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# Comprehension

(1)

Most of us fail in our efforts for self-improvement because we do not make realistic plans for ourselves, do not focus on consistency and pay too much heed to people's jibes and comments. Making unrealistic plans that do not fit well into the lives we're accustomed to makes us fall back into our old habits quickly. Unrealistic plans, coupled with inconsistency becomes a deadly combination for our self-improvement. Moreover, caring too much about people's perception of our progress makes us anxious

which eventually leads to no self-improvement at all. This is how most of us fail in our journey towards self-improvement.

## (2)

Announcing resolutions to everyone can be a mistake because it creates unnecessary pressure to make progress and accountability that can make it harder to

stick to goals. Such announcements are especially deadly when the person is not accustomed to a life of discipline and consistency, as the author.

Moreover, as one is in the public eye, it can be tempting to give up on one's goals if things get tough, as the fear of ridicule from others make it hard to be determined.

(3)

The writer did not carry out his resolution on New Year's Day because of an overnight party. It provided an excuse to the writer to not act upon his set goals even though he could have carried them out at another time of the same day. All in all, it was the writer's lack of determination that kept him from fulfilling his goal.

(4)

(a) intimidating = formidable

(b) peril = pitfall

(c) dwindle = wane / diminish

(d) repel = resist

(e) barb = jibe / taunt