

3. The writer could not accomplish his goals because he lacked willpower, consistency and commitment. He sarcastically says that he did not have the time for achieving his goals. But the reality is that he set an unrealistic goal which was against his mind set and lifestyle. He chose his comfort over his self improvement needs.

4- Intimidating - formidable
Peril - pitfalls
dwindle - unsettling
repel - fended off
barb - jibes

2016 ~~Resolution~~ Comprehension

1. Most of us fail in our efforts for self improvement because we set unrealistic goals. We announce our goals prematurely and later feel embarrassed for not attaining them. We are inconsistent and lazy. Our goals go against our life style and mindset thus making our efforts futile.

2. It is a fundamental mistake to announce our resolutions as we set a bar for other people to judge us. It creates a fear of public embarrassment in our head. This fearful thought puts us down. We start looking at ourselves from other people's prism. Thus, we fail at achieving our goals.