How long does the program take to complete?

Program Overview and Structure · https://www.re-origin.com/support/how-long-program-takes

How Long Does the Program Take to Complete?

The program is entirely self-paced, so there is no fixed timeline for completion.

How long the program takes depends on your personal pace, availability, and how you choose to engage with the material. Some members move through the content more quickly, while others take a slower, more gradual approach.

A Flexible, Self-Paced Program

The program is designed to fit into your life, not overwhelm it. All content is delivered through short, accessible videos—most under 5 minutes—making it easy to engage in small, manageable steps.

This means you can:

- complete sessions in short bursts throughout the day
- revisit content as often as you need
- go at a pace that feels comfortable and sustainable
- pause and return whenever needed

There is no pressure to complete the program within a certain timeframe.

How Long Do Most People Take?

There isn’t a single “average” completion time, as each person’s journey is different. However, many members begin to build consistency within the first few weeks and continue progressing over time.

Because the program focuses on **long-term change through neuroplasticity**, it’s less about finishing quickly and more about integrating the practices into your daily life.

Can You Go Faster or Slower?

Yes. You can move through the program as quickly or as slowly as you like.

Some members choose to:

- move through the content more quickly at the beginning to understand the full framework
- slow down and focus on practicing key techniques
- revisit earlier modules multiple times

Others prefer to take a gradual approach from the start, focusing on small, consistent steps.

Both approaches are valid. The program is designed to support flexibility.

Ongoing Access and Repetition

With your subscription, you have ongoing access to the program content. This means you can:

- revisit lessons whenever needed
- deepen your understanding over time
- continue practicing and refining techniques
- return to key concepts as your confidence grows

There is no “one-time completion”—the program is intended to support you over time.

A Different Approach to Progress

Rather than focusing on speed or completion, the program encourages **consistent, sustainable progress**. This helps support lasting changes in how your brain and nervous system respond.

For many people, this approach feels more manageable and effective than trying to complete everything quickly.

Summary

The program does not have a fixed completion time. You can move through it at your own pace, revisit content as needed, and integrate the practices over time. The focus is on steady, meaningful progress—not rushing to finish.

Do I have to complete the program within a certain time?

No, there is no deadline to complete the program. It is fully self-paced, allowing you to move through the content at a speed that suits your schedule, energy levels, and personal needs.

Can I watch the program more than once?

Yes, you have access to the program throughout your entire time with us at re-origin can can watch it as often as you like.