

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

Most of us fail us in our efforts at self-improvement because our schemes are too ambitious and we never have time to carry them. Self-improvement demands discipline and strict rules to manage the things in better way. But most of us fail to doing this because we dont want to leave our comfort zone and lethargic days.

2- Why ^{is} it a basic mistake to announce our resolution to everybody?

It is a basic mistake to announce our resolution to everybody because after that human frame come into uncomfortable position. Everybody watch your activities and got used the ideas. that look even more foolish when we slip back into our bad old days.

3- Why did the writer not carry out his resolution on New year's Days?

The writer did not carry out his resolution on new year's days because the past experience has taught the certain accomplishments are beyond attainment. He knows that after announcing resolution man was going back to their old bad days.

4- (a) intimidating → ^{Synonym} Horrible (b) repel → ^{Synonym} Resist
(b) peril → Danger (e) barb → Insult
(c) dwindle → Diminish