

Upgrade Program Survive AI 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.

It is focused on the practical steps you can take to plausibly survive the next few years given the rise of existentially risky technologies like transformative artificial intelligence. Unfortunately there is no guarantee any of us will survive, given the immense power of AI and the likelihood it will not be aligned with human values. But in some plausible scenarios, you may not only survive but help our species and all other species on Earth thrive. Let's fight for that future.

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

Write out how confident you are in this plan and what evidence serves as the basis for that confidence.

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Objectives

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

- 1.
- 2.
- 3.

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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Values

List all of your relevant values and rank them in order of importance.

- 1.
- 2.
- 3.

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.

Overview

- Time costs:
- Financial costs:
- Benefits:

Value Analysis

- Expected Value (EV)
 -
- Cost-Benefit Analysis (CBA)
 -
- Return on Investment (ROI)
 -
- Net Present Value (NPV)
 -

Highest Value Upgrade Examples

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Most Cost-Effective Upgrade Examples

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Strategies

Decide on your high-level strategies for achieving your objectives.

Category #1

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-
-

Category #2

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-
-

Category #3

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-
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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.

Improve AI Safety

These are steps you might plausibly take to improve the AI safety field and

1. Describe your [mental model](#) of this topic
 - 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

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- 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. Step #3
4. Step #4
5. Step #5

1. Signing relevant open letters (e.g., [Open letter calling on world leaders to show long-view leadership on existential threats - Future of Life Institute](#))
2. Attending relevant protests (e.g., [PauseAI Protests](#))
3. Attending relevant industry events (e.g., [EA Globals Catastrophic Risks 2024](#))
4. Providing guidance on selected policy documents (e.g., [UN Governing AI for Humanity Interim Report](#))
5. Acting as whistleblower, as appropriate (e.g., [A Right to Warn about Advanced Artificial Intelligence](#))
6. Publishing transparent outcome data and mistakes pertinent to organization's initiatives, as appropriate (e.g., [Our Mistakes | Centre For Effective Altruism](#))
7. Building relationships with and strategically lobbying selected key leaders, as appropriate

The site should allow the user to request reminders on whether they did or didn't take the actions, as well as a leaderboard for how active users are.

Improve Yourself

The Upgrade Program (UP) was designed over the last two decades to help people see and shape the future—their future and the world's future. We now live in that “future”. Doing UP will help you improve your agency and ability to adapt to today's rapidly changing environment. For a high-level primer on how to do a DIY UP, see [here](#). Or pick a plan below and get to work. We suggest you first rank them in rough order of value for you, given the risks of AI.

1. [UP Appearance Plan](#) - helpful for persuading others to join in AI safety
2. [UP Behavioral Plan](#) - helpful for developing discipline
3. [UP Brand Plan](#) - helpful for persuading others to join in AI safety
4. [UP Career Plan](#) - helpful for finding a valuable career in AI safety or related fields
5. [UP Cognitive Plan](#) - helpful for learning how to think more clearly and strategize more effectively
6. [UP Communication Plan](#) - helpful for persuading others to join in AI safety
7. [UP Communities Plan](#) - helpful for securing communities you can count on in times of crisis
8. [UP Consciousness Plan](#)
9. [UP Emotional Plan](#) - helpful for developing emotional fortitude for times of crisis

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10. [UP End of Life Plan](#) - helpful for
11. [UP Environmental Plan](#)
12. [UP Family Plan](#)
13. [UP Financial Plan](#)
14. [UP Fitness Plan](#)
15. [UP Goals Plan](#)
16. [UP Health Plan](#)
17. [UP Impact Plan](#)
18. [UP Knowledge Plan](#)
19. [UP Legal Plan](#)
20. [UP Leisure Plan](#)
21. [UP Life Work Plan](#)
22. [UP Nutrition Plan](#)
23. [UP Other Plan](#)
24. [UP Perception Plan](#)
25. [UP Personality Plan](#)
26. [UP Philosophy Plan](#)
27. [UP Privacy Plan](#)
28. [UP Productivity Plan](#)
29. [UP Purpose Plan](#)
30. [UP Relationships Plan](#)
31. [UP Safety Plan](#)
32. [UP Self Plan](#)
33. [UP Sex Plan](#)
34. [UP Skills Plan](#)
35. [UP Sleep Plan](#)
36. [UP Social Plan](#)
37. [UP Societal Plan](#)
38. [UP Spirituality Plan](#)
39. [UP Team Plan](#)
40. [UP Time Plan](#)
41. [UP Transportation Plan](#)
42. [UP Values Plan](#)

Schedule

Decide on which days you will take which actions. You should add these dates to your project management system or 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.

- [Year 1]: [Outcomes]
- [Year 2]: [Outcomes]
- [Year 3]: [Outcomes]
- [Year 4]: [Outcomes]
- [Year 5]: [Outcomes]
- [Year 6]: [Outcomes]
- [Year 7]: [Outcomes]
- [Year 8]: [Outcomes]
- [Year 9]: [Outcomes]
- [Year 10]: [Outcomes]
- [Year 25]: [Outcomes]
- [Year 50]: [Outcomes]
- [Year 100]: [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.

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Resources

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

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Notes

Use this as a section for random thoughts, questions, uncertainties, etc.

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Legal

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- We [do not profit](#) off any product recommendations.
- We declare no conflicts of interest.
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