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1) Reason behind our failure in self improvement is we set our goal so hard/tough but could not implement them as per their requirement and could not manage time.

2) Announcing resolution to every body make us feel good and the intention behind this to impress them but actually the scenario is opposite and we make ourself fool, this is the fundamental error most of people had done.

3) The writer stuck in the overnight party, this is the good excuse for not carrying out resolution of first day of New year.

4) Intimidating :- clauding
Peril :- danger
dwindle :- diminish
Repel :- Fended off
barb :- Taunts.