

Question;

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

A- Most of us fail in our efforts for self-improvement because we are too ambitious about our goals, but we didn't put alot of efforts into our goal. it is because, sometimes we didn't manage the time in our routine. It is necessary to adjust our goals in our daily routines. Thus, the main reason of failing in our efforts are not having enough time.

We do not have time to transform these into realities

2- Why is it a basic mistake to announce our resolution to everybody?

Plz read the questions carefully
As the basic mistake to announce our resolution to everybody is expectation. It raises the expectation high expectations among our family/friends/relatives about

us. When we can't fulfill our
resolutions they think
us as a immature person
who doesn't make thoughtful
decisions. Then we get
frustrated and having zero
motivation so we end
up giving up on our
resolutions.

Plz break into short sentence

3- Why did the writer not carry
out his resolution on New
Year's day?

A= The writer didn't carry out
his resolution on new year's
day because, of his
past experiences of failure
which lead to frustration
and self-doubt. Moreover,
Announcing ~~our~~ his resolutions
to everybody sets him up for
embarrassment when he
slip back into our bad old
ways

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- Plz explain in the context of the
passage
- a) intricate = failure
 - b) Peel = frustration
 - c) dwindle = diminish
 - d) repel = little by little into zero
 - e) curb = taunts / bad ways