

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 sets an unrealistic goal which was against his mindset and lifestyle. He chose his comfort over his self-improvement needs.

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

2016 ~~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 ~~minset~~ this making our efforts futile.

answers are satisfactory and correct
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over all satisfactory

2. It is a fundamental mistake to announce our ~~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.