

# Upgrade Program Social 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 this plan
- Based on 20+ of connecting with 10,000+ people across dozens of countries

## Objectives

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

1. Build desired social network
2. Maintain desired social network
3. Overcome social anxiety and fears

## 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.

- Social Rating: How would you rate your social life, on a 1-10 scale?
- Number of Social Interactions per Week
- Number of Close Friends
- Total Number of Friends
- Number of Contacts

## Values

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

1. Connection
2. Support
3. Fun

## 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 - 10,000 hours
- Financial costs: \$0 - \$10,000 dollars (e.g., events, coaches, psychotherapists, apps, etc.)
- Benefits: \$X in potentially extremely large objective and subjective benefits (e.g., relationships, support, experiences, happiness, etc.)

## 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., agent, psychotherapist, coach, lifestyle manager, etc.)
- Outsource some of the work to assistants

### *Key Timings*

- Do nothing and build your social life naturally
- Make incremental progress every day until you have built your desired social life
- Make as much progress as you can over a set period (e.g., one month, six months or one year)
- Intensively invest resources until you have built your desired social life

## **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 non-romantic social relationships
  - 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. Identify and define your social needs
4. Build better connections with your current social network
  - a. Schedule regular time to connect with friends in person
  - b. Keep in touch with contacts regularly by using a relationship tracker (e.g., [Fabrig](#), [Ntwrk](#), etc.)
5. Experiment with a wide variety of dating platforms (e.g., [Bumble](#), [Hinge](#), [Coffee Meets Bagel](#), [OkCupid](#), [Tinder](#), etc.)
6. Use social platforms to find new connections (e.g., [Bumble](#))
7. Join online discussions (e.g., [Clubhouse](#), [Discord](#), [Reddit](#), etc.)
8. Join local meet-ups for people with similar hobbies (e.g., [Meetup](#))
9. Build your social media presence
10. Improve your [emotional well-being](#)
  - a. Work on your social anxieties, possibly with a psychotherapist
11. Improve your [communication skills](#)
  - a. Improve networking skills (e.g., [UpHabit](#))
  - b. Improve eye contact and body language
  - c. Improve conversational abilities
12. Improve your [appearance](#)

## 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.

- [Autism Spectrum Quotient \(AQ\)](#): a diagnostic questionnaire measuring the severity of Autism-Spectrum Disorders in individuals
- [Autism Spectrum Screening Questionnaire \(ASSQ\)](#): a questionnaire developed to assess the prevalence of Asperger Syndrome and high-functioning Autism Spectrum Disorder

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- [Balanced Inventory of Desirable Responding \(BIDR\)](#): an assessment to measure social desirability that also assesses whether respondents are responding truthfully or are misrepresenting themselves in order to manage their self-presentation
- [Clinical Impairment Assessment Questionnaire \(CIA 3.0\)](#): a 16-item, self-report questionnaire designed to measure psychosocial impairment due to eating disorder features in the past 28 days
- [Empathy Quotient \(EQ\)](#): a questionnaire designed to measure empathy in adults
- [Group Embedded Figures Test](#): a 25-item assessment exploring analytical ability, social behavior, body concept, preferred defense mechanism, and problem-solving style as well as other areas (US \$2.50-\$200)
- [Humor Styles Questionnaire \(HSQ\)](#): a self-report measure that assesses the four different humor styles of affiliative, self-enhancing, aggressive, and self-defeating humor
- [Marlowe-Crowne Social Desirability Scale \(MC-SDS\)](#): an assessment to measure social desirability independent of psychopathology, the act to manage self-presentation
- [Ritvo Autism & Asperger Diagnostic Scale \(RAADS-14\)](#): a screening instrument to aid in the identification of patients who may have undiagnosed Autism Spectrum Disorder
- [Self and Others Scale](#): a test to measure level of interconnectedness
- [Self-Monitoring Scale](#): an assessment to measure the extent to which individuals differ in their use of social cues to guide behavior
- [Short Autism-Spectrum Quotient \(AQ\)](#): a diagnostic questionnaire measuring the severity of Autism-Spectrum Disorders in individuals
- [Social Intelligence Test](#): a test that assesses ability to read the emotions of others just by looking at their eyes
- [Social Skills Test](#): an assessment to learn about social skills and what to do if they need improvement
- [Tromsø Social Intelligence Scale \(TSIS\)](#): a 21-item measure assessing a three-factor structure of social intelligence.

## Tools

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

- [Ablo](#)
- [Academia.edu](#)
- [Badoo](#)
- [BitBite](#)
- [Bloom Community](#)
- [Bumble](#)
- [Clubhouse](#)
- [Coffee Meets Bagel](#)
- [Couchsurfing](#)
- [Dex](#)
- [Dialup](#)

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- [Discord](#)
- [Edggi](#)
- [Fabriq](#)
- [Facebook](#)
- [Facebook Messenger](#)
- [FaceTime](#)
- [Feeld](#)
- [Garden](#)
- [FilterOff](#)
- [Google Hangouts](#)
- [Google Meet](#)
- [GoToMeeting](#)
- [Grindr](#)
- [Hinge](#)
- [iMessage](#)
- [Impact Hub](#)
- [Inner Circle](#)
- [Interintellect](#)
- [Instagram](#)
- [Join.me](#)
- [Keeper](#)
- [Letter](#)
- [Lifesize](#)
- [Line](#)
- [LinkedIn](#)
- [Luxy](#)
- [Marco Polo](#)
- [Meetup](#)
- [Mighty Networks](#)
- [Monica](#)
- [Nat](#)
- [Ntwrk](#)
- [OkCupid](#)
- [Pinterest](#)
- [Quora](#)
- [Raya](#)
- [Replika](#)
- [ResearchGate](#)
- [Serendipity](#)
- [Skype](#)
- [Snapchat](#)
- [Sparrow](#)
- [Strava](#)

- [Tandem](#)
- [Tantan](#)
- [Telegram](#)
- [The League](#)
- [Tictrac](#)
- [TikTok](#)
- [Tinder](#)
- [Tripadvisor](#)
- [Twitter](#)
- [UP Actions](#)
- [UP Appearance Plan](#)
- [UP Assessments](#)
- [UP Communication Plan](#)
- [UP Curriculum](#)
- [UP Emotional Plan](#)
- [UP Tools](#)
- [UpHabit](#)
- [Viber](#)
- [WeChat](#)
- [WhatsApp](#)
- [Whereby](#)
- [Zoom](#)

## Resources

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

- [Circling](#)

## Notes

Add any random thoughts, questions, uncertainties, etc.

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