

## Reading Comprehension

(1) Why most of us fail in our efforts for self-improvement?

Ans. Most of us fail in our efforts for self-improvement because we set too ambitious targets and high aspirations, which are difficult to be achieved. We do not set practical and achievable targets keeping in view our capacity and constraints.

We do not have enough time.

(2) Why is it a basic mistake to announce our resolution to everybody?

Ans. It is a basic mistake to announce

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Our resolution to everybody because it makes us look even more stupid, in case we fail to stick by our resolution. It will embarrass us <sup>in front</sup> of everybody if we do not change ourselves and continue with old ways of life.

(3) Why did the writer not carry out his resolution of New Year's Day?

Ans. The writer made a resolution that he would ~~take~~ exercise daily in the morning. However, he could not carry out this resolution on the very first day of the year due to an overnight party on the New Year's Eve.

(4) Find out the words in the passage which convey the similar meaning to the following:-

1. Intimidating: Formidable
2. Peril: Pitfalls
3. Dwindle: <sup>Waned</sup>
4. Repel: Fend off
5. Barb: jibe