

(i)

Most of the people fail in their efforts for self-improvement due to numerous reasons. These reasons include ambitious schemes, not giving proper time, and frustration from failure. Moreover, announcing plans to others restrict people to carry out practices regarding self-improvement. Additionally, ^{the} lack of ambition to ~~carry out~~ pursue the goals of self-improvement also contribute in halting the progress of self-improvement. Hence, these are the reasons that restrict people regarding pursuing their efforts for self-improvement.

(ii)

Announcing resolution to others is a basic mistake because it cause restricting the efforts for self-improvement. Firstly, it display the foolishness of a person sharing his personal goals. Unfortunately, when people remain fail in continuing their efforts, this cause frustration among people. Consequently, this frustration stop people in believing their self-improvement goals. Moreover, on the sharing of resolution to others brings the fear of ~~backlash~~ public backlash. Therefore, the announcement of resolution to others halt the progress at self-improvement.

(iii)

Unable to carry out his resolution on new year's day due to his enjoy on the night before new year day. The party on the night of new year day resulted in the tiredness of the writer. Resultantly, this tiredness restricted ^{the} writer to continue his resolution. Hence, the tiredness of the writer became a reason for the failure of ^{the} writer regarding carrying out his resolution.

(iv)

Intimidating: Unsettling

Dwindle: Failure

Repel: Resist

Peril: Unsettling