

Question;

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

A- Most of us fail in our efforts for self-improvement because we are too ambitious about our goals, but we didn't put alot of efforts into our goal. It is because, Sometimes we didn't manage the time in our routine. It is necessary to adjust our goals in our daily routines. Thus, the main reason of failing in our efforts are not having enough time.

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

As The basic mistake to announce our resolution to everybody is expectation. It raises the ~~expectation~~ high expectations among our family/friends/relatives about

us. When we can't fulfill our ~~resolve~~ resolution they think us as a immature person who doesn't make thoughtful decisions. Then we get frustrated and having zero motivation so we end up giving up on our resolutions.

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

A- The writer didn't carry out his resolution on new year's day because, of his past experiences of failure which led to frustration and self-doubt. Moreover, Announcing ~~our~~ his resolutions to everybody sets him up for embarrassment when he slip back into our bad old ways

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- a) intimidating = failure
- b) Peril = frustration
- c) dwindle = diminish
- d) repel = little by little into zero
- e) baws = taunts / bad ways