

(i)

Most of us fail in our efforts for self-improvement because our plans are too ambitious and we don't have enough time to carry them out. Our daily routines keep us so occupied that we cannot extract time to pursue these goals. Moreover, repeated failures from past attempts lead to frustration and discourage us from trying again.

(ii)

It is a fundamental mistake to announce our resolution to everybody as it can hinder our ability to pursue our goals. If we fail to achieve our goals, people may mock us, which can lead to deeper discouragement. As a result, we may lose the motivation to try again in the future.

DATE: _____

(iii)

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The writer did not carry out his resolution on New Year's Day because he had attempted an overnight party on New Year's Eve. This late-night celebration left him tired and provided a convenient excuse to postpone starting his new goals.

(iv)

- 1) Intimidating, Formidable
- 2) Peril, Pitfall
- 3) dwindle, Diminished
- 4) repel, fended off
- 5) barb, Idea.