

Ans 1: Most of us fail in our efforts for self-improvements because they don't carry their goals consistently. Moreover, they did not strive hard for the attainment rather start making excuses which resultantly cause delaying of their goal. Hence, delaying of goal leads towards failure.

Ans 2: It is the basic mistake to publicize your goal/resolution to everybody because there are less chances of achievement in it. Furthermore if we announce our resolution everybody will discourage us and we also learn it from our past that telling your resolution to everybody leads towards failure. Moreover, it is better to keep your resolution to yourself for attainment.

Ans 3: The writer did not carry out the Resolution on New Year's day because it was a good opportunity for author to make an excuse of that day and not work on the goal.

Ans 4: pevil = pit-fall
diddle = waned
baeb = twisted
intimidating = upsetting
repel = get back to old self.