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1- Most of the people fail in their efforts for self-improvement because they do not really work for it. The thought only exist in their minds and they do not implement it. Also, people tend to ignore the reality rather think optimistically. Their dreams should based upon reality as well as ambition in order for them to be accomplished. Secondly, great things take time and not everyone is focused towards their ambitions. These are the reasons why most of people fail in their efforts.

2- People usually make mistake of announcing their resolutions to other people. Although, its not a bad idea to do such thing, but it is when you do not have a long term plan to work on it. people do not put effort in their resolution. In this case, one seem to look stupid. People make fun of them because of their announcement and

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when their result does not meet their announcement. Here, one should work on their resolutions first. When they are achieved, then they should be told to others.

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The writer had a plan regarding his New Year's resolution of exercise and reading. However, he avoided both resolutions on the first day rather attended New Year's Eve. From the second day he started his resolution but it did not last much. He just carried out his resolutions for eight days. This happened because of lack of discipline, motivation and long-term plan. By 10 January he started his normal schedule he had before.