

Upgrade Program Perception 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.

Our senses are often overlooked, unless we happen to have a significant issue like hearing loss. Be proactive—check on your sight, hearing, smell, touch, taste, and other senses before something is amiss.

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 low 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. Ensure all senses are functioning as well as they can
2. Prevent loss of senses over time
 - a. Preserve sight
 - b. Preserve hearing

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.

- Perception Rating: How would you rate your perceptual abilities, on a 1-10 scale?
- Visual Acuity Test
- Sound Test
- Olfactory Test
- Gustatory Test
- Tactile Acuity Test

Values

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

1. Awareness
2. Safety
3. Pleasure

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 - 500 hours
- Financial costs: \$0 - \$100,000 dollars (e.g., doctors, specialists, books, tools, assessments, etc.)
- Benefits: \$X in potentially 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 of the work to experts (e.g., doctors, specialists, etc.)
- Outsource some of the work to assistants

Key Timings

- Proactively review sense issues regularly (e.g., annually)
- Respond to sense issues when and if they arise

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 a sample sequence of actions you might take.

1. Describe your [mental model](#) of your perception¹
 - a. Create a visual representation of it 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
 - a. Do relevant [assessments](#) to understand current abilities and diagnose potential issues
 - i. Respond to issues as appropriate
3. Consider improving your senses
 - a. Observe everything around you
 - b. Listen to sounds without doing anything else
 - c. Eat mindfully with closed eyes
 - d. Feel what you touch with closed eyes
4. Take preemptive measures to preserve senses
 - a. Always wear eye protection in applicable situations
 - b. Always wear ear protection in applicable situations
 - i. Consider keeping music volume lower than your default

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

¹ We're referring to physical senses here.

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.

- [HearZA](#): a screening test that analyzes a person's ability to perceive speech in noise (requires app download)
- [Ishihara Test](#): a color perception test for red-green color deficiencies
- [Pseudoisochromatic Plate \(PIP\) Color Vision Test](#): a test to determine color-blindness

Tools

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

- [Awareness](#)
- [Barner](#)

- [eyeCare](#)
- [Isolation tank](#)
- [Mberry](#)
- [MiraBurst](#)
- [Miracle fruit](#)
- [Neo Sensory Clarify](#)
- [Rebel Wisdom Sensemaking](#)
- [Rubyberry](#)
- [Stoggles](#)
- [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.

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Notes

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

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