

## EXERCISE

# The Year Wheel



Time: solo 10 minutes, in conversation 15 or more minutes per person



Setup and materials: pencil and paper or printed year wheels. You can print from this exercise page or see Year Wheel template



Good For: individuals, families and project groups, planning

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### Framing:

*My habit for many years was to think of the year in rectangles. Our calendars are made that way. We take out a chunk of an hour or a day, or we mark a group of hours or days or weeks to make a rectangular block.*

*For some reason, though, those blocks weren't visual enough. You can view a calendar with all the months at once, but it's hard to see any detail. The blocks don't relate to the whole of a year. Several years ago I started using a circle to create a different map of a year.*

In this exercise, you think about your personal time and you map out how the next year of it might be used. You mark out time that is promised already, and you look at wedges of time that are free and open. You can think about how you want to fill those spaces.

I recently found the wheel that I drew in December, 2019 for 2020. Well, we all have stories about “expectations meet reality,” don't we?

Enjoy this annual ritual. When you decide to spend this bit of time thinking about plans for the year, it's less likely when October comes you hear yourself saying, “how did that happen? Another year in it's final quarter.”

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### Steps:

1. Solo, make your year wheel. Begin at the top of your circle, at the 12 o'clock position on a clock. The twelve sections that are the hours on the clock represent the months of the year.

Use your traditional calendar to enter the chunks of time that are already committed, or promised in some way. These could be events or gatherings, conferences, learning experiences, travel. You might want to mark out your open time, the bank holidays and vacations from work. You can use individual lines for days or parts of days, wedges for groups of days or weeks.

2. As you fill out your wheel, progress around to the end point 365 days later, back at the top of the wheel in December. You finish with a pie graph of the year. Some people color code or use symbols or notations to mark out different sections.
3. 2. Look at the whole circle of the year you have drawn. What do you notice about it? What is full? What is (so far) empty? In conversation with someone, go through what you notice about this “projected” year. How does the balance feel? What would make it ideal for you? How can you make choices that move you toward your ideal?

TEMPLATE

# The Year Wheel

