

*You qualified. When do you feel like a **teacher**?*

The certificate came and the feeling didn't. That gap is normal, and it closes through evidence rather than waiting.

YOGA PROS

Handout 05 · goes with the Learning Hub article of the same name



◆ HANDOUT 05

Inside this handout

The certificate came and the feeling didn't. That gap is normal, and it closes through evidence rather than waiting.

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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

- When 'I'm a yoga teacher' still comes out with a qualifier attached
- When you're waiting to feel ready before approaching a studio
- When a room of experienced teachers makes you feel like a guest

◆ THE PRACTICE

Step by step

01 Name the gap

Remind yourself the wobble is an identity lag, and that every teacher you admire stood in it once.

02 Say the sentence

Once today, without a qualifier: I'm a yoga teacher, and I teach on my day, at my place.

03 File the evidence

After each class, write one line in your phone about something that worked.

04 Borrow some company

Ask one working teacher how long it took them to feel like one, and believe their answer.

◆ YOUR PAGE

Write it *down*

The qualifier I keep attaching to my teaching is...

Two recent moments that only a teacher could have had...

The sentence I'll say instead: I'm a yoga teacher, and I teach...

◆ BEFORE YOU FINISH

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- ☐ Said the sentence out loud without a qualifier
 - ☐ One line of evidence written after each class this week
 - ☐ Caught the word 'just' at least once and let it pass
 - ☐ Asked one teacher about their own gap
 - ☐ Training and hours written down where someone could see them
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YOGA PROS

This handout supports the article ‘You qualified. When do you feel like a teacher?’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- The inner critic has a job description
- Your teaching story, told properly

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

theyogapro.com/learning-hub

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