

Q no 1

- We mostly fail in our efforts of self-improvements because we overestimate ourselves and underestimate the time required. Additionally, we often announce our goals to everyone around us.

Q no 2

- It is a common mistake to announce our resolutions to everybody because failing to accomplish these resolutions can leave us feeling ashamed in front of everyone.

Question 3

The writer was unable to carry out his resolution due to the tiring nature of the workout, as well as his family members making fun of him. Additionally, his addiction to television prevented him from engaging in regular exercise.

Question 4.

① Intimidating = frustration

② Peril = fundamental error

Signature \_\_\_\_\_

RS

No. \_\_\_\_\_



- c) dwinelling = unsetting
- d) repel = fenced off
- e) barb = waned.