Upgrade Program Leisure 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 not feel like you have time for leisure. 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 moderately high 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. Improve emotional well-being to 7+ out of 10 on a 1-10 scale
2. Have as much fun as possible, within reason
3. Experience as many new things (or "firsts") as possible, within reason

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.

- Leisure Rating: How would you rate your leisure experiences, on a 1-10 scale?
- Number of Hours Allocated to Leisure
- Number of New Activities (or "Firsts") Experienced
- Number of Social Interactions

Values

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

1. Living fully
2. Experiencing the world
3. Happiness
4. Fun
5. Discovery
6. Challenge

Value Analysis

List and then analyze all of the costs and benefits of this plan. Potentially also estimate expected value, cost-benefit, return on investment, and/or net present value.

- Time costs: 1 - hundreds of thousands of hours
- Financial costs: $0 - $10,000,000 dollars (e.g., travel, hobbies, sports, purchases, 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/have the fun on your own
- Outsource some or most of the work to assistants, lifestyle managers or concierges

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 leisure
   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. Make a list of new or existing leisure experiences you'd like to incorporate into your life
   a. Do [UP Life Audit](#) to discover new potential leisure experiences
4. Set aside time in your schedule for leisure on a regular basis (e.g., daily, weekly, monthly, quarterly or annually
5. Find ways to align leisure experiences with your other goals (e.g., fitness goals)
6. Consider making a space in your home dedicated to leisure (e.g., a fully-outfitted game or art room or a laptop dedicated your hobby)
7. Improve your [social life](#)
8. Improve your [skills](#)
9. Improve your [fitness](#)
10. Improve your [community connections](#)
11. Improve your [romantic relationships](#)
12. Improve your [knowledge](#)

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.

- [Arnett Inventory of Sensation Seeking (AISS)](): a measure designed to assess the personality trait of sensation seeking, a psychological trait characterized by a search for intense and novel experiences

- **Need for Arousal**: a measure to assess individuals' preferred levels of arousal or novel stimulation
- **Sensation Seeking Scale**: a psychological instrument to measure sensation seeking, a personality trait defined by the search for experiences and feelings that are varied, novel, complex and intense, and by the readiness to take physical, social, legal, and financial risks for the sake of such experiences

Tools

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

- 3,4-Methylenedioxymethamphetamine (MDMA)
- 365 Firsts Challenge
- Agoda
- Airbnb
- Amazon Prime Video
- Apple Music
- Blue Goji
- Bookaway
- Brown & Hudson
- Couchsurfing
- DailyLit
- Deezer
- Disney+
- Disneyland
- Dji
- Drone
- DyNotify
- Google Travel
- Google TV
- GoPro
- Gravity
- HBO Max
- Hostelworld
- Hotel Tonight
- Hulu
- Ingress Prime
- iTunes
- Kayak
- Kidzania
- Klook
- Kratom
- Liquid Ass

- [Lysergic acid diethylamide (LSD)](#)
- [Maverick1000](#)
- [Mberry](#)
- [MiraBurst](#)
- [Miracle fruit](#)
- [N,N-Dimethyltryptamine (DMT)](#)
- [Narrative](#)
- [Netflix](#)
- [Oyo Rooms](#)
- [Psilocybin](#)
- [Psychedelics](#)
- [Rubyberry](#)
- [Sandbox VR](#)
- [Skyscanner](#)
- [Spotify](#)
- [Time Out](#)
- [Trip.com](#)
- [Tripadvisor](#)
- [Universal Theme Parks](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Communities Plan](#)
- [UP Curriculum](#)
- [UP Fitness Plan](#)
- [UP Life Audit](#)
- [UP Knowledge Plan](#)
- [UP Relationship Plan](#)
- [UP Skills Plan](#)
- [UP Social Plan](#)
- [UP Tools](#)
- [Vudu](#)
- [Wattpad](#)
- [YouTube](#)
- [YouTube Music](#)
- [Zapata Flyboard Air](#)
- [Zomato](#)

Resources

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

- [Exploring Alternatives Channel](#)
- [Exploring Alternatives](#)
- [Getaway](#)

Notes

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

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