# Upgrade Program Spirituality 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 low 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. Develop desired spiritual life
   a. Develop deeper sense of being
   b. Develop a closer connection to the transcendent
   c. Develop a deeper connection to the rest of humanity, environment, and/or the universe

## 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.

- Spirituality Rating: How would you rate your general spirituality, on a 1-10 scale?
- Spiritual Well-Being Rating: How would you rate your spiritual well-being, on a 1-10 scale?
- Human Connection Rating: How would you rate your connection to the rest of humanity, on a 1-10 scale?
- Spiritual Needs Rating: How well are each of your spiritual needs being met, on a 1-10 scale?
- Number of Mystical Experiences
- Number of Hours Practicing Mindfulness Activities

## Values

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

1. Meaning
2. Purpose
3. Harmony
4. Altruism
5. Wisdom

## 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 - $100,000 dollars (e.g., "gurus", coaches, courses, retreats, workshops, travel, psychedelics, cabins in the woods, etc.)
- Benefits: $X in potentially extremely large subjective or objective 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., "gurus", coaches, psychotherapists, etc.)
- Outsource some of the work to assistants

*Key Timings*

- Make incremental progress every day until you develop your desired spiritual 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 develop your desired spiritual 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 an example sequence of actions you might take.

1. Describe your [mental model](#) of spirituality
    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. Do a comprehensive analysis of your general spirituality, spiritual well-being, and connection to humanity, your environment, and the universe
    a. Improve your [consciousness](#)
    b. Develop your [personal philosophy](#)
    c. Develop your [purpose](#)
    d. Develop your [values](#)

4. Make a list of your spiritual needs and score how they are currently being fulfilled
5. Create a plan to fulfill each spiritual need
6. Gain new spiritual insights and experiences
    a. Compile a reading list of books to explore different aspects of spirituality
    b. Consider attending lectures, workshops, and classes related to your spiritual interests
    c. Consider contacting monks, yogi masters, or other spiritual guides
    d. Consider trying other mystical experiences (e.g., Alternatives, Esalen, etc.)
7. Practice mindfulness
    a. Practice stillness by disconnecting from electronic devices
    b. Research and practice deep breathing techniques
    c. Consider practicing yoga or joining a retreat
    d. Consider daily/weekly meditation or intensive meditation (e.g., Vipassanā)
    e. Implement self-subconscious talks in your daily routine (e.g., visualization, autosuggestion, auto-hypnosis)

## 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.

- Mystical Experience Questionnaire: a questionnaire use to evaluate whether a participant has had a mystical experience
- Penn Inventory of Scrupulosity (PIOS): a 19-item self-report scale measuring religious obsessions and the clash between thoughts/actions and conscience
- Spiritual Index of Well-Being: a 12-item instrument that measures one's perceptions of their spiritual quality of life
- Supernatural Belief Scale (SBS): an essentially unidimensional measure designed and validated to measure individuals' tendencies to believe in supernatural agents, entities, and events

## Tools

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

- Alternatives
- Esalen
- UP Assessments
- UP Consciousness Plan
- UP Curriculum
- UP Philosophy Plan
- UP Purpose Plan
- UP Tools
- UP Values Plan
- Vipassanā

## 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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