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Question no 1

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

Answer

Most of us fail in our efforts at self-improvement because our schemes are too ambitious and we never have time to carry them out. past experience has taught us that certain accomplishments are beyond attainment. Frustration is one of the reasons which causes failure.

Question 2

What is it a basic mistake to announce our resolution to everybody?

Answer

We make the fundamental mistake of announcing our

~~resolution to everybody so that~~
~~we look even more foolish~~
when we slip back into
our bad old ways. Worse
of these ~~pitfalls~~

It is about the author

~~pitfalls, on this year I attempted~~
to keep my resolution to myself.

I limited myself to two
modest ambitions, to do physical
exercise every morning and to
read more in the morning.

Questions

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

Answers

The writer did not ~~or~~
provide him to carry out
his resolutions on the first
day of New Year because
of excuse, but on the second
day, he applied himself
assiduously to the work.

Improve grammar and sentence structure

Answer should not exceed 2-3 sentences

The daily exercise lasted only ~~an~~ eleven minutes and he proposed to ~~do them early~~ in the morning before anyone had got up. However, his enthusiasm waned, the time he spent at exercises gradually diminished. Little by little the eleven minutes fell ~~on~~ to zero.

Question 4

(a) intimidating
Answer - Formidable

(b) Peril
Answer - pitfalls

(c) Dwindle
Answer - Diminish

(d) Repel
Answer - Fend off

(e) Barb
Answer - Jibe