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Reading Comprehension:

Q1: Most of us fail in our efforts for self-improvement because our ways of dealing with things and our goals are mismatched. We often make the goals that are unrealistic in nature and ultimately it becomes difficult to achieve those goals. Self-improvement is not possible to achieve in a day, it requires time which we ignore while making goals that lead us to failure.

Q2: It is a basic mistake to announce our resolution to everybody because if we cannot achieve our resolution we look foolish to everybody. Due to this we might become demotivated. To avoid this mistake and achieve our resolution it is important to keep our resolution only to ourselves and keep trying to achieve them.

3- The writer did not carry out his resolution on New Year's Day because of new year overnight party. He had the resolution to do ~~morning~~ exercise early in the morning before anyone got up. But due to overnight party, the writer could not get up early in the morning to fulfill his goal.

Q 4: Intimidating
Peril

Dwindle

Repel

Barb

hypnotizing

~~strip~~ ~~break~~ ~~strip~~ ~~break~~ diminished

fended off

Jibes