

① According to the writer most of us fail in our efforts at self improvement ~~due to the~~ bcz our schemes are too ambitious and we have never time to carry them out.

② We make the fundamental error of announcing our resolution to everybody so that it gives more -ve impacts when we return back to our bad old days.

③ The writer didn't carry out his resolution on New year's days because he was afraid of not fulfilling these resolutions that are made in very high pitch of Energy.