

Ans 01:- The reason why most of us fail in our efforts for self-improvement is because, the goals we keep are often impractical and hard to keep on track with. Due to not having enough time, these resolutions make one feel overwhelmed.

Ans 02:- Announcing our resolutions to everybody tends to be a basic mistake. The announcement will make these people to keep an eye on one's goals, and the day one doesn't feel like accomplishing its daily target, these people will make one feel bad for not staying consistent.

Ans 03:- The reason why the writer did not carry out his resolutions on the first day of New year was because of partying all night, which gave him an excuse to not do so.

Ans 04:- Intimidating → Formidable
Peril → Pitfalls
Bundled → Wares
Repel → Fended off
Barb → Tibes.