

Five facts of a teaching life

Students leave and studios close, and none of it is the verdict it feels like at 2am. Sorting what's yours from what never was is a skill. It gets easier every time you use it.

YOGA PROS

Handout 17 • goes with the Learning Hub article of the same name



◆ HANDOUT 17

Inside this handout

Students leave and studios close, and none of it is the verdict it feels like at 2am. Sorting what’s yours from what never was is a skill. It gets easier every time you use it.

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◆ HOW TO USE IT

- Print it, or fill it in on a tablet. Paper works better than it should.
- Read the article first if you can. The handout is the practice; the article is the thinking behind it.
- There is no score and nothing to get right. It is a working page, not a test.

◆ WHEN TO USE THIS

- The week a studio closes or cuts your slot from the timetable
- When a regular vanishes and you're rereading your last class for the reason
- The night cover falls through, or a workshop doesn't fill

◆ THE PRACTICE

Step by step

01 Name the fact

One plain line for what happened, no interpretation added.

02 Make two lists

One page, one under the other, headed Mine and Not mine. The studio's rent isn't yours; your reply is.

03 Act once, small

Take one item off the Mine list and do it inside 48 hours.

04 Leave the rest

Read the Not-mine list and let it be. That part is the discipline.

05 Check the floor

Insurance current, agreements in writing, venue contacts saved somewhere that isn't the studio noticeboard.

◆ YOUR PAGE

Write it *down*

The fact I keep reading as a verdict:

What's actually mine in it:

The one small thing I'll do, and when:

◆ BEFORE YOU FINISH

☐ Five facts written in my own words, kept in my planner

☐ The sort done before bed, not at 2am

☐ One Mine-list action taken inside 48 hours

☐ Insurance and agreements checked this term

☐ Verdict sentences finished with actual evidence

YOGA PROS

This handout supports the article ‘Five facts of a teaching life’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ After the class that didn't land

➤ What counts as a good class — rewritten

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