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COMPREHENSION TEST - 1

ANSWERS

- 1- Many people fail in their efforts of self-improvement because they tend to set unrealistic or overly ambitious goals. These lofty aspirations can be overwhelming and difficult to achieve in daily life. When people face difficulties to achieve their set goals, they often become discouraged and lose their motivation. Moreover, many of us don't plan our goals in a practical manner, don't ~~make~~ schedule our work and stay committed - thus leading to frustration and ultimately failure in sticking to our resolutions.
- 2- Announcing our resolution to everybody is a mistake because and can become problematic because it creates external pressure. When we declare our goals publicly, it becomes our goal to become successful in the eyes of others, otherwise it will be a shame and we will face embarrassment and be ridiculed, if

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failed. This creates a constant pressure on our mind and one becomes stressful and anxious. Thus keeping our resolutions private can reduce this pressure, allowing us to focus on self-improvement.

3. The writer did not carry out his resolution on New Year's day because of the ^{over} late night party ~~celebration~~ which he attended on New Year's Eve and left him tired and exhausted. The event made ~~him~~ it hard for him begin a disciplined routine the very next day, as he made resolution on New Year but could not carry out ~~them~~ and left it postponed to the next day, justifying the excuse of exhaustion and tiredness.

- 4. Intimidating : Formidable
- Peril : Pitfall
- Dwindle : Waned
- Repel : Fended off
- Barb : Taunt and jibes