

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.

### General instructions:

a- Answer must start from the question statement  
b- It should be of at least 2 sentences; single sentence answer is not permissible  
c- Do not add your own opinion unless you are asked for, ideas must be contextual to the passage

d- Avoid replicating phrases from the passage; you may extract/copy words from it.

e- Give a closing end to each answer

f- Ideal length of answer is 5-7 lines, Avoid too lengthy answers

g- Also, do not begin answers with the words, "Yes, No, And or Because"

Intimidating → Formidable  
Peril → Pitfalls  
Burdens → Wares  
Repet → Fended off  
Bark → Tibes.