

Upgrade Program Safety 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 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 reasonable level of safety for self
2. Ensure reasonable level of safety for loved ones

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.

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- Safety Rating: How would you rate your safety, on a 1-10 scale?
- Number of Accidents and Incidents
- Home Safety Evaluation Rating
- Number of Stolen Items
- Number of Equipment Breakdowns

Values

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

1. Safety
2. Health
3. Stability
4. Peace of mind

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 - \$200,000 dollars (e.g., tools, team, equipment, experts, 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 or most of the work to experts (e.g., safety specialists, etc.)
- Outsource some or most of the work to assistants

Key Timings

- Make incremental changes every day until you reach your desired level of safety
- 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 safety

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 personal safety
 - 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
3. Stay up-to-date on the crime rates of the neighborhoods around your home and office
4. Research the best medical, theft, and accident insurance for you and enroll as needed
5. Complete a [first aid training](#) program
6. Increase safety at home
 - a. Keep emergency numbers easily accessible
 - b. Keep a first aid kit
 - c. Install smoke detectors and keep a fire extinguisher
 - d. Install a carbon-monoxide detector
 - e. Install a home security alarm system (e.g., [Simplisafe](#))
 - f. Get a safety box for important documents/items
7. Increase safety outside
 - a. Always carry your medical card and ID card
 - b. Share your plan with at least one person
 - c. Carry a cellphone in case of emergency
 - d. Carry a card with your emergency contact person's information
 - e. Understand the hazards of your workplace
 - f. Consider taking self defense classes
 - g. Consider hiring a security guard
8. Increase safety in transit
 - a. Research the safest way to travel in your area
 - b. Improve your [transportation methods](#)
 - c. Plan your trip in advance
 - d. Check for unexpected closures
 - e. Purchase insurance for any privately owned vehicles
 - f. Purchase protective gear if using a motorbike, scooter, or bicycle
 - g. Consider purchasing travel insurance for long-distance travel
9. Increase safety online

- a. Improve your [privacy](#)
 - b. Choose strong passwords and store them in a secure location with [LastPass](#)
 - c. Practice safe browsing with [DuckDuckGo](#)
 - d. Use a VPN such as [ExpressVPN](#)
 - e. Avoid free wifi
 - f. Keep your antivirus program up to date
10. Improve your [emergency preparedness](#)

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.

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Tools

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

- [Apple Watch](#)
- [Avg](#)
- [Avira](#)
- [Body camera](#)
- [Box](#)
- [Client Access License \(CAL\)](#)
- [Conquest Knight XV SUV](#)
- [CrookCatcher](#)
- [Dash camera](#)
- [Dji](#)
- [Drone](#)
- [DuckDuckGo](#)
- [Duo](#)
- [ExpressVPN](#)
- [Fire extinguisher ball](#)
- [First aid training](#)
- [FlyVPN](#)
- [Food Sense Guide](#)
- [Google Inactive Account Manager](#)
- [Google's Advanced Protection Program](#)
- [HD Mask USB Camera](#)
- [Kaspersky](#)
- [LastPass](#)
- [Life360](#)
- [Martial arts training](#)
- [McAfee](#)
- [NextDNS](#)
- [Nomorobo](#)
- [NordVPN](#)
- [NotOK](#)

- [Prey](#)
- [Pseudonym](#)
- [Safe](#)
- [Safety deposit box](#)
- [Secure VPN](#)
- [Simplisafe](#)
- [Titan Security Key](#)
- [Tresorit](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Curriculum](#)
- [UP Emergency Preparedness Plan](#)
- [UP Privacy Plan](#)
- [UP Tools](#)
- [UP Transportation Plan](#)
- [Windows Security](#)
- [VPN](#)
- [YubiKey](#)

Resources

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

- [How to Secure Your Accounts With a U2F Key or YubiKey](#)
- [Security List](#)

Notes

Add any random thoughts, questions, uncertainties, etc.

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