

W ... and pain.

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Question no 1

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

Most of us fail in our efforts at self-improvement because our schemes are too ambitious and we never have time to carry them out.

Question no 2

Why it is a basic mistake to announce our resolution to everybody?

It is a basic mistake to announce our resolution to everybody because we look more foolish when we slip back into our old bad ways and cannot maintain our ambitious scheme.

Question no 3

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

Writer did not carry out his resolution on new years day as he had been to an overnight party on New Years Eve and so he woke up late and could not do physical exercise early in the morning as he had resolved to.

Question 4

(a) intimidating

(b) peril pitfall

(c) dwindle diminished

(d) repel

(e) barb