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① Most of us fail in our efforts for self-improvement. Because we choose lengthy goals to reach out the position of self-improvement. But, in real time the routine we made to follow is unexecutable due to short time.

② It is a basic mistake to announce our resolution to everybody. Because when we can not continue our resolution then others look at us as a non-serious person. So we build up fear of other people inside ourselves. That what others will think when I can not continue my resolution.

③ The writer did not carry out his resolution on New Year's Day due the overnight party. The writer assumes that tonight I should enjoy New Year's Eve rather than pursuing resolution. ~~After the~~ After New Year's Day I will continue to work on ~~my~~ my resolution.