

Q: Why most of us fail in our efforts for self improvement?

Ans: We fail in our efforts for self improvement because of two reasons. The first reason is that we set impractical goals that can not be completed in a single day and never become our habit. The second reason is that time management for our goals. We set our goals but do not dedicate time for them. Consequently, impractical goals and poor time management for goals make our efforts for self improvement into vain.

Q₂ Why is it a basic mistake to announce our resolution on New Year's day?

Ans: Author considers that announcing our resolution to everyone is our mistake. This is because when we fail in our goals we find ourselves dumb, in front of the people. These embarrassment emotions disturb us as well. Therefore, author has called basic mistake to announce our resolution.

Q₃: Why did the writer not carry out his resolution on New Year's Day?

Ans: The writer did not carry out his resolution on New Year's ^{night} because he did party all over the night.

Q₄:

(1) Intimidating = Formidable

(2) Peril = Pitfall

(3) Dewindle = Wane

(4) Repel = Fended off

(5) Barb = Taunt