

Upgrade Program Purpose 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.

Also note that for some this might be incredibly easy. You might introspect for 10 seconds and have your "answer". In that case, we still do recommend at least exploring the rest of this plan.

Epistemic Status

This is an overview of how confident the principal [author](#) is in this plan.

- Generally high confidence of plan
- Based on 30+ years of coaching and mentoring 100+ people on finding and pursuing their life purposes

Objectives

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

1. Develop your purpose
 - a. Write a definitive purpose statement
2. Live your purpose as best you can

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 (e.g., ad hoc, once, hourly, daily, weekly, monthly, quarterly, annually or per decade). Below are some sample metrics.

- Purpose Rating: How well do you understand your purpose, on a 1-10 scale?
- Purpose Alignment Rating: How well are you fulfilling your purpose, on a 1-10 scale?

Values

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

1. Utility
2. Meaning
3. Fulfillment
4. Emotional well-being
5. Happiness

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 - 1,000 hours
- Financial costs: \$0 - \$100,000 dollars (e.g., retreats, travel, experts, psychedelics, etc.)
- Benefits: \$X in potentially extremely 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., coaches, philosophical counselors, psychotherapists, etc.)
- Outsource some 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)

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 purpose
 - 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. Write a preliminary purpose statement
 - a. Generally this is a sentence fragment, a single sentence or a single paragraph (but choose whatever length and format works for you)
 - b. Consider using the phrasing of Mission and/or Vision
 - c. Consider using the phrasing of [ikigai](#)
 - i. Identify what you love
 - ii. Identify what you are good at
 - iii. Identify what the world needs
 - iv. Identify what you can be paid for
 - d. Refine your purpose statement over months and years as you learn more about yourself and what you believe in
 - e. Begin orienting yourself around your purpose as much as is reasonably possible
4. Develop your [self](#)
5. Develop your [values](#)
6. Explore examples of others are living their purpose (e.g., [Good Life Project](#))
7. Connect with purposeful people who inspire you and interview them
8. Journal regularly on questions around purpose
9. Meditate regularly and contemplate your purpose
10. Study [Upgradable Theory of Optimal Living \(Slide Deck\)](#)
11. Consider doing programs designed to help you live your purpose (e.g., [Live Your Legend](#), [New Warrior Training Adventure](#), [Unleash the Power Within](#), etc.)

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.

- [Flourishing Scale \(FS\)](#): a measure of psychosocial flourishing, based on recent theories of psychological and social well-being

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- [PERMA-Profiler Questionnaire](#): a questionnaire to measure flourishing through the five elements (Positive Emotion, Engagement, Relationships, Meaning, Achievement) developed by Martin Seligman that account for what makes up the “good life”—authentic and sustained happiness and well-being

Tools

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

- [UP Annual Goals Dashboard](#)
- [UP Annual Plan](#)
- [UP Archive](#)
- [UP Assessments](#)
- [UP Curriculum](#)
- [UP Life Calculator](#)
- [UP Life Goals](#)
- [UP Life Path Design](#)
- [UP Life Plan](#)
- [UP Life Responsibilities](#)
- [UP Life Strategies](#)
- [UP Self Plan](#)
- [UP Tools](#)
- [UP Values Plan](#)
- [Upgradable Theory of Optimal Living \(Slide Deck\)](#)

Resources

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

- [Date With Destiny](#)
- [Landmark Forum](#)
- [Live Your Legend](#)
- [New Warrior Training Adventure](#)
- [PSI Seminars](#)
- [Unleash the Power Within](#)

Notes

Add any random thoughts, questions, uncertainties, etc.

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