

DATE: ___/___/___

Questions

1)

Ans:-

We become overexcited and form the long list of do and don't. We feel so motivated; our plans and lists are so ambitious that we cannot follow it. Hence, we take big steps rather than small steps.

2)

Ans:-

Our first mistake which hinders in our schedules of to do list: we make announcement and declare our resolution to everyone. When we skip our schemes and follow the old bad habits, we look into ourselves and feel demotivated and prove ourselves foolish in front of everyone.

3)

Ans:-

The writer did not carry out his resolution because of overnight party on New Year's Eve. This provided him an excuse to not follow his schemes of daily physical exercise and read more in evening.

4)

Ans:-

Intimidating → exhausting condition.
 peril → frustration
 dwindle → diminish
 repel → betrayed
 barb → taunts.