

# Upgrade Program End of Life 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

## Objectives

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

1. Be prepared for your death
2. Ensure optimal asset transfer before or at end of life
  - a. Prevent loss of wealth after your death
3. Help family and social connections prepare for your death

## 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.

- End of Life Rating: How prepared are you for the end of your life, 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. Acceptance
2. Peace
3. Legacy
4. Security

## 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 - 100 hours
- Financial costs: \$0 - \$1,000,000 dollars (e.g., lawyers, consultants, insurance, medical care, cryonics, etc.)
- Benefits: \$X in extremely large objective and 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
- Outsource some or most of the work to experts (e.g., estate lawyers, will specialists, cryonics professionals, 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 the end of life
  - 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. Calculate your expected lifespan by doing any of all of the below and averaging the results
  - a. Try a [health focused instrument](#) (requires free registration)
  - b. Try a [broadly focused instrument](#) (requires free registration)
  - c. Try a [life focused instrument](#)
  - d. Consider DNA methylation focused instruments if they are available near you (requires lab work)
4. Adjust your expected lifespan by your estimate of the likelihood of global catastrophe or [extinction](#)
5. Prepare a will
  - a. Consult a lawyer or use a tool like [FreeWill](#)
  - b. Notarize your will
  - c. Store a copy for yourself
  - d. Give copies to designated individuals you trust as needed
  - e. Name an Executor of Will
6. Assign a Power of Attorney (POA)
  - a. Decide on one or individual Financial, Digital, and Medical POAs
  - b. Prepare a backup person
7. Prepare a living will or advance directive
  - a. Consult with a legal professional
  - b. Appoint a healthcare advocate and a backup person
  - c. Choose what you would like done in the event of you dying
    - i. Decide what measures medical professionals can take to keep you alive (e.g., mechanical ventilation, renal dialysis, medications to restart the heart, etc.)
    - ii. Consider if or when you might accept assisted euthanasia
  - d. Choose how you would like your remains managed after you die
    - i. Consider [signing up](#) for cryonic preservation

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- ii. Consider body donation for medical education or research institutions (e.g., [Cryonics Institute](#))
    - iii. Consider the type of funeral or memorial service you may desire (e.g., in-ground burial, cremation, [Resomation](#), [Recompose](#))
    - iv. Register to become an organ donor
  - e. Identify where and how I would like to be cared for if you were terminally ill
  - f. Notarize your advanced directive
  - g. Notify your doctor of your plans
8. Research life insurance options and consider purchasing the best possible plan
9. Prepare important personal documents
  - a. Collect and keep copies of birth, marriage, divorce, pension, and insurance certificates
  - b. Compile an emergency list of accounts, passwords, and contact information
  - c. Identify emergency contacts for your online accounts, including a [Facebook Legacy Contact](#) and [Google Inactive Account Manager](#)
  - d. Share as advised by your legal counsel
10. Have an open end-of-life conversation with those who will be affected by your death
  - a. Make a list of people to talk to
  - b. Determine your preferred setting (e.g., group conversation, one-on-one conversation)
  - c. Determine your preferred medium of conversation (e.g., phone call, video call, over coffee)
  - d. Schedule and conduct meeting with each person
  - e. Resolve any unfinished personal business

## 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.

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## Tools

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

- [Alcor](#)
- [Celestis](#)
- [Cremation](#)
- [Cryonics Institute](#)
- [Dead man's switch](#)
- [Elysium Space](#)
- [Eternal Reefs](#)
- [Facebook Legacy](#)
- [Freewill](#)
- [Google Inactive Account Manager](#)
- [Loop Cocoon](#)
- [Memorials](#)

- [Nectome](#)
- [Recompose](#)
- [Resomation](#)
- [Tomorrow Biostatis](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Curriculum](#)
- [UP Tools](#)
- [Urns Northwest](#)

## Resources

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

- [Cryonics Signup Guide](#)

## Notes

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

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