

1. Most of us fail in our efforts of self-improvement because of our over-ambitious plans and subsequent inability to work on them, pertaining to time constraints or sheer impracticality of the plan. Additionally, our failed experiences of past discourage us to not continue our efforts to attain the goal.

2. Announcing our resolutions to everybody is a mistake because it makes us appear foolish, when we fail to accomplish those plans successfully. Slipping back into old habits is not embarrassing for us but the ^{Public} pressure to stick to the commitment results in frustration too.

3. Despite having one, the writer didn't carry out his resolution on New Year's Day because of an overnight party. Attending the party provided him with a good excuse to delay starting his new resolutions.

Well articulated good very good

4. i) Pitfall - Pesib
ii) Fend off / Repel
Resisting
iii) Dwindle - Waned