

Five facts of a teaching life

Students leave and studios close. None of it is a verdict, and sorting what is yours from what never was is a skill you can practise.

YOGA PROS

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



◆ HANDOUT 17

Inside this handout

Students leave and studios close. None of it is a verdict, and sorting what is yours from what never was is a skill you can practise.

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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 disappears 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

Write what happened in one plain line, with no interpretation attached.

02 Make two lists

On one page, one after the other, headed Mine and Not mine. The studio's rent is not yours; your reply is.

03 Act once, small

Pick one item from the Mine list and act on it within 48 hours.

04 Leave the rest

The Not-mine list gets read and left alone. That is the discipline.

05 Check the floor

Insurance current and agreements in writing, with venue contacts saved somewhere safe.

◆ YOUR PAGE

Write it *down*

The fact I keep reading as a verdict:

What is actually mine in it:

The one small action I will take, and when:

◆ BEFORE YOU FINISH

☐ The five facts written in my own words, kept in my planner

☐ The sort done before bed rather than at 2am

☐ One Mine-list action taken inside 48 hours

☐ Insurance and agreements checked this term

☐ Verdict sentences finished with evidence

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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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