

Batch : KP PMS-003

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Comprehension

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

Most of us fail because of being over ambitious and shortage of time to attain those goals which can improve over ourselves. These goals are

part of new year resolution. ~~Some~~

Often those goals are being repeated yearly (taken from previous year). These goals were

pending last year because of insufficient time and in new

year resolution we drag them from previous year routine with failure

and frustration. This kills zeal and demotivate ~~is~~ a person/us

which is ~~#~~ consider as hurdle in the path of self improvement.

Why is it basic mistake ----

It is basic mistake to announce our resolution to everyone

because often goals are repeated.

Since old goals become a part of new year resolution

along with new goals. This depicts carelessness and irresponsible behaviour towards achievement

of goals and reminds a

person failure in obtaining those goals past year. By telling

new year resolution which is

combination of previous and

new goals reflects foolish behaviour

and previous failure makes

the person to step back in

old frustrated days

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3- Why did the writer not --

Overnight party of new year

eve was an obstacle in

easing new year resolution.

Author wanted to do exercise in morning and wanted to read in evening which was not possible in such scenario.

If the author worked upon new year goal then party of new year shall be skipped. Author prefer overnight part on new year resolution.

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Intimidating	taught
peril	frustration / failure
dwindle	Exercise Diminished
repel	Diminished Resisting
back	Back to