

Benefits of Diary writing by Harsh Sharma

1. **Time Management:** We can manage our time in a proper way. We can plan our day better by Diary writing.
2. **Reduce Stress:** If we write our task, it simplifies our day-to-day work. Thus, it helps to reduce stress.
3. **Prioritizing Our Work:** We can focus on that task which are more important. We complete that task which needs immediate attention or have deadlines.
4. **Keep us Organized:** We can note down our all- important task and Meeting. In this way we do not forget anything.
5. **Check Progress:** We can track our progress by analyzing what we have done each day.

Benefits of Diary writing by Munna Pati

1. **Time Management:** Diary writing helps prioritize tasks, track progress, and manage time effectively.
2. **Communication Improvement:** Writing regularly makes our thoughts clearer and helps improve communication skills.
3. **Record Management:** Diaries are organized records of daily activities, thoughts and ideas for future use.
4. **Reflective Learning:** Writing daily tasks in a diary encourages self- reflection, helping us review experience and learn from them.
5. **Focus improvement:** Writing daily helps us stay focused on our goals and tasks, serving as reminder.
6. **Handwriting Improvement:** It helps improve our handwriting and speed up our writing.

Benefits of Diary Writing by Mangal Sharma

1. Improvement in Writing
2. Habit of Writing
3. We can see the previous record of any specific day.
4. To maintain the daily work done report is written proof that can be shown whenever it is asked by in charge
5. **Utilize of Time:** To maintain the right working hours. We can know the hours spent on specific task and improve our efficiency
6. **Legal Proof:** It can be used as a Legal proof, that where I was at that time?

डायरी लेखन के लाभ - विकास कुमार सिंह

- 1 डायरी लिखने से हमारी कार्यशील स्मृति में सुधार होता है क्योंकि इससे हम अधिक समय तक जानकारी बनाए रख पाते हैं
- 2 डायरी हमें अपने बिचारों को व्यवस्थित करने में मदद करती है
3. दैनिक कामकाज घटनाओं को बिचारों और भावनाओं को डायरी में लिख सकते हैं
4. डायरी लिखने से हम अपने आप को मानसिक तौर पर मजबूत बना सकते हैं
5. हम अपने कामों को व्यवस्थित ढंग से कर सकते हैं
- 6 अपने कामों या बिचारों को सपष्ट ढंग से किसी के सामने बता सकते हैं पेस कर सकते हैं
7. डायरी लिखने से हमारे अन्दर आत्मविश्वास जागृत होता है
8. अपने आनेवाले कामों को व्यवस्थित तरीके से कर सकते हैं
9. डायरी लिखने से और बहुत सारी लाभ होते हैं