

# Comprehension

Q1 Why do most of us fail in our efforts for self-improvement?

Ans

Most of us fail at self-improvement because we set overly ambitious goals and struggle to find the time for them. Additionally, public pressure and everyday distractions quickly diminish our enthusiasm and focus.

2. Why is it basic mistake to announce our resolution to everybody?

Ans

Announcing our resolutions publically increases pressure and anxiety, transforming personal commitments into public performances that can undermine genuine motivation. This fear of judgement makes us more likely to feel discouraged and abandon our efforts if we encounter set backs.

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

Ans:

The writer skipped his resolutions on new year's Day because he was too tired after an overnight party. The festive atmosphere and social interactions distracted him from his commitment to self-improvement.

4. find the words in the above passage which convey the similar meaning to the following:

a) Intimidating : Unsettling

b) Peril : Danger (implied is frustration that results from failure)

c) Dimindle : Diminish

d) Repel : Fend off

e) Barb : Jibe