

Comparison is not research

Twenty minutes on a feed can undo a good evening. The signals that belong to your teaching are quieter. Give them a week, and they beat any 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. The signals that belong to your teaching are quieter. Give them a week, and they beat any scroll.

01	When to use this The moments this practice is for	page 2
02	The practice Step by step, small and specific	page 2
03	Your page Space to write — keep it, date it	page 3
04	Before you finish A short checklist to close the loop	page 3
05	Related reading Where to go next on the Learning Hub	closing page

◆ 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's actually on the table: their highlight reel against your ordinary Thursday.

02 Choose your signals

Pick measures that belong to your teaching: who comes back, what they ask you for, and whether your own practice happened.

03 Gather a week

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

04 Audit the feed

Keep the accounts that teach you something. 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'm tracking this week...

What the week's evidence actually said...

Accounts I'm muting, no apology...

◆ BEFORE YOU FINISH

☐ Three signals written down on paper

☐ A full week of evidence gathered

☐ Feed audit done, ten minutes

☐ Muted whatever 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

theyogapro.com/learning-hub

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