

Upgrade Program Environmental Plan

Table of Contents

Introduction	2
Epistemic Status	2
Objectives	2
Metrics	3
Values	3
Value Analysis	3
Strategies	3
Actions	4
Schedule	4
Predictions	5
Outcomes	5
Assessments	5
Tools	5
Resources	6
Example Home & Office Design	6
Notes	9
Legal	9

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.

The environments in which you live, work, relax, and play are extremely important for your wellbeing and general goal attainment. It behooves you to optimize any environment you'll be spending a lot of time in, especially your home and office.

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 plan
- Based on experience living in 10+ cities across 30+ houses, apartments, condos, hotels, coliving spaces, intentional communities, recreational vehicles, research compounds, etc. and 8+ years of a nomadic lifestyle

Objectives

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

1. Determine the optimal environments for you to live, work, relax, and play in
2. Secure and fully develop the environments you live, work, relax, and play in to your desired standards

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.

- Environmental Rating: How would you rate your surrounding personal environments, on a 1-10 scale?
- Annual Hours Spent on Environment Setup & Maintenance

Values

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

1. Productivity
2. Safety
3. Comfort
4. Convenience
5. Privacy

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 - 10,000 hours
- Financial costs: \$0 - \$10,000,000 dollars (e.g., homes, offices, other spaces, etc.)
- Benefits: \$X in potentially extremely large objective and subjective benefits (e.g., productivity, compensation, emotional well-being, etc.)

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., real estate agents, interior decorators, construction crews, avid travelers, etc.)
- Outsource some or most of the work to assistants

Key Timings

- Make incremental progress every day until you reach your objectives
- Make progress as intensively as you can until you reach your objectives
- Make as much progress as you can over a set period (e.g., one month, six months or one year)

Geography

- Concentrate in a single location
- Secure multiple homes and offices in different locations

Duration

- Buy permanent home(s) and office(s)
- Rent or lease temporary home(s) and office(s)

Size

- Go big in size (e.g., mansions)
- Go minimal in size (e.g., tiny houses)

Community

- Live solo
- Live with immediate family
- Live with extended family
- Live with friends
- Live in coliving community

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 personal environment(s)
 - 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. Identify and rank all of the places where you might live based on the criteria most important to you (e.g., [Where Might I Live](#), [Nomad List](#), [World's Best Cities](#), etc.)
4. List all the personal environments you can improve, which generally are your home(s), workplace(s), and/or any spaces you often frequent
 - a. These might be permanent, semi-permanent, public, and/or private spaces
5. Dream up your [ideal personal environments](#)
6. Identify and rank the ways you could improve your personal environments to better match your ideal
7. Improve your personal environments per your ranked list, given your time and finances
 - a. Consider [moving](#), if that makes sense for you

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.

- [Person-Thing Orientation Scale](#): a scale to measure an individual's orientation toward the people and things in their environment

Tools

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

- [Air purifier](#)
- [Coliving Communities](#)
- [Foundation for Intentional Community](#)
- [Fully](#)
- [Homey](#)
- [lftt](#)
- [Ikea](#)
- [Incense](#)
- [Mogics Adapter](#)
- [Mogics Charger](#)
- [Mogics Donut & Bagel](#)
- [My Sleep Bot](#)
- [MyWoolly Washable Wool Pillow](#)

- [Numbeo](#)
- [Outside.co](#)
- [Raindrop Nebulizing Diffuser](#)
- [Roam](#)
- [Roomi](#)
- [SureGuard Pillow Protectors](#)
- [Stir Kinetic Desk](#)
- [The Home Depot](#)
- [Unfuck Your Habitat](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Curriculum](#)
- [UP Moving Plan](#)
- [UP Tools](#)
- [Uplift Desk](#)
- [UrPower Essential Oil Diffuser](#)
- [Where Might I Live](#)
- [Vitruvi Stone Diffuser](#)

Resources

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

- [Exploring Alternatives](#)
- [List of largest cities](#)
- [Primitive Technology](#)
- [World's Best Cities](#)

Home & Office Design Sample

- Living in a co-living and co-working intentional community
- Tiny house village arrangement around a central larger communal space
- 20-30 healthy, happy, effective, and growth-focused individuals
- Members all working on growth-focused startups or research from different angles
- Community norms of self-development, rationality, and effective altruism, with particular emphasis on:
 - Immediate, constructive, appropriate, warm feedback between members
 - Noticing and updating
 - Generous collaboration

△UPGRADABLE

- Surrounded by systems for fast feedback loops
 - Daily, weekly, monthly, quarterly, and annual growth-focused check-ins
 - Selected member growth data visible in public area 24/7
 - Small group accountability partners (juntos/masterminds)
- Well-designed spaces
 - Beautiful, minimalist interior decoration
 - Themed around nature
 - Ample quiet space for peaceful introspection
 - Ample natural light
 - Smart lights
 - Ample plants
 - Subtle natural background sounds
 - Soundproof rooms
 - Shielding from electromagnetic fields
 - Smart keyless security system
 - Smart video surveillance
 - Smart toilets with bidets
 - Smart blinds
 - Smart stoves
 - Smart fridges
 - Smart coffee machines
 - Nearables displaying real-time relevant data
- Well-designed food system
 - Shared chef service preparing all healthy, vegan meals
 - Food sourced from on-site garden and local farms and orchards
 - Fully-equipped kitchen
 - Large storage freezers
 - Minimal unhealthy food available and all out of easy reach from members
- Well-designed health area
 - Fully equipped gym with free weights and machine equipment
 - Yoga and meditation space
 - Swimming pool
 - Sauna
 - Steam room
 - Climbing wall
 - Trampoline
- Well-designed working area
 - Private enclosed offices for each member
 - Shared co-working space

△UPGRADABLE

- High-quality desks and chairs (optional standing or treadmill desks)
- High-performance laptops
- Three-screen setups
- Selected member work data visible in public area 24/7
- Hammocks
- Comfortable couches
- Bean bag chairs
- Private work pods
- Well-designed bedrooms
 - High-quality beds
 - High-quality desk and chair (optional standing or treadmill desk)
 - Pitch-black when desired
 - Microfridge
- Deep focus on community
 - Communal space with large, high-end multimedia center
 - Regular communal dinners across single table
 - Regular communal growth-focused events and activities (e.g., comfort zone expansion adventures, intense physical activities, unique workshops from world experts, weekly feasts, surprises)
 - Guest house for growth-focused guests (e.g., “Couchsurfing house”)
- Unrestricted access to growth technology
 - Full assortment of nootropics
 - Full assortment of psychedelics
 - Full assortment of neurofeedback equipment
 - Full assortment of wearables
 - Full assortment of nearables
 - Float tank
 - Cryochamber
- Efficient support systems
 - Cleaning service
 - Laundry service
 - On-demand medical service
 - Babysitting service
- Community fully enclosed in natural environment
 - Ample trees, running water, rock, and animals
 - Zero visibility of human presence
- Community self-sustainable and off-the-grid

△UPGRADABLE

- Powered by renewable energy
 - Backup power systems
 - Greywater recycling system
 - Composting toilets
 - Full assortment of emergency response equipment
 - 5+ years of food, water, and supply reserves
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- Living within 5 minute distance to the highest-density of growth-focused individuals
 - Living within 5 minute distance to the highest-density of rationalists
 - Living within 5 minute distance to the highest-density of effective altruists
 - Living in a city with amazing, generally sunny and ~78 degree weather
 - Living within 1 hour distance of mountains, oceans, and other places of natural beauty

Notes

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

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