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### Questions:

1. Why most of us fail in our efforts for self-empowerment?

Ans: We fail in our efforts at self-empowerment because our schemes are too ambitious and we never have time to carry them out. We also make fundamental ~~efforts~~ errors of announcing our resolution to everybody.

2: Why is it basic mistake to announce our resolution to everybody?

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

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

Ans: Writer did not carry out his resolution on new year's day because he had been to join a party an overnight on New Year's Eve and so he woke up late and could not do physical exercise early in the morning as he had resolved it to

4: Find out the words in above passage which convey the similar meaning to

the following,

a) Intimidating: Frustration.

b) Peril:

c) Dwindle: Diminished

d) Repel: Resisting

e) Barb: Betray