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Batch: OB-51

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Q#1:- The reason behind most of us failing in the self-improvement is that being an enthusiast we are able to set out our resolutions but when it comes to actually fulfilling them, our ambitious schemes simply fades out as most of us hardly gets out any time to attain each resolution.

Q#2:- It is a basic mistake to announce our resolution to everybody because it may makes us seem fool and lazy, especially, when we have made up a resolution and starts working on it but then due to inconsistency one have to slip back to the old routine.

Q#3:- The writer was unable to carry out his New Year's Day Resdution as he had been to an overnight party on New Year's Eve which resulted in ~~waking~~ him to wake-up late the next morning, thus, prevented him to carry out the physical exercise early in the morning as he had resolved to.

Q#4:- (a) unsettling (b) pitfall  
(c) waned (d) resist  
(e) Jibe

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