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Name: Arman Ali Batch: 367  
LMSID: 34003

Question no 1

Why most of us fail in our efforts for self-improvement?

Answer

Most of us fail in our efforts at self-improvement because our schemes are too ambitious and we never have time to carry them out. Past experience has taught us that certain accomplishments are beyond attainment. Frustration is one of the reasons which causes failure.

Question 2

What is it a basic mistake to announce our resolution to everybody?

Answer

We make the fundamental mistake of announcing our



resolution to everybody so that we look even more foolish when we slip back into our bad old ways. Aware of these ~~pitfalls~~ ~~and~~ ~~in~~ ~~the~~ ~~past~~ ~~years~~ ~~I~~ ~~attempted~~ to keep my resolution to myself. I limited myself to two modest ambitions, to do physical exercise every morning and to read more in the morning.

### Questions

Why did the writer not carry out his resolution on New Year's Day?

### Answers

The writer did not ~~ca~~ provide him to carry out his resolutions on the first day of New Year because of excuse, but on the second day, he applied himself assiduously to the work.



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The daily exercise lasted only ~~ten~~ eleven minutes and he proposed to do them early in the morning before anyone had got up. However, his enthusiasm waned, the time he spent at exercises gradually diminished. Little by little the eleven minutes fell ~~on~~ to zero.

#### Question 4

(a) intimidating  
Answer - Formidable

(b) Peril  
Answer - pitfalls

(c) Dwindle  
Answer - Diminish

(d) Repel  
Answer - Fend off

(e) Barb  
Answer - Jibes