

(1) Most of us fail in our efforts for self-improvement because out of passion, we make our plans too ambitious. These ambitious plans need a lot of discipline and efforts for execution. We do not take enough time for the required efforts.

(2) People make too ambitious plans for self-improvement and tell everybody about their plan. After that everybody wants to see the performance and the desired results. However, when people fail to achieve their goals, they look more miserable. That's why it is a basic mistake to announce resolution to everybody.

(3) The writer decided two modest ambitions, one is to do physical exercise while other one is to read in the evening. However, on New Year's Eve, an overnight party gave him a good excuse. Resultantly, he did not read nor did he do his exercise in the morning.

The words used in the above passage having similar meaning to intimidating, peril, dwindle, sepel, and barb are assiduously, pitfall, wane, betray, and jibe.