

1) Why most of us fail in our efforts for self-improvement?

Most of us fail in our efforts for self-improvement because we set unrealistic goals. The schemes that we make are too ambitious and do not align with our schedules. Moreover, it has been witnessed through past experience that certain resolutions cannot be practically applied.

2) Why is it a basic mistake to announce our resolution to everybody?

The resolutions that are made before the new year are rarely accomplished. Initially, we get very motivated and begin to follow our tasks. However, the motivation soon fades. In such a scenario where we retrieve back to our old routine, announcing tasks that we will never fulfill invites public embarrassment.

3) Why did the writer not carry out his resolution on New Year's Day?

The writer used the overnight party on the New Year's Eve as an excuse to for the subsequent delay of him in carrying out his resolution. It can be thus inferred that the writer was not motivated in accomplishing the set tasks as an event as small as a party caused him to skip the tasks.

4) Similar words in the passage.

a) intimidating - formidable

b) perils - pit falls

c) dwindle - diminished

d) repel - fended off

e) barb → twisted fibres