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Q:1

Answers: Most of us fail in our efforts for self-improvement because our schemes are too ambitious and we never have time to carry them out.

Q No: 2

Ans:

Announcing our resolution to everyone is a basic mistake because doing so can be the cause of us being the future in our resolutions and to look even more foolish when we slip back into our bad old ways.

Q No. 3

Ans:

An overnight party on new year's evening provided him with a good excuse for not carrying out either of these new resolutions on the first day of the year, but on the second, he applied himself assiduously to the task.

Q No: 4

a) Frustration.

b) Pitfalls.

c)

d) Creep down.

e) betrayed.