

Ans #1 Most of us fail in our efforts for self improvement because our schemes are too ambitious and we have often experienced disappointment resulting from failure. We do not work on previous schemes for improvement and we never have time to implement those schemes and work on it.

Ans #2 To announce our resolution to everybody it is a basic mistake so that we look even more foolish when we slip back into our bad old ways.

Ans #3 Because writer limited herself to two modest ambitions, physical exercise every morning and more reading in the evening and party all the night. New year's eve gave her a good excuse not to follow through on any of those new resolutions on the first day of the year, but on the second day, she threw herself into work.