

Q1 Most of us fail in our efforts for self improvement because of the lack of motivation, failure in past, and planning the schemes that are too ideal to achieve, also the procrastination and not letting oneself out of the comfort zone lead a person to poor self improvement.

② We often announce our plans to everybody that we later unable to accomplish, resulting in the taunts and mockery of our friends and family.

3) On the new year's eve writer enjoyed the party due to which he was unable to carry out the goal due to exhaustion.

- ④
- a. pretending
 - b. fail
 - c. given up
 - d. resist
 - e. deep rooted