

Comparison is not research

Twenty minutes on a feed can undo a good evening. This page holds the signals that belong to your teaching, because a week of evidence beats a scroll.

YOGA PROS

Handout 15 • goes with the Learning Hub article of the same name



◆ HANDOUT 15

Inside this handout

Twenty minutes on a feed can undo a good evening. This page holds the signals that belong to your teaching, because a week of evidence beats a scroll.

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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 night a scroll ends in wondering why you bother
- When you catch yourself calling it market research
- Before you change your plans because of somebody's highlight reel

◆ THE PRACTICE

Step by step

01 Name the mismatch

When comparison lands, say what is on the table: their highlight reel against your ordinary Thursday.

02 Choose your signals

Pick measures that belong to your teaching, such as who comes back, what gets requested, and whether your own practice happened.

03 Gather a week

Track the signals for a full week before passing any verdict on where you are.

04 Audit the feed

Keep the accounts that teach you something and mute the ones that reliably leave you smaller.

05 Read yours first

At the end of the week, read your own signals before you open anyone else's.

◆ YOUR PAGE

Write it *down*

The three signals I am tracking...

What this week's evidence said...

The accounts I am muting, without apology...

◆ BEFORE YOU FINISH

☐ Three signals written down on paper

☐ One full week of evidence gathered

☐ Feed audit done in ten minutes

☐ Muted what shrinks me

☐ Own signals read before anyone else's

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This handout supports the article ‘Comparison is not research’ — part of the Wellbeing & Mindset collection on the YogaPros Learning Hub.

RELATED READING ON THE LEARNING HUB

- One page that holds your year
- Your teaching story, told properly

FIND THE ARTICLE AND THE WHOLE COLLECTION AT

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