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1. Most of us fail in our effort for self-improvement because sometimes we keep very high ambitions, but we do not have enough time to materialize them. Moreover, our opinion about ourselves is easily influenced by the comments of people around us and this becomes the reason for our failure.

2. It is a basic mistake to announce our resolution to everybody because when we are unable to carry out our resolution, we look foolish to others. And, our enthusiasm wanes when people make negative comments about our resolution and demotivate us to pursue it.

3. The writer did not carry out his resolution on New year's Day because he was ~~enjoying~~ busy enjoying an overnight party on New year's Eve. This provided him with a good excuse for not waking up early in the morning to do physical exercise.

4.

a-

b- Pitfall

c- Diminish

d- fend off