

# Keep up the good work!

The course is now over, but that doesn't mean that your newly learned habits and changes will end. Balancing yourself is a journey that will continue for the rest of your life. If you didn't get the chance to implement all of the exercises during these six weeks, that's okay. You can always go back and implement the exercises at your own pace. Take one day at a time.

If you have kept a diary, take a look at your notations from the beginning of the course. Have you noticed any changes?

Continue the exercises and move forward in your journey.

Let peace shine,  
Govind

