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- 1) The author explains that our failure in self-improvement is primarily due to overly ambitious plans, lack of persistence and announcing resolutions to everyone. The goals set by people are too ambitious and they don't have time to carry them out which leads to frustration when they cannot fulfill them. Additionally people give up on their resolutions if they face minor setbacks or they don't have enthusiasm to carry them out.
- 2) Announcing resolutions to everybody is unfavourable because of fear of judgement. If a person is unsuccessful to keep up with their resolutions they appear foolish in front of others. Another reason is pleasing others rather than focusing on personal goals because of added pressure and external expectations. Some people may even feel a premature sense of accomplishment, which reduces the motivation to work towards it.
- 3) The writer frankly admits that he attended an overnight party on New Year's eve, which provided him an excuse to postpone his resolutions and carry them out on 2nd day of New Year. He also provided justifications for delaying and postponing his reading and exercise plans. This shows that distractions and making excuses often thwart resolutions even before they begin.

4 i) Formidable

ii) Pitfalls

iii) Waned

iv) Fend off

v) Jibes