

Date: 23-12-24

Day

Q: 2

Q:1 what is the primary reason why most people fail to keep their new year resolutions?

The primary reason is the approach to their goals. Resolutions are made under societal pressure instead of progressive goals and long-term commitments.

Q:2 why do resolutions tend to be ineffective even though people are highly motivated at the start of the year?

Resolutions seem easy as they get tough when go through. All are contradictory to real life, differ from everyday activities and work loads with only words resolutions can't be succeed.

Q:3 what psychological factors keeps people making New year resolutions year after year despite knowing they may fail?

Human wish for renewal, the new year giving hope to reset the life and feels fresh. The beginning feels supportive even though human knows he may fail.



Q:4 what is more effective approach to achieving lasting change instead of making new year resolutions?

To attain real change in life, individuals goals should align with real life practices.

He must be practical with well defined and necessary aims to achieve long-term change.

### Q:1 Precis

Small acts of corruption looks harmless, however it leads to big contributions in normalizing corruption in the culture/society. Public's perception is way changed about dishonesty, and it in the result everyone assume that it is just path way to work. It goes beyond morality or by crushing merit, public welfare, hindered development.

Moreover corruption creates barriers to feel struggleless and they feel hopeless and it leads them to be criminals for not gaining justice. A tiny act of corruption works as bomb able to destroy the body of whole society we live. It creates issues in politics, morality and economy as well.

Every individual may participate to build beautiful society by being accountable for own actions even smaller to in looks.



Date: \_\_\_\_\_

Q: 3

Day: \_\_\_\_\_

WORD	SYNONYM
Candid	Honest
Eloquent	Fluent
Alleviate	Soothe
Exacerbate	Intensify
Ubiquitous	-
Taciturn	Reserved
Abhor	Hate
Meticulous	Careful
Prolific	Abundant
Apathy	Indifference