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Most of us fail in our efforts for self-improvement as we are too motivated however, we do not have time to ~~can~~ carry out the activities. Not only this, some resolutions are beyond to accomplish even then, we attempt to attain them. Extreme ambitions at the start of New Year vanishes with the passage of time. <sup>In addition to this,</sup> most of us also experienced failure that results into frustration to fulfill our efforts. So, all these factors are obstacle in our efforts for self-improvement.

② It is a basic mistake to announce our resolution to everybody because in this way, we look more silly, when we do not accomplish them. People might taunt us. Not only this, if we announce our resolution, we ~~it~~ might pretend to complete our task instead of actually doing it.

with heart. In this way, we exhaust ourselves. Thus, it is a basic mistake to announce our resolution to everybody.

③

Writer did not carry out his resolution on New Year's Day as he was doing enjoying and doing party. An overnight party provided him with a excuse to for not carrying out both of his resolutions.  
He / did not step

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**Intimidating:** Formidable

**Peril:** Pitfalls

**dwindle:** diminished

**Repel:** ~~Reveal~~, Resisting

**Barb:** Pretending, betrayal