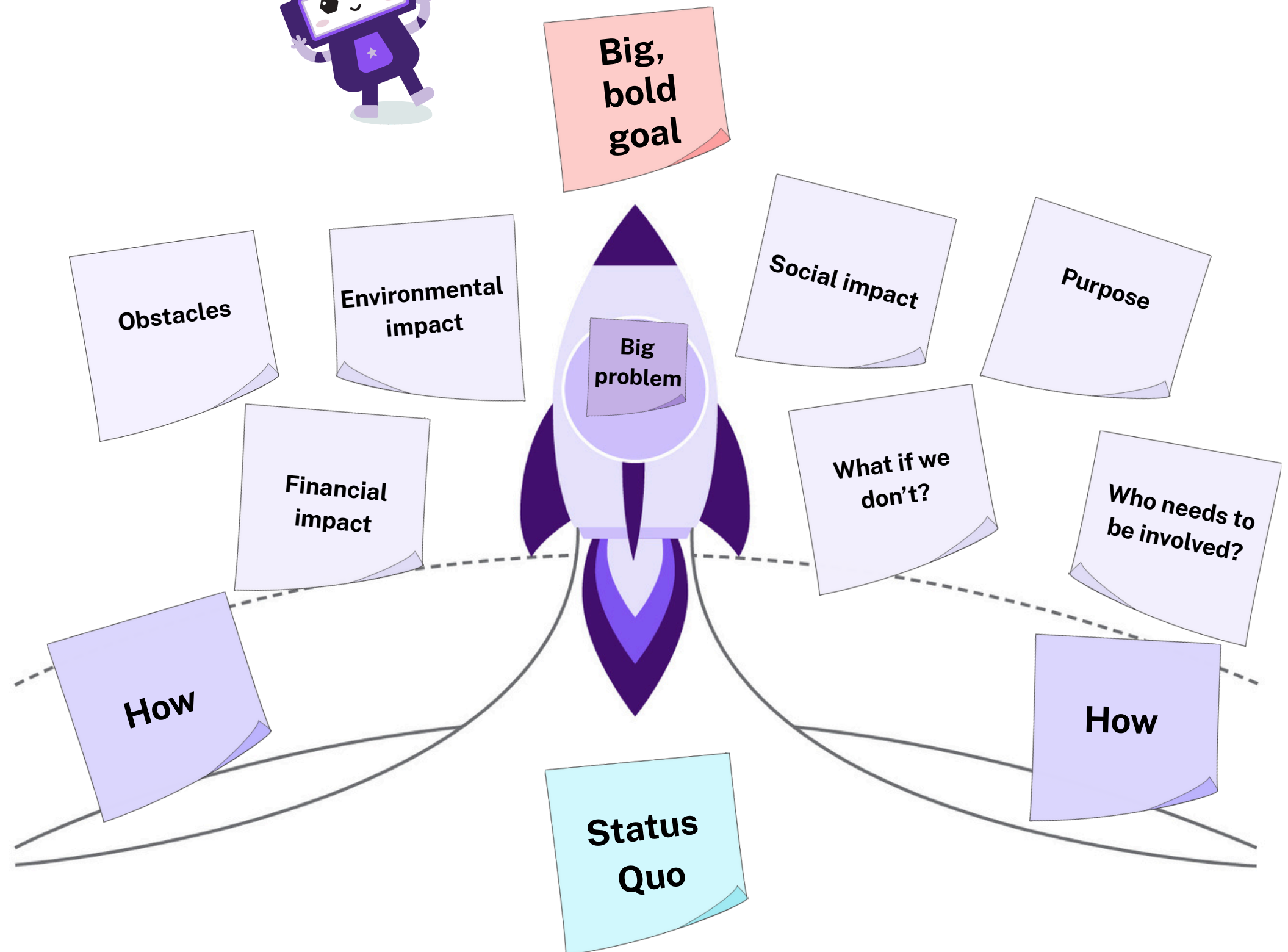
Step 1. **Write your 'big problem'** in the middle of the rocketship. This could be something like 'Health Equity' or 'Climate change and healthcare'.

Step 2. **Write your 'big, bold 2040 goal'** at the top of the page. This should be something that is *almost* out of reach. Something really innovative and bold!

Step 3. Think about the status quo - **what's happening now?** Record as much detail about the current state of healthcare and your 'big problem'.

Step 4. **Think about the impacts** that your big, bold goal might have. Including on the environment, society and financial. Think about other implications of your big, bold goal - who needs to be on board to make it happen? Are there any risks if it doesn't happen?

Step 5. Now - **how might you make it happen?** What needs to happen to bridge the gap between the status quo and your big, bold goal? What positive impacts can you leverage and what negative impacts do you need to plan for?

Big, bold goal

Obstacles

Environmental impact

Social impact

Purpose

Big problem

Financial impact

What if we don't?

Who needs to be involved?

How

How

Status Quo

Inspired by AMK Beat who published Moonshot template on 8.8.2023 and by Moonshot Thinking, popularised by Google X and rooted in bold innovation frameworks developed by pioneers like Astro Teller and Larry Page.

Moonshot - Your template

Could do!

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Big, bold goal

Impacts

Impacts

How

How

Status Quo
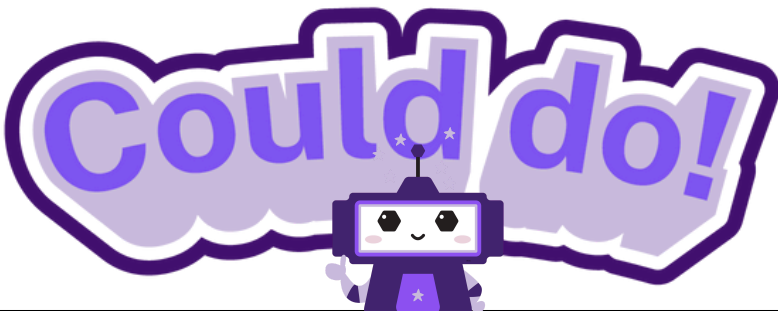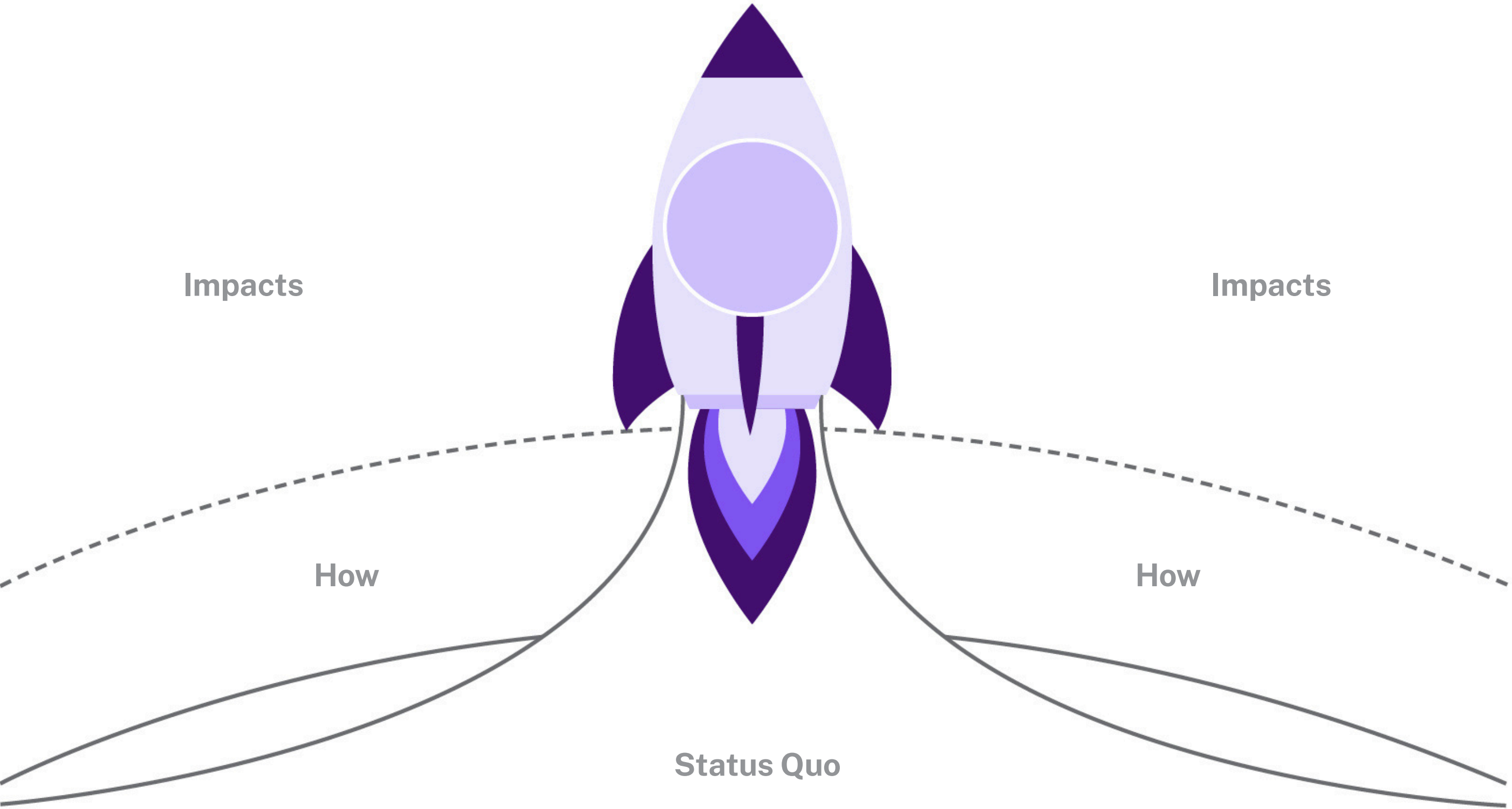
Braindump

Write down your extra thoughts and ideas however you like. This could be a mindmap, a drawing, or notes.
If you need more pages like this - feel free to duplicate (Ctrl + D) this one!

Reflection

Past Me
I have no idea how to start this assignment.

Now Me
Turns out starting with_____really helped
The hardest part ended up being_____, I figured it out by_____.
Once I understood_____, things really started to make sense.
I surprised myself when I_____.
A method or trick I'll use again is_____.

Future Me
Next time, I won't forget to_____.
If I had one more go, I would_____.
I want to challenge myself to_____next time.
In the future I'll do less_____and more_____.
Something I'd change in my process is_____.
I'll be braver about_____.

Ready to submit? You can do this in 1 of these 3 ways

Have you finished pages 12, 14, 16 AND your creative piece? Yes? Sounds like you're ready to submit!

Step 1: Add your 'World Name' to your Cover Page and each **Must do!** worksheet.

Step 2: Upload your creative piece in the submission form on the website or include it on Page 27 on this workbook.

Include your creative piece as a hard copy OR photo/s OR on a USB stick (with nothing else on it).

Step 3:

Option A
Upload from Canva
- Click 'Share' in the Top Right of your screen
- Click 'Download'
- Switch File Type to 'PDF Standard'
- Click Download
- Attach downloaded PDF to the submission form on competition website along with other details and submit when ready.

Option B
Upload from HardCopy
If you filled in a printed copy of this workbook and want to submit it via the website:
- Ask for help at home or school scanning your workbook.
- Ensure the file is saved as a single PDF and check that page 12, 14 & 16 are complete.
- Upload the PDF file to the submission form on the competition website.

Option C
Post it to us!
If you filled in a printed copy of this workbook and want to mail it in:
- Ask for help at home or school getting a C4 sized envelope and stamps.
- Pack your workbook and your creative piece into the envelope.
- Post by registered post 7 days BEFORE the competition deadline to ensure we receive it on time.
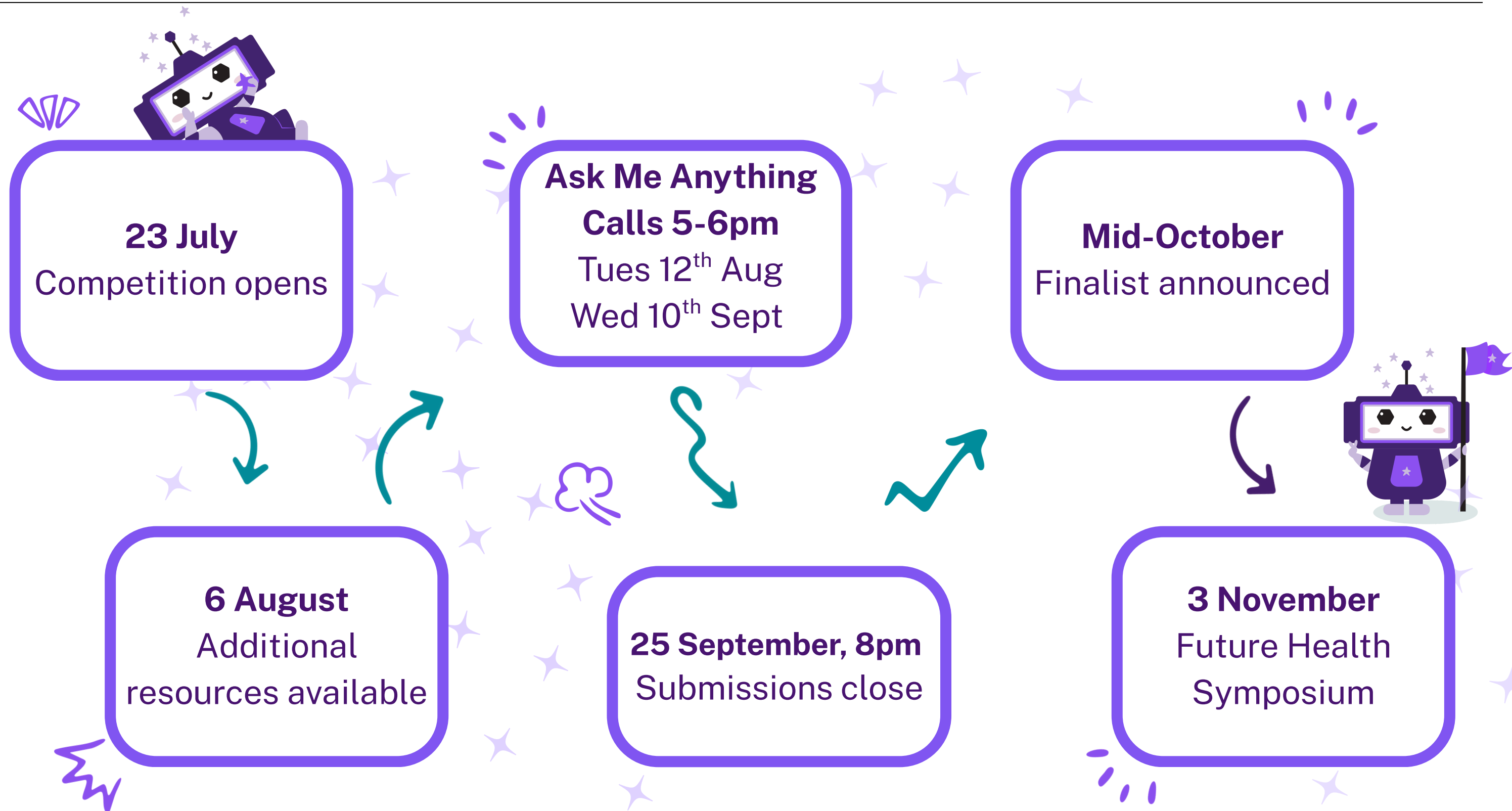- Our address is on the last page.

Is your creative piece an object or 'hard copy' image?

**If your creative piece is something you can't directly upload, then add photos of your work here.**

Feel free to paste any pictures, proof or printed documents here.
Add more pages if you need extra space!

World name: Write your World name here

Key Dates

23 July
Competition opens

6 August
Additional resources available

Ask Me Anything Calls 5-6pm
Tues 12th Aug
Wed 10th Sept

25 September, 8pm
Submissions close

Mid-October
Finalist announced

3 November
Future Health Symposium

Need to ask a question?
Head to the **website** and read through the Frequently Asked Questions or **ask a question here**.
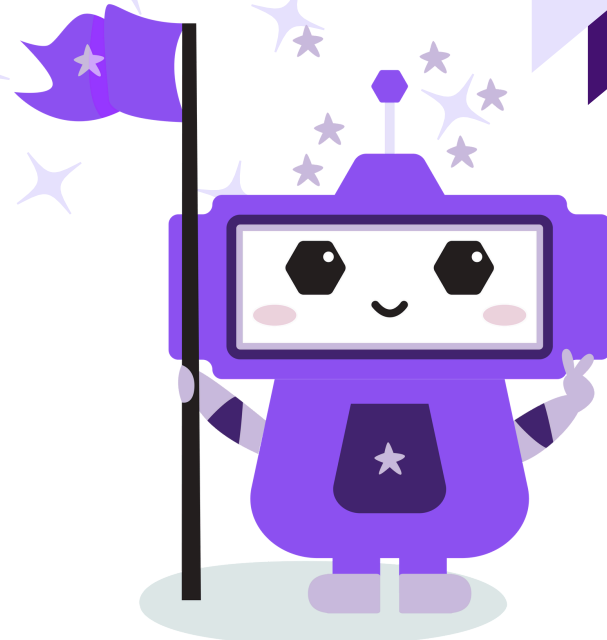
Congratulations! You've completed your Competition Workbook

BEFORE YOU GO!
Help us improve for next time.
Leave your **feedback** here!

Postal submissions:
ATTN: Future Workforce Unit, Future Health Worldbuilding Competition
Locked Mail Bag 2030
St Leonards NSW 1590