

English Comprehension "Test-1"

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Ans 1: Most of us fail in our efforts for self-improvement because we become over ambitious and set unrealistic goals. Usually, the goals we set are not aligned with our daily routine and it makes it challenging to put extra efforts to carry them out. This usually happens because we do not design our ~~goals~~ personalized goals keeping in view our limitations and fit. Moreover, most of us are not consistent and our enthusiasm wanes out gradually as it is difficult to come out of one's comfort zone. Resultantly, we slip back into our old habits by giving into the temptation of the comfort provided by not doing anything for self-improvement.

Ans 2: It does not support to announce our resolution to everybody as people set high expectations and we feel compelled and pressurized to meet them. As a result, our focus from being consistent to improve ourselves shifts to being focused more on satisfying people. Additionally, people may mock us for our efforts for self-development and we might feel less enthusiastic about achieving our goals.

Ans 3: The writer could not carry out his resolution on New Year's Day because he chose to attend an overnight party - a practice that is not in favour of someone who wants to rise early in the morning to do exercise and read in the evening after work. The writer, on the very first day, found a good excuse by giving into the temptation of an overnight New Year's party that wasn't aligned with the resolutions he made already made by being tired of from staying up late till morning.

Words

Synonyms

Ans 4: Intimidating

Formidable

Peril

Pitfall

Dwindle

~~decrease~~ wane

Repel

Resist

Barb

Taunt / Jibe