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Batch # 370

### Answer 1:

Most of us fail in our efforts for self improvement because we stuck in past experiences and remain deep rooted fears that results from the frustration of failure. Moreover, our schemes are too ambiguous and we never have time to carry out them.

### Answer 2:

It is a basic mistake to announce our resolution to everybody so that we look more professional, ambitious and enthusiastic. We are overconfident that in such a way that we will achieve the goals of to do list.

### Answer 3:-

The writer did not carry out his resolution on New Year's Day because he was aware of the pitfalls, he will slip back into his old days. He will not be able to do exercise daily and read a book, soon he will start dozing in front of the television.

### Answer 4:

- (a) Intimidating → Beyond attainment
- (b) Peril → Taunts and jibes
- (c) Dwindle → Little by little
- (d) Repel → Resist.
- (e) Barb → Uncomfortable Positions