

One page that holds your year

Nobody books your annual review, so this page is it: one quiet sheet for why you teach and what this year is for, kept where you'll actually see it, not in a drawer.

YOGA PROS

Handout 20 • goes with the Learning Hub article of the same name



◆ HANDOUT 20

Inside this handout

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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

- At the turn of a year, September as much as January
- The week after a training ends, while direction still feels clear
- When the weeks are fine and nobody has asked where this is going

◆ THE PRACTICE

Step by step

01 Set the hour

One evening, forty minutes, with last year's diary and your course notes in reach.

02 Write it rough

Fill every field in an honest first draft. Crossings-out are welcome to stay.

03 Put it in view

The front of your planning folder, or the inside of the wardrobe door. Nobody else needs to see it.

04 Diary the reviews

Two dates, six months apart, twenty minutes each. Amend in pen.

05 Read at the turns

When a season changes, read the page and the one intention that season holds.

◆ YOUR PAGE

Write it *down*

Why I teach, in one or two plain sentences:

The question I teach from this year:

Three signals I'll trust this year:

Summer, one intention:

Winter, one intention:

What I'm building this year, in one line:

My rules for a good class, two or three I control:

Spring, one intention:

Autumn, one intention:

The two dates I'll read this page again:

◆ BEFORE YOU FINISH

☐

Written rough in one sitting, honestly

☐

Kept somewhere I actually see each week

☐

Two review dates in the diary

☐

Read at each turn of season

☐

Last year's page kept beside this one

YOGA PROS

This handout supports the article ‘One page that holds your year’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

➤ The question you teach from

➤ What counts as a good class — rewritten

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogaprofessionals.com/learning-hub

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