

Q1.

We fail in our efforts for self-improvement, because we fail in making proper schedules. We plan many things to do which we fail to achieve. As a result, we experience disappointment which leads to failure.

Q2.

It is a basic mistake to announce our resolution to everybody, because we feel embarrassment when we fail to achieve our targets. Therefore, we switch back to old bad ^{ourselves} routine which comes with sheer disappointment.

Q3.

The writer did not carry out

his resolution to everybody because he knew its demerits. He kept his resolution to himself.

Furthermore, he limited himself to achieve only two goals: physical exercise in the morning and reading books in the evening.

Intimidating: Do Frustration,
Exhaustion

Dwindle: Diminished

Repel: Drag

Peril: Pitfalls

Barb: Error