

Avoid lengthy answers

The answer should not exceed 2-3 sentences

Avoid self-addition in the answer

Focus on sentence structure

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Q.1) Majority of us are not successful in self-improving ourselves because the goals we set are far too lofty and often not within our reach. Further, we do not have the time to achieve such goals and thus end up becoming unsuccessful.

Q.2) To convey one's resolution to others before fully adopting it is an error as one appears to be even more of a failure as they inevitably adopt back their previous routine. As with the author's experience, this error may also lead to unnecessary heightened scrutiny of whether the resolution is being adopted, potentially affecting the outcome.

Q.3) The author did not continue with physical exercise each day due to a lack of self-motivation as time went on. The amount of time dedicated to exercise in the morning slowly decreased to zero. Further, the author did not continue with reading a greater amount daily due to the absence felt by not watching television. The author succumbed to sitting back downstairs in front of the screen and eventually abandoned reading all together in favour of sleep.

Q.4. a) formidable  
b) undoing  
c) diminished

d) resisting  
e) taunts