

Upgrade Program Impact 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 high confidence in plan
- Based on 20+ years of experience working, volunteering, consulting, and coaching in the social change sector across 100+ organizations and helping 100+ people one-on-one to increase their social or environmental impact

Objectives

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

1. Maximize your counterfactually-adjusted net positive impact across all sentient beings, present and future
 - a. Minimize your negative impact on all sentient beings, present and future

Metrics

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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.

- Impact Rating: How would you rate your counterfactually-adjusted net impact, on a 1-10 scale?
- Estimated Number of Lives Saved
- Total Philanthropic Donations
- Total Hours Dedicated to Social & Environmental Causes

Values

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

1. Altruism
2. Consequentialism
3. Truth-seeking
4. Scope sensitivity
5. Impartiality
6. Cost-effectiveness
7. Marginal thinking

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 value analysis.

- Time costs: 1 - 150,000 hours
- Financial costs: \$0 - \$100,000,000,000 dollars (e.g., charity donations, research funding, venture building, policy advocacy, etc.)
- Benefits: \$X in potentially extremely large objective and subjective benefits (e.g., lives saved or benefited)

Strategies

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

Key People

- Do the work on your own

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- Outsource some or most of the work to experts (e.g., social and environmental change experts, moral philosophers, philanthropic advisors, etc.)
- Outsource some or most of the work to assistants

Key Timings

- Donate, volunteer, learn or build skills every day until you reach your desired level of impact
- Make as many changes as you can over a set period (e.g., one month, six months or one year)
- Make changes as intensively as you can until you've reached your desired level of impact

Approaches

- Do as much direct good as possible
- Donate as much as possible to effective charities

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 social and environmental impact
 - 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. Consider taking the [Introductory Effective Altruism Program](#) or similar
4. Develop your [purpose](#)
5. Take the [UP Impact Pledge](#)
 - a. Pledge to allocate 1-100% of your resources to doing the most good you can do
 - b. Begin honoring pledge
6. Identify [cause area\(s\)](#) to support
 - a. Research cause areas
 - b. List the cause areas that seemed most valuable to you to support, given your values and personal fit
 - c. Choose your desired cause area(s)
7. Identify avenues of support

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- a. Donate money
 - i. Consider using the research of [Effective Altruism Funds](#), [GiveWell](#), [The Life You Can Save](#) or other charity researchers
 - ii. Determine your own donation targets
 - b. Invest time through your [career](#) (see [80,000 Hours](#))
 - i. Work for an existing high-impact social purpose venture
 - ii. Build or support a [social purpose venture](#)
 - iii. Do high-impact research
 - iv. Do high-impact advocacy
 - c. Allocate other resources (e.g., assets, your personal brand, etc.)
8. Support your cause area(s) to the best of your ability
- a. Consider doing the [Upgrade Program](#) in its entirety to do this

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 are some sample assessments.

- [American Social Programs Quiz](#): a quiz to illustrate how well you understand social change by guessing whether social interventions in the United States worked or not
- [Compassionate Love for Humanity Scale](#): a 21-item measure designed to measure compassionate love for humanity, an attitude toward humanity that involves behavior, feeling, and thinking that focuses on the concern, caring, and support for humanity, as well as a motivation to understand and help humanity (strangers) when they are most in need
- [Self-Report Altruism \(SRA\)](#): a scale to assess altruism via self-report
- [World's Biggest Problems Quiz](#): a 5-15 minute quiz that tests your knowledge on three of humanity's biggest problems

Tools

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

- [80,000 Hours](#)
- [Effective Altruism Funds](#)
- [Fi-lanthyropy Calculator by Yield & Spread](#)
- [Founders Pledge](#)
- [GiveWell](#)
- [GlobalGiving](#)
- [GoFundMe](#)
- [Humane Eating Project](#)
- [Impact Hub](#)
- [JustGiving](#)
- [Open Philanthropy](#)
- [ShareTheMeal](#)
- [Smile Always](#)
- [The Life You Can Save](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Career Plan](#)
- [UP Curriculum](#)

- [UP Impact Pledge](#)
- [UP Financial Plan](#)
- [UP Purpose Plan](#)
- [UP Tools](#)

Resources

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

- [Dollar Street](#)
- [Effective Altruism](#) (UP Top Pick)
- [Effective Altruism key numbers anki deck](#)
- [Effective Altruism Co-Working Discord server](#)
- [Effective Altruism FocusMate community group](#)
- [Effective Altruism Gathertown lounge](#)
- [Effective Altruism Virtual Programs](#)
- [GiveWell](#)
- [Inner Development Goals](#)
- [Introductory Effective Altruism Program](#)
- [Open Philanthropy](#)
- [Quizmanity](#)
- [The 80,000 Hours Podcast](#)

Notes

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

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