



1.6. How long to stay with an exercise?

When we develop a certain aspect and dedicate an exercise to it, we should give it enough time. It takes about six weeks for the body to make a habit of something.

We often tend to try something new too soon.

If we change the exercise after just two weeks, we usually lose progress because the experience has not gone deep enough. Therefore, it makes sense to dedicate a longer period to such processes, e.g. six months.

Six weeks should be the absolute minimum.

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