

1. Read the text and complete the following chart.

What is it?	How can you do it?	Why should you keep a diary?	Which famous people kept diaries?	What are the advantages?	What are the disadvantages?

2. Read the text again and answer the questions:

1. Why did people tend to write more in the past compared to today?
2. How does keeping a journal make a person stronger?
3. Have you ever kept a diary? Why / Why not?