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Comprehension:

Answer (1) Most of us fail in our efforts for self-improvement because our plans are too ambitious, and we don't have enough time to execute them. Additionally, past failures and frustration lead to a lack of belief in our own success, so we tend to give up easily.

Answer (2) It is a basic mistake to announce our resolution to everybody because when we fail to stick to it, we end up looking foolish in front of others. This public declaration puts pressure on us and increases the embarrassment if we revert to our old habit.

Answer (3) The writer did not carry out his resolution on New Year's Day because he attended an overnight party on New Year's Eve, which gave him a good excuse for skipping his new routines on the first day of the year.

Answer (4) (1) Intimidating - Formidable
(2) Peril - pitfall
(3) Dwindle - waned
(4) Repel - fend off
(5) Barb - jibe