

**Time spent in an English-speaking country:** X

**Age:** 21

**Semester:** 6

**Faculty:** Human Sciences

**Topic:** Writing a diary is the best way to review how happy you are.

**Original Text:**

**Title:** Writing a diary is the best way to review how happy you are

Taking notes your day effects improve your mood and sleeping without stress.

Adopte Writing and record your diary premanently increases from notalgai and happese.

not writing down situation itself but writing feeling about it.

writng down your diary every day helps on feeling quite and engangment your diary by events sad and happy.

However record sad happenes you help improved your feeling and deleted bad feeling from life.

Too. And king writing is writing important events and situation bad and good writing better day in life