Upgrade Program Communities Plan

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Introduction

This document is part of a series of upgrade plans for every area of your life. It's broadly designed for a single, middle-class, 30-something living in a major city in a developed country.

Please go to "File" > "Make a copy" and make a copy of it for yourself. Then fill it out section by section according to your particular needs and circumstances. Perhaps add sections or items, delete them, change the order, and so on.

Your aim should be to make the plan as applicable and useful to you as possible. You should not follow the plan blindly–think it through for yourself.

Note that this process might be challenging. You might need to teach yourself things you aren't very knowledgeable about yet. You might feel like you need to do preliminary work in a different life area first. That's okay. Figure out broadly what makes sense for you, operationalize that understanding as specific actions in the Actions section, and then do them.

If it feels overwhelming, just start with the parts you find most valuable and do what you can. Tackle the rest over time. It may also help to set aside a dedicated day to work exclusively on this by yourself or with friends. Or you may choose to enlist an UP Coach to co-design and execute this plan alongside you.

Epistemic Status

This is an overview of how confident the principal author is in this plan.

- Generally moderate confidence in this plan
- Based on 20+ years of experience co-creating communities, being active in 50+ over the last 24 years, and 25+ hours of research on community building

Objectives

Decide what objectives you have with this plan and rank them in order of importance or in chronological sequence. Below are some sample objectives.

1. Increase involvement in existing communities to desired level
2. Become a member of new communities
3. Maintain good standing in communities

Metrics

Decide what metrics you will use to evaluate the effectiveness of this plan. Also include the frequency in which you'll evaluate those metrics. For example, ad hoc, once, hourly, daily, weekly, monthly, quarterly, annually or per decade. Below are some sample metrics.

- Community Rating: How would you rate your community connections, on a 1-10 scale?
- Number of Communities Actively Involved With
- Number of Communities Moderately Involved With

Values

List all of your relevant values and rank them in order of importance. Below are some sample values.

1. Connection
2. Service
3. Responsibility
4. Fun

Value Analysis

List and then analyze all of the costs and benefits of this plan. Potentially also estimate expected value and/or return on investment. Below is a sample analysis.

- Time costs: 1 - 1,000 hours
- Financial costs: $0 - $10,000 dollars (e.g., events, travel, membership fees, etc.)
- Benefits: $X in potentially large objective and subjective benefits

Strategies

Decide on your high-level strategies for achieving your objectives. Below are some sample strategies.

- Become more involved in communities you belong to
- Research and join new communities
- Create or co-create your own communities

Actions

List the specific actions you will take to achieve your objectives. You should add these tasks to your project management system unless you are choosing to do them now. Below is an example sequence of actions you might take.

1. Describe your mental model of your community connections
    a. Create a visual representation from memory without referencing the plan or outside sources of information
    b. Create a new visual representation after thoroughly studying the plan and any relevant sources of information
    c. Pay special attention to the improvements in the second version as incorporating those new insights may be crucial to the success of your plan
2. Finish every section of this plan, including the assessments, tools, and resources below
3. Make a list of the communities you are or would like to be a part of
    a. Consider cultural, political, religious, ethnic, and geographical communities
    b. Check online platforms for ideas (e.g., Meetup)
4. Determine what value you want to get out of and provide to these communities
    a. Research community needs
    b. Talk with people within the community to identify community needs
    c. Attend community events
5. Identify the key areas to get involved (e.g., participate, volunteer, work, get other people involved, etc.)
6. Determine the resource commitments to invest in your community (e.g., time, money, brand, other assets)
7. Assess the value you're providing and receiving on a regular basis, and adjust the strategy as needed
8. Improve your social life

Schedule

Decide on which days you will take which actions. You should add these dates to your calendar now.

- [Date]: Finalize plan
- [Dates]: Execute plan
- [Dates]: Review plan's outcomes

Predictions

Predict how well you will do in achieving your objectives.

- [Name]: I predict with [X]% confidence that I will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].
- [Team Member's Name]: I predict with [X]% confidence that [Name] will [Y] by [Z].

- Combined: We predict with an average [X]% confidence that [Name] will [Y] by [Z].

Outcomes

Objectively record how well you achieved your objectives.

- [Date #1]: [Outcomes]
- [Date #2]: [Outcomes]
- [Date #3]: [Outcomes]
- [Date #4]: [Outcomes]
- [Date #5]: [Outcomes]
- [Date #6]: [Outcomes]
- [Date #7]: [Outcomes]
- [Date #8]: [Outcomes]
- [Date #9]: [Outcomes]
- [Date #10]: [Outcomes]

Assessments

List all of the assessments you might take to understand how you're doing compared to your objectives. Below is a sample assessment.

- Self and Others Scale: a test to measure level of interconnectedness

Tools

List all of the tools you might use to achieve your objectives. Below are some sample tools.

- Bloom Community
- Blue Zones Project
- Couchsurfing
- Esalen
- GetMotivatedBuddies
- Human Anonymous

- [Impact Hub](#)
- [Interintellect](#)
- [Livingroom Conversations](#)
- [ManKind Project](#)
- [Meetup](#)
- [Mighty Networks](#)
- [ReciproCoach](#)
- [Toastmasters International](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Curriculum](#)
- [UP Social Plan](#)
- [UP Tools](#)
- [Wattpad](#)
- [WeWork](#)

Resources

List all of the resources you might use to achieve your objectives. Below is a sample resource.

- [New Warrior Training Adventure](#)

Notes

Use this as a section for random thoughts, questions, uncertainties, etc.

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