

Why should we spend time writing every day?

Here are 5 great benefits of writing explanations for the question: Why should we spend time writing every day? . Invite you to consult!

Building your own daily writing habits brings a lot of benefits to yourself, moreover, you can finally write a novel for yourself. Whether you want to increase your vocabulary, record your dreams or keep a notebook that records everything around you, daily writing can bring miraculous effects to your life. Here are **5 great benefits** of writing explanations for the question: " *Why should we spend time writing every day?* ". Invite you to consult!

Awaken the brain



Have you ever tried your best to start working but ended up sitting there for hours, waiting for your brain to start up enough to work efficiently and quickly? It is time consuming, especially when work is required to be done within a certain time.

Instead, consider starting to do things seriously by taking a few notes while enjoying a cup of coffee, tea or vitamins. You can create a series of topics that you can think of on paper, write them all down, and then each day you can choose to write about any topic or register one of the numerous topics in the list. Mail sent to mail every morning. Figment can do that, but all you need to do is use Google's fast search engine for the phrase " *daily writing prompts - daily reminders* " and will not lack topics for you. . Leaving home early in the morning motivates the brain and good workflow so that when you enter the office you will react sensitively, concentrate and solve anything on the desk.

Flux of ideas



Writing a few pages right after waking up is really the perfect way to start your day effectively. You don't need to write a whole story, but keep a record of the thoughts that appear briefly in the early morning. It might be something that doesn't fit together like: "*It's great, another Wednesday morning starts. I forgot to buy cat food, so today Mr. Flipples will eat fish. When I fried eggs, where are my socks? Hopefully Martha will remember to get more coffee for the office.*"

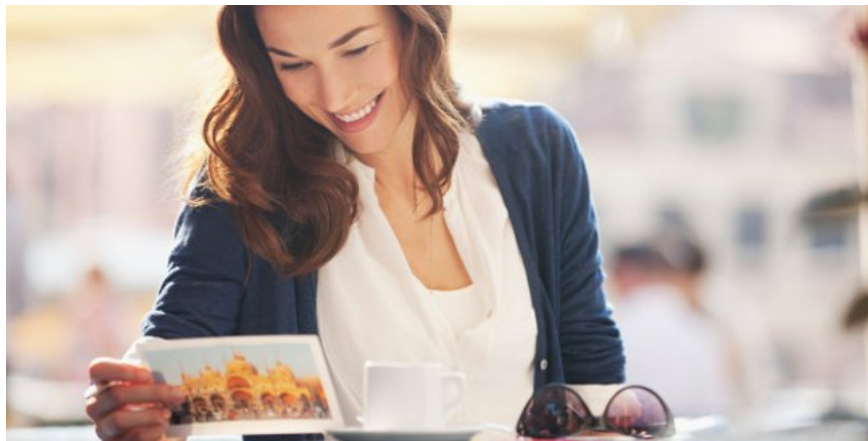
So what are the benefits of doing these things? It helps you relieve your worries or concerns during the night, so you can start your day with a relaxed spirit. It's also a great way to discover yourself and reminisce after you start writing every day for a few weeks, spend an afternoon on some weekend, review all of your sketches. . If you find the same worries or problems that occur on a daily basis, it is strong evidence that these things need to be solved thoroughly, to stop affecting you. If you find out that you start your day by criticizing yourself, try to be more kind to yourself, start the day with positive, optimistic thoughts or with an exercise to soothe yourself. Like Yoga, take a walk in the park or spend a few minutes meditating for example.

Evoke dreams



If you're looking for a specific topic to write, try thinking about rewriting your dreams. Always keep it with you so you can take notes when you're startled in the middle of the night or take a few minutes to rewrite some lines every morning. If you don't dream at all, take note of it. If the night before you dreamed of a dream, try to rewrite everything that you remember non-seamless events, even the faded image or color. Gradually you will realize that your ability to remember details in your dreams is greatly improved and may begin to notice objects or topics in each dream.

Maintain and expand vocabulary



Have you ever heard the saying " *use or lose* "? This statement can be applied to many different aspects of life and vocabulary is no exception. In the era when everyone uses messages as one of the main ways of daily communication, many people realize that the vocabulary bank in their minds is being reduced because of new ways of stopping Think by a few words or characters. This can be a problem when you are sitting in a meeting and cannot remember important technical terms or when writing an essay whose words just dance somewhere in memory cannot be turned off. , then you may have to use a completely inappropriate phrase because there is no time to look up the dictionary to find the correct word.

An interesting way to expand your vocabulary is to track " *Word of the Day* " mailboxes: every morning you will receive a new word (*which is often quite difficult to understand*) and you can try to give it enters a conversation or exchanges text at a certain time of the day. How interesting is it to include words like " *confrere* " and " *factotum* " in the letter to colleagues and family members?

Think carefully and relax in the evening



Most of us are very busy or feel quite stressed out in thinking, sometimes this is " *heavy* " when we really have time to rest after a restless day of work - now even when we try to go to sleep. Consider keeping notes or notebooks on the side of the bed and spending 15-20 minutes every night to rewrite your thoughts about a passing day. If things happen during the day that make you feel stressed, rewrite the whole thing as an affirmation that can reduce anxiety and you can rest. Besides, you can also think of all the good things that came to you that day so that the last thought to bring to sleep will be constructive, constructive thoughts.

Refer to some more articles:

1. Work more effectively every day with 3 simple actions
2. 12 phrases absolutely should not be said at the company
3. 7 tips to deal with work stress

Having fun!

You finished reading the article "**Why should we spend time writing every day?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.