

QNO1: Why most of us fail in our efforts for self-improvement?

Ans: Most of us fail in our efforts for self-improvement because our schemes are too ambitious. We never have time to carry them out. Moreover, we make a common mistake of telling everybody about <sup>our</sup> resolution. And this thing embarrass us when we return to old bad condition.

QNO2: Why is it a basic mistake to announce our resolution to everybody?

Ans: It is a basic mistake to announce our resolution to everybody because when we ~~can~~ cannot fulfill our goals, this thing feel us embarrass, and make us more foolish in the eyes of others.

QNO3: Why did writer not carry out his resolution on New Year's Day?

Ans: He enjoyed overnight. He couldnot get up early in the morning to carry out his first resolution, "exercise." Moreover, he also didnt carry out his second resolution in the evening, "reading."

QNO4: Find out the words in the above passage which convey the similar meaning to the following.

a) intimidating

b) peril — unsettling

c) dwindle — pitfalls

d) repel — betray/wane

e) barb — argue