

Q.1 We have become accustomed to preparing long lists of resolutions for the new year. We repeat the mistakes of previous years. Firstly, we lie to ourselves. We tend to go overboard as we become impractical. Consequently, we do not have adequate time to carry out our resolutions. This is the reason we fail in our efforts of self-improvement.

Q.2 By announcing our resolution to everybody, we make a fool out of ourselves. Everybody begins to keep a close eye on our actions. We become prone to the jibes and mockery of the people. If we are not able to quit our old habits, we are embarrassed. Therefore, announcing our resolution is a huge error that we make.

Q.3 The writer did not discipline himself strictly. He lied to himself by finding out an excuse on the first day of the new year. Attending a party on the New Year's Eve supplied himself a good excuse to skip his physical exercise in the morning and reading in the evening.

Q.4

- (a) formidable
- (b) pitfalls
- (c) diminished
- (d) fend off
- (e) limited