

Upgrade Program Societal 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.

For some people, their society (or country) is extremely important to them. For others, it barely registers. In either case, it helps to think deeply about what your fellow citizens and government leaders mean to you and how you ought to relate to them.

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 this plan

Objectives

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

1. Identify how you wish to connect with and/or support your society
2. Connect with and/or support your society as desired

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.

- Societal Rating: How would you rate your societal connection, 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. Belonging
2. Connection
3. Responsibility
4. Freedom

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 - \$100,000,000 dollars (e.g., donations, events, experts, books, tools, 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 Timings

- Do nothing and build your societal connection naturally
- Make incremental progress every day 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)
- Intensively invest resources until you reach your objectives

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 society
 - 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. Write out what your society means to you
4. Determine the needs of the society you belong to
5. Contribute to your society in a way you deem most appropriate
6. Develop your [values](#)
7. Improve your [impact](#)

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.

- [American System Justification \(ASJ\)](#): an assessment to measure perceptions of the fairness, legitimacy, and justifiability of the prevailing social system
- [Do You Live in a Bubble? — A Quiz](#): a 25-question quiz to help determine how isolated an individual is from the rest of society, covering topics such as beer, politics, Avon, “The Big Bang Theory”
- [Evaluating Social Science Research](#): a questionnaire about the effectiveness of morally controversial social policies
- [Gender System Justification \(GSJ\)](#): a measure to assess the tendency to legitimize gender inequality
- [Government Budget and Economics Study](#): a test to assess an individual's model for a government budget
- [Implicit Association Test \(IAT\)](#): a test to measure implicit associations made between different social groups and human or animal
- [Politician Perceptions](#): a questionnaire to assess perceptions about politician(s)
- [Social and Economic Conservatism Scale \(SECS\)](#): a scale designed to measure individuals' support for the so-called ‘peripheral’ aspects of conservatism: conservatism as a general approach to political issues, regardless of actual party affiliation or underlying personality type
- [United States Civics Test](#): an examination that all immigrants must pass to gain United States citizenship, containing 100 civics questions that cover various topics in U.S. history, constitution, and government
- [United States Gun Law Knowledge Questionnaire](#): a questionnaire about United States gun laws

- [Volunteer Personality Quiz](#): an assessment to identify the kind of volunteer activity an individual is best suited for

Tools

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

- [IssueVoter](#)
- [UP Actions](#)
- [UP Assessments](#)
- [UP Curriculum](#)
- [UP Tools](#)

Resources

List all of the resources you might use to achieve your objectives.

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Notes

Add any random thoughts, questions, uncertainties, etc.

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