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Question No-1

Most of us fail in our efforts for self-improvement because of setting unrealistic ambitions for the coming year. In the beginning, individuals eagerly commit themselves to countless resolutions. However, they do not allocate manageable time to achieve their targets. As a result, they feel exhaustion in performing many activities aiming at their self-regulation in a given timeframe.

QUESTION 2

It is a basic mistake to announce our resolutions to everybody. Firstly, human beings are judgmental by nature. They tend to be critical when a person shows desire for self-improvement. They try to discourage him with negative comments. Secondly, the inability of person to achieve his goals at a given point in time makes him look stupid. So, it is better to keep our aspirations to ourselves than to become a laughing stock when we revert to old habits.

QUESTION. 3

The writer did not carry out his resolution on the New Year's Day because of late-night celebrations. Initially, he sought to establish two attainable resolutions including daily reading and physical exercise. He was also aware of the embarrassment that comes with repeating old mundane habits. So, he did not discuss his ambitions with anyone. Despite these preliminary actions, the writer was still unable to achieve his targets on the first day of new year because of commitments the previous night.

Question - 4

(a) Formidable

(b) Pitfalls

(c) waned

(d) fended off

(e) trooped into