Lap Year

Life first. Work fits.

Plan a year you will tell stories about.

Lap Year is a one-hour method and a big wall calendar. You plan your life first: 1 Yearmark, 4 Upgrades, 12 Firsts. Work fits around them. Pages 2 and 3 are yours to fill.

What was your goal two years ago?

We plan our careers, our businesses, our startups. Work gets a plan and a deadline. Life gets whatever time is left.

We are in amazing moments all the time, and we do not notice until they are memories. Look back over your years and only a few highlights are left.

I made Lap Year to change that. You plan your life first and work goes around it. Every year gets one Yearmark: a goal big and scary enough to be the highlight of that year.

If someone asks what your goal was two years ago, you should be able to say it straight away.

VK

How to fill the sheet, in one hour.

1. **Write your lap in the ring.** It is the age you turn in 2027.
2. **Write your Lap Story on page 2.** It is a letter from the future: 2027, written as if it has already happened.
3. **Choose your 1 Yearmark, 4 Upgrades and 12 Firsts.** They are marked in your story. Each is explained below.
4. **Ask of every line:** "Is this a year I will tell stories about, or just another one?" No clear yes? Replace it.
5. **Give every line a date and book it.** Pay the deposit. Tell the people involved. With a partner? Fill one sheet each, then look for what you can share.

1 Yearmark

One big goal that marks the year. Big and scary enough to be its highlight, so later you can say: that was the year I did this.

It is not your job or your business. Money alone can't buy it. It should scare you a little.

For example: a marathon, the Camino, a finished novel, a kilometre in open water.

4 Upgrades

One each quarter: a habit or a skill.

A habit is something you keep doing, like asleep by 11 or three runs a week. Earlier habits carry on. If the last one is not holding, repeat it before you add another.

A skill is something new you can do by the end of the quarter, like a 30-second handstand, with a test you can pass in 90 days.

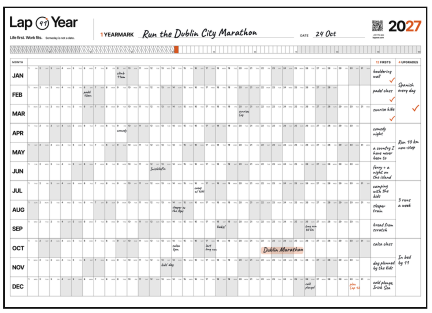
12 Firsts

One thing you have never done, every month, so no month passes without something new.

Alone or with anyone. Big or small does not matter. New does.

You do not need all twelve today. Six is enough to start. Choose the rest as each month arrives.

For example: a sea swim, a dance class, a hike, a night under canvas.



An example year on the calendar.

Then the dates go on the wall.

The Lap Year wall calendar shows all of 2027 in one look, with a box for every day. Your Yearmark goes across the top. Upgrades and Firsts have their own columns. The Lap Chart runs above them: 100 boxes, one for every year. It is laminated, so you write with a whiteboard marker and wipe to move a date. Two sizes: 84 × 59 cm and 119 × 84 cm.

Scan to see it, or go to **lapyear.com**

Lap Year

My Lap Story.

A letter from the future. Write it today, as if 2027 has already happened.

25 minutes

A pen and this page.
Before any list.

1. Write it. 10 minutes

Imagine it is the end of 2027, and you will tell stories about this year. Write what happened.

This year I _____

How to write it

Yes, 2027. You are looking back.

Write "I", in the past tense: "In June I walked ..."

No budget, no diary, nobody's permission.

Full sentences, not a list. Keep the pen moving.

Life only. Work gets its own plan.

If the pen stops

Where did you go?

Who was with you?

What can you do now that you could not do in January?

What did you keep up all year?

What did you stop?

2. Mark it. 5 minutes

Circle the one thing you would tell first. That is your Yearmark.

A solid line under what you kept doing, or learned to do. Your Upgrades.

A dashed line under everything you had never done before. Your Firsts.

Not every line gets a mark. Nothing worth circling? Add the line you left out because it felt too big.

3. Test it. 5 minutes

Ask of every marked line: **"Is this a year I will tell stories about, or just another one?"** No clear yes? Cross it out.

4. Protect the Yearmark. 5 minutes

What in me is most likely to stop this: _____

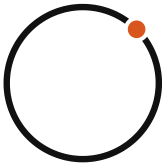
When that happens, I will _____

Lap Year

My 2027.

From your Lap Story. The dates come later.

This is my lap
Write the age you turn in 2027.



1 Yearmark

One big goal that marks the year. Not your job. Money alone can't buy it. It should scare you a little.

The goal _____

Why this one _____

_____

The day it happens _____

4 Upgrades

One each quarter: a habit you keep, or a skill you can test in 90 days. Circle which, then write what exactly.

Jan to Mar habit / skill _____

_____

Apr to Jun habit / skill _____

_____

Jul to Sep habit / skill _____

_____

Oct to Dec habit / skill _____

_____

12 Firsts

One thing you have never done, every month. Big or small does not matter. New does.

Six is enough to start. Choose the rest as each month arrives.

Jan _____
Feb _____
Mar _____
Apr _____
May _____
Jun _____
Jul _____
Aug _____
Sep _____
Oct _____
Nov _____
Dec _____

"Is this a year I will tell stories about, or just another one?"

Ask it of every line. If the answer is not a clear yes, replace it.

Before you fold it: In December 2027 you will read this page again. Write the version you would want to find.

Someday is not a date. Next, give every line a date. Ideas, and the wall calendar the dates go on: **lapyear.com**