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Try to read answer
carefully

Efforts differentiate

1- Most of us fail in our ~~effort for self-~~ improvements because we ~~set unrealistic~~ goals without taking our routine into consideration. As a result, it becomes difficult for us to take out time to actually work to achieve those goals. Therefore, we remain unsuccessful in accomplishing our goals.

2- It is a basic mistake to announce our resolution to everybody because of two reasons. Firstly, we set unrealistic goals and when we announce them to people, it makes us look foolish. Secondly, as our goals are

unrealistic, it is most probable that we will fail to achieve them. When we fail to achieve our goals and return back to our old ways, it makes us look even more foolish in front of those with whom we shared our goals.

3. The writer did not carry out his resolution on the New Year's Day because of the New Year Party. On the New Year's Eve, there was an overnight party which the writer attended. Because of this, he was tired and did not carry out any of his resolutions on the New Year's day.

4. a. Intimidating → Formidable
b. Peril → Pitfall
c. Dwindle → Wane, Diminish
d. Repel → Fend
e. Barb → Jibes

Plz explain in the context of the passage