

Upgrade Program Family 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 of plan
- Based on 30+ years of living in a small nuclear family with a strong extended family and coaching and mentoring 50+ people on their family dynamics

Objectives

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

1. Develop and maintain optimal family relationships
 - a. Spend meaningful time with closet family members every week
 - b. Spend meaningful time with other family members every year
 - c. Support family members as needed

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.

- Family Rating: How would you rate your family relationships, on a 1-10 scale?
- Number of Family Activities per Month

Values

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

1. Family
2. Love
3. Companionship
4. Mutual Support

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 - 100,000 hours
- Financial costs: \$0 - \$100,000 dollars (e.g., travel, property, coaches, counselors, etc.)
- Benefits: \$X in extremely large objective and subjective benefits (e.g., love, happiness, mutual support, etc.)

Strategies

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

Involvement

- Cut off all ties with your family
- Maintain healthy distance from your family
- Maintain moderately close relationships with your family
- Maintain extremely close relationships with your family

Geography

- Live with your family
- Live near your family
- Live away from your family

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 family
 - 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. Understand your family needs
 - a. Create a space for listening
 - b. Schedule regular meetings to share thoughts and feelings
 - c. Take notes for improvements
5. Spend a meaningful amount of quality time with your family
 - a. Create a daily and weekly routine
 - b. Celebrate special occasions together
 - c. Have meals together
 - d. Do household chores together
 - e. Plan special bonding activities
6. Practice healthy conflict management
 - a. Set and maintain personal boundaries
7. Improve your [communication](#) with your family
 - a. Develop active listening skills
 - b. Develop respect for each member
 - c. Avoid judgment and criticism
 - d. Express love and appreciation frequently
8. Improve your [personality](#)
9. Improve your [emotional well-being](#)
10. Improve your [behavioral mastery](#)
11. Improve your [relationships](#)

12. Improve your [social life](#)

Assessments

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

- [Epstein Parenting Competencies Inventory \(EPCI\)](#): a comprehensive inventory of ten types of skills—"The Parents Ten"—that are important for raising happy, healthy, productive children
- [Family Quality of Life Scale \(FQOL\)](#): a collection of questions aimed at identifying what creates a good quality of family life
- [Parent Opinion Questionnaire \(POQ\)](#): a questionnaire to assess parental expectations of child behavior/abilities to identify parents who may require further intervention or to assess parenting competence in child abuse situations

Tools

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

- [Daycare](#)
- [Disneyland](#)
- [Kidzania](#)
- [Life360](#)
- [Mightier](#)
- [Rockalingua](#)
- [Universal Theme Parks](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Curriculum](#)
- [UP Tools](#)

Resources

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

- [Everyday Parenting Toolkit](#)
- [School-Based Family Counseling](#)

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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