



daily GOOD

May 20, 2011

Learning without reflection is a waste, reflection without learning is dangerous. —
Confucius

4 Reasons To Keep a Work Diary

What does Oprah have in common with General George S. Patton? Being an avid diarist. Recently, Oprah offered her readers glimpses into her diaries, along with encouragement to keep their own. Many well-known figures throughout history, from John Adams to Andy Warhol, have faithfully kept records of their daily lives. Aside from a place in history, are there any personal benefits of keeping a diary? This article from the Harvard Business Review outlines four good reasons for keeping a work diary: focus, patience, planning, and personal growth.

Be The Change:

Start a diary, where you can reflect and write about your daily "work," however you define it.