

Answers

1.

There are two main factors that contribute ~~to~~^{to} our failure in achieving our goals:

a. We expect too much from ourselves when making a certain to-do list that when the time comes, the goals are too extraordinary for us to carry out.

b. We soo often announce our goals to people around us that the fear of failing at the tasks and making a fool of ourselves kicks in as a major contributor to our failure.

2.

It is a basic mistake to announce our resolution to everybody as it exposes us to the constant observation and scrutiny of others. We make a fool of ourselves when we fall back into our previous habits.

3.

The writer used the overnight party at new year's eve as an excuse to not carry out any of his new year's resolutions.

4.

Intimidating:

Formidable

Peril:

Pitfall.

Dwindle:

Slip back.

Repel :

Resist.

Barb :