

# Upgrade Program Self 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 of plan
- Based on 30+ years of intentional self-development, including receiving and offering coaching, mentoring, therapy, and training

## Objectives

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

1. Develop clear and comprehensive “map” of my self
  - a. Ensure I understand all of my [“parts”](#)
  - b. Ensure I understand my extended self (e.g., brand, personal team, computer, phone, etc.)
  - c. Ensure I understand my contextual selves (e.g., at home, with family, with friends, at work, etc.)

- d. Ensure I understand my temporal selves (i.e., past, present, and future selves)
- e. Ensure I understand my shadow selves
2. Become my ideal self/selves
  - a. Integrate my shadow selves deeply

## 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.

- Self Rating: How would you rate your understanding and integration of yourself, on a 1-10 scale?
- Number of Identified [Parts](#)
- Number of Logged Insights (i.e., number of logged self-insights rated as “valuable” in journal over set period)

## Values

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

1. Self-awareness
2. Honesty
3. Courage
4. Life congruence

## 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 - \$50,000 dollars (e.g., coaches, psychotherapists, retreats, travels, drugs, 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., psychotherapists, coaches, etc.)
- Outsource some of the work to assistants

### *Key Timings*

- Make incremental changes every day until you reach your objectives
- Make as many changes as you can over a set period (e.g., one week, one month, six months or one year)
- Make changes as intensively as you can until you reach your objectives

### *Key Locations*

- Do the work in your current environment
- Do the work in isolation (e.g., silent retreat, cabin in the woods, etc.)

## **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 self
  - 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. Complete [UP Life Audit](#)
4. Complete [UP Self-Model](#)
5. Complete [UP Life Areas Taxonomy Design](#)
6. Explore [UP Assessments](#) and do whichever assessments seem most valuable to you
  - a. Consider the instruments in [Self](#)
  - b. Consider the assessments in [Personality](#)
7. Complete [UP Life Responsibilities](#)
8. Complete [UP Life Dashboard](#)
9. Complete [UP Life Goals](#)
10. Complete [UP Life Paths](#)
11. Complete [UP Life Strategies](#)

12. Consider doing intensive psychotherapy
  - a. Consider [Internal Family Systems Therapy](#)
13. Consider experimenting with psychedelics<sup>1</sup>
14. Consider doing long meditation retreats<sup>2</sup>
15. Consider doing [darkness retreats](#)
16. Consider experimenting with complete or partial isolation for 1 week to 6 months<sup>3</sup>
17. Consider doing somatic-focused explorations (e.g., somatic therapy, bodywork, yoga, surfing, skiing, etc.)
18. Consider doing “men’s work” or “women’s work” (e.g., men or women’s circles, retreats, etc.)
19. Consider doing [circling](#)
20. Consider doing [authentic relating](#)
21. Consider traveling the world to absorb insights from other cultures

## 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

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<sup>1</sup> Under proper medical guidance in jurisdictions where it’s legal and assuming no contraindications. It’s a higher-risk approach than many others and should be approached with extreme care.

<sup>2</sup> Under proper medical guidance. It’s a moderately higher-risk approach and should be approached with care.

<sup>3</sup> Under proper medical guidance. It’s a moderately higher-risk approach and should be approached with care.

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.

- [23andMe](#): a genetic test that examines health, traits, ancestry, and more (US \$79)
- [AncestryDNA](#): a DNA testing service that helps discover family history (US \$59-\$99)
- [Aspiration Index \(AI\)](#): a 35-item questionnaire to assess three extrinsic (wealth, fame, image) and four intrinsic (personal growth, community, affiliation, health) aspirations
- [Characteristics of Self-Actualization \(CSAS\)](#): a measure of the 10 facets of self-actualization
- [General Self-Efficacy Scale \(GSE\)](#): a 10-item psychometric scale that is designed to assess optimistic self-beliefs to cope with a variety of difficult demands in life
- [High5 Test](#): a 15-minute free strengths test that helps people to discover what they are naturally good at
- [Life-Changing Questions](#): a series of open-ended questions designed to give an individual new, important insights about themselves (UP Top Pick)
- [Self-Concept Clarity \(SCC\)](#): a questionnaire to assess self-concept clarity and the extent to which self-beliefs are clearly and confidently defined, internally consistent, and stable
- [SelfDecode](#): a DNA test and DNA-based health situation analysis that accepts data from other DNA testing companies (US \$97-\$297)
- [Self-Monitoring Scale](#): an assessment to measure the extent to which individuals differ in their use of social cues to guide behavior
- [Self Positivity Inventory](#): a questionnaire about how strongly a person believes in their skills, abilities, and personal qualities
- [SelfStir Individual 360 Feedback](#): a 360-degree feedback development solution
- [The Vitality Test](#): a test developed to help us understand what drives us, motivates us, and makes us brilliant, extraordinary, and sometimes flawed

## Tools

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

## △UPGRADABLE

- [7Cups](#)
- [23andMe](#)
- [360-degree feedback](#)
- [8,760 Hours](#)
- [Alternatives](#)
- [AncestryDNA](#)
- [BetterHelp](#)
- [Clearer Thinking](#)
- [E-couch](#)
- [Entheogen](#)
- [Esalen](#)
- [FutureMe](#)
- [HEXACO Personality Inventory](#)
- [Inqwire](#)
- [Internal Family Systems Therapy](#)
- [Johari Window](#)
- [Mental Workout](#)
- [Mind Strong](#)
- [Mindset Health](#)
- [Mood Tracker](#)
- [Moodgym](#)
- [Moodscope](#)
- [MoodTools](#)
- [Personal AI](#)
- [Reporter](#)
- [Scientific Self Discovery](#)
- [SelfDecode](#)
- [SelfStir](#)
- [Shine](#)
- [Somatic experiencing](#)
- [Talkspace](#)
- [Tripp](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Curriculum](#)
- [UP Holistic Life Assessment](#)
- [UP Life Areas Taxonomy Design](#)
- [UP Life Audit](#)
- [UP Life Dashboard](#)
- [UP Life Goals](#)
- [UP Life Paths](#)
- [UP Life Plan](#)

- [UP Life Responsibilities](#)
- [UP Self-Model](#)
- [UP Life Strategies](#)
- [UP Tools](#)
- [Virtual EMDR](#)
- [YearCompass](#)

## Resources

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

- [Date With Destiny](#)
- [Hoffman Process](#)
- [Inner Development Goals](#)
- [New Warrior Training Adventure](#)
- [PSI Seminars](#)
- [Shadow work](#)
- [Unleash the Power Within](#)

## Notes

Add any random thoughts, questions, uncertainties, etc.

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