

Why Using a Daily Planner can be Brutally Effective Instead of Electronic Gadgets

“Knowledge is delicious”

Indeed, it is. With the rapid development of technology, we can almost hover over our interests anytime, with a mobile phone and stable internet connection. As the day passes, the information is being highly electronic. To note a simple thing, we use a phone notebook instead of journals or notebooks. According to an Entrepreneur, *“I use my own phone notes generally to write down something important. It is handy to access the same anytime in the future. I can edit the notes as and when it is needed.”*

Does it mean that notebooks and journals are going to diminish with time? Experts have already shed light regarding the same. With the hustle-bustle of technology, a notebook or a planner can stir your emotions. Jotting down your daily activities with pen and paper may be effective for you.

The reasons to use a notebook/planner? We are going to discuss it in the following paragraphs. Make sure you are reading the article till the end.

1. Digital disconnection is effective sometimes

Using the cell phone now and then maybe easy for you, but sometimes disconnection from electronic gadgets can help you taste traditional things. It leads you to spur creativity that you cannot expect. Nowadays, smartphone addiction is a prevalent issue resulting from decreased productivity and anxiety issues. If you are using a notebook/journal, you can help your brain think out of the box. Additionally, it will also help break the cycle of checking notifications every few minutes.

2.Helps with time management

Have you recently found that you are barely getting time for everything? The reason maybe you are not effectively scheduling your work. In our fast-paced life, jumping one thing from another is common, but we need to consider every aspect while doing the same.

On that note, a planner helps you schedule every task, appointment with people, and other essential things. Therefore, you know what an action plan should be without missing any single detail. You can set specific dates and deadlines to help you stay on track under the given circumstances.

3.Enhances your overall productivity

Productivity is the ultimate parameter to measure how much you have improved throughout your career. It plays a pivotal part for professionals and things related to the same. You can write down your work plans in a planner according to the date and time. Consequently, you can add a note regarding the same. You will get the encouragement to complete the tasks amid the other chores. Hatching up with your next moves may seem less arduous, as you have already planned for it.

4.Use it for all-purpose tasks

According to a businesswoman, *“My daily planner works like a repository to me. From grocery list to daily to-do list, I jot down everything. Earlier, I don’t use a planner. However, a life coach has advised me to use a planner instead of using the gadgets all the time. Believe me or not, it has changed the way of doing my daily activities.”*

Likewise, you can also use a planner to ideate and implement throughout your work journey. You can also use the same for sketches, diagrams, etc.

5.Provides superior stress relief

Due to a hectic schedule, your body can feel stressed. There may be outside influences that can also affect your stress level. However, if you can manage things tactfully without missing the single details, it could be an advantage. Here, the planner plays a crucial part. You can write down your to-dos and hatch up your next steps accordingly. In turn, you can do your next tasks in an organized way without wrapping them up in a hassle.

6.Keep on practicing- handwriting

According to experts, writing by your own hands helps to process information better. Your memory can remember more, and later on, you can use the information. Additionally, it improves your spelling. With the rapid development of technology, 90% of people tend to be immersed either in smartphones or desktop/laptop screens. A notebook is a handy way for invigorating your brain parts, which stay unperturbed while typing on the computer/smartphone.

7.Never runs out of battery

It is undeniable that digital planners are useful and convenient- until your phone has the power. However, paper and pen don't need the charging and are ready to use. If you are using your phone or computer most of the time, a notebook can be handy if your digital device runs out of juice. You can save your phone battery for the other tasks by writing your creativity in a notebook.

Wrapping it up

A planner may seem like a simple thing to you, but it can do wonders for you. Likewise, we are here to lead you in the right direction. At ambitious, we are committed to providing you with the best advice to help you move on the right path. Ready to learn more? Book your appointment today.