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→ Reading Comprehension

Que-01

Most of us fail in our efforts for self-improvement because our goals are too vague that are difficult to be processed.

When we decide of doing something we just think of the ideas and tasks we want to accomplish.

Task decided by the start of year

were are beyond our capabilities

To perform those tasks. When tasks decided without considering the reality they are difficult

To accomplish, That is why

most of us fail in our efforts for self-improvement.

Que-02

It is a basic mistake to announce our resolution to everybody, this is because that when we announce what we want to do, everybody's expectations increased and when we slip back into our bad old ways, everybody reminds us of our failure and make us feel frustrated and disturbed.

Also, there is another basic reason to it is that we forget what we decided but people

will never let us forget our decision and commitment for resolution. People ~~can~~^{make} judgements, and Taunts which decrease our enthusiasm. So, announcing resolution to everybody is not a good idea.

Que-03

The writer mentioned, that he did not carry out his resolution on New Year's Day because of an overnight party on New Year's Eve which he also mentioned that an excuse to not carrying out new resolutions on the first day of the year.

So, the delay occurred because of late night celebrations and it was difficult for the writer drag himself out of the bed.

Que-04

Intimidating → Slipping back from routine & reviewing Taunts.

Peril → Pitfalls.

Dwindle → diminished.

Repel → Resist.

Barb → Taunts