

1. According to the writer most of the people fail in their efforts for self improvement because the goals they set to achieve are not very realistic but ambitious. So then it becomes difficult for people to put themselves up with their routine. And at the end they entirely quit to act upon their goals. This is how most of us fail in our efforts for self improvement.

2. ^{The} Writer says that it is a basic mistake to announce our resolutions to everybody because sometimes our commitments become very difficult for us to act upon. And when we fail to stand by our words and return back to our bad ways then people consider us foolish. That's why writer labeled it a basic mistake to announce our resolutions to everybody.

3. The writer also set two goals to accomplish in new year, to do physical exercise every morning and to read more in the evening. But writer did not act upon these resolutions on New Year's day because the writer had a party at new year's evening. This party gave writer an excuse not to carry out his resolution on New Year's Day but on the second day.

4. (a) Uncomfortable (b) ~~Fear~~ Pitfalls
(c) Hypnotizing (d) fended