Comprehension:

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

Answer:

Most of us fail in our efforts for self-improvement because our goals are very demanding and arduous. In addition to this, we also do not have much time to work on these goals. The enthusiasm to carry out our selected goals also fades *Because we* time, hence, we give in to our old bad habits *are not realist* and are unable to improve ourselves.

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

Answer:

It is not a clever idea to announce our resolution to everybody because we may relapse to our old ways and it makes us look stupid. With time, our determination weakens and it gives people a chance to mock us when we are not able to achieve our set goals. It then becomes unsettling for us as well to put effort into our resolutions.

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

Answer:

The writer did not carry out his resolution on New Year's Day because of an overnight party. This party gave him a good justification to *Provided with a justifued* avoid his new resolutions on the first day. The writer struggled with self-discipline. Therefore, he did not bother to work on his resolutions immediately and chose the late night party as an escape.

4) Find out the words which convey the similar meaning to the following:

a) intimidating:
   Answer: formidable

b) Peril:
   Answer: Pitfalls

c) Dwindle:
   Answer: waned, diminished

d) Repel:
   Answer: Resisting

e) Barb:
   Answer: taunts / jibes.