

Variations on Cycles, Sizes, and Themes

Whether you are embarking on your first Wheel or continuing an ongoing practice of circular journaling you have probably noticed the seemingly endless variations for:

The cycle of time you choose—one day, one month, one year with or without moon phases, a lifetime, or a Wheel of your own design based on the blank template.

The time frame—past, present or future? Your Wheel may cover the present, so you will record a bit at a time and on a frequent or regular basis. Or, you may choose a retrospective Wheel covering a past cycle or a prospective Wheel with intentions for a coming cycle.

What size your Wheel will be—Some people prefer the 11” Wheels because they are compact and portable. Others prefer a large format 24” or larger in diameter, especially when working in groups or when they have a place to post it for frequent use.

How you will define the center of your Wheel—every Wheel has a center or a hub. Here are some ideas:

Sit Spot a specific, single location where you sit still and let nature come to you

Home kitchen, porch, yard, cottage or garden

Special Place park, walking path or route, a forest, beach, or mountain

Neighborhood community, or rural property

Watershed bioregion, or other geographic area

Always at Home an image of the home in your heart or being at home wherever you are

It is wonderful to think of Earth, the solar system, or the universe as your home; however, it is most likely that you will choose a smaller scale for your Wheel.

The theme you will track over time – if you have picked a theme for your Wheel, go for it! If you are feeling uncertain or stuck, perhaps one of the ideas below will capture your imagination:

Phenology the timing of natural events, such as when different flowers are in bloom or birds migrate

One Kind of Animal or Plant

eggs→tadpoles→toads in a nearby pond

seed→seedling→vine→flower→seed for a morning glory

Many Kinds of Animals or Plants everything that visits or is produced in your garden

Sky shapes of clouds, phases of the moon, stars in the night sky

more →



Wheels of Time and Place worksheet

Holidays celebrations of the seasons and your family's traditions

Sounds everything you can hear, reflective of the activity of people and creatures around your home place

Poems write a line or haiku for each month, phase of the moon, or season

An Eclectic Mix of nature, social interactions, holidays, weather, etc.

Project or Action Plans track start and completion times for projects in the home or garden

Spiritual Growth explore new perspectives revealed by cycles and seasons; celebrate healing

Life Passages characterize the major 'eras' of your life so far, or track the 'firsts' in the life of a newborn

