

Upgrade Program Consciousness 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. Developing your "[consciousness](#)" isn't an exact science by any means. Think of it as a general exploration of your existence.

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 low confidence in plan

Objectives

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

1. Develop a fuller understanding of your consciousness
 - a. More fully understand your thoughts, feelings, and behaviors
 - b. Break free from subconscious patterns of thinking, feeling, and acting
2. Dissolve your ego

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.

- Consciousness Rating: How would you rate your level of consciousness, on a 1-10 scale?

Values

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

1. Truth
2. Self-transcendence
3. Self-awareness
4. Emotional well-being

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., coaches, psychotherapists, retreats, travels, psychedelics, etc.)
- Benefits: \$X in potentially extremely large subjective benefits

Strategies

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

Key People

- Do the work on your own
- Do the work in community (e.g., intentional communities)
- Do the work with expert support (e.g., psychologists, coaches, shamans, healers, etc.)

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 consciousness
 - a. Create a visual representation from memory without referencing this plan or outside sources of information
 - b. Create a new visual representation after thoroughly studying this 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. Develop your sense of [self](#)
4. Develop your [purpose](#)
5. Improve your [personal philosophy](#)
6. Improve your [spiritual life](#)
7. Improve your [cognitive capacities](#)
8. Improve your [emotional well-being](#)
9. Meditate regularly (e.g., [Waking Up](#))
10. Journal regularly
11. Consider experimenting with altered states of consciousness (e.g., [psychedelic-assisted therapy](#))¹
12. Study the nature of consciousness

Assessments

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

- [Awe Experience Scale \(AWE-S\)](#): a robust state measure of awe, based on the extant experimental literature
- [Self-Consciousness Scale – Revised \(SCS-R\)](#): a scale designed to assess both private self-consciousness (self-monitoring and social anxiety) and public self-consciousness (an awareness of the self as it is viewed by others)

¹ Be mindful of the legality of using psychedelics.

Tools

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

- [40 Years of Zen](#)
- [Awareness](#)
- [Ayahuasca](#)
- [Buddhify](#)
- [Calm](#)
- [Daylight](#)
- [Entheogen](#)
- [Insight Timer](#)
- [Leafy](#)
- [Lucid Dreaming](#)
- [Muse](#)
- [Omvana](#)
- [Psychedelics](#)
- [Reporter](#)
- [Simple Habit](#)
- [Ten Percent Happier](#)
- [The Mindfulness App](#)
- [Tripp](#)
- [UP Self Plan](#)
- [UP Tools](#)
- [UP Values Plan](#)
- [Upgradable Theory of Optimal Living \(Slide Deck\)](#)
- [Waking Up](#)

Resources

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

- [Circling](#)
- [Headspace Mini Meditation](#)
- [Incognito: The Secret Lives of the Brain](#)
- [Lucid Dreaming](#)
- [Meditation](#)

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]

Notes

Add any random thoughts, questions, and uncertainties you may have.

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