

1- We fail to improve ourself because our plans are over ambitious and never really have time to carry them. We also make mistake of announcing our resolution to others which end up looking foolish when we lose motivation and not able to acheive them

2- Most of us make a fundamental error of announcing their resolutions to other ~~because~~ which ^{may} look ~~to~~ ^{rather} foolish when a person is not able to acheive ~~the~~ ^{their} desire target because of time mismanagement sometimes a person or lose motivation which end up in reverting to old ~~bad~~ habits.

3 - The writer was not able to carry out his resolution on New Year's Day because of over night party due to which he did not have energy to get up and achieve his desire targets.

4 - intimidating, formidable
peril, pitfalls
dwindle, waned
repel → fended off
barb.