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QNO. 1:

Most of us fail in our efforts for self-improvement because of our overly ambitious resolutions. We set our resolutions beyond achievement. The unavailability of sufficient time also leads us to the failure in our self-improvement efforts.

QNO. 2:

It is a basic mistake to announce our resolution to everybody. It makes us appear stupid when we are unable to achieve the desired resolution and stay back to the usual routine.

QNO. 3:

The writer did not carry out his resolution on New Year's Day because of an overnight party on New Year's Eve. He did not keep up with the self-discipline in doing physical

COPY

Date:

Sun Mon Tue Wed Thu Fri

exercise and reading book.

Q No. 4:

- a) intimidating: formidable
 - b) peril: pit-fall
 - c) dwindle: diminish
 - d) repel: resist
 - e) barb: taunts and jibes
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