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English Comprehension Test-1 DATE June 03, 2025

Question #01

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

Answer

Most of us fail in our efforts for self-improvement because we tend to set overly ambitious goals that are difficult to achieve within our daily routines. These goals are often unrealistic given our time constraints and existing habits. As a result, we struggle to maintain consistency and eventually give up. Additionally, the disappointment from previous failures discourages us from trying again. The writer suggests that our inability to stick to a routine, combined with the pressure to see immediate results, leads us to abandon our resolutions early on.



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Question # 02

Why is it a basic mistake to announce our resolution to everybody?

Answer

It is a fundamental mistake to publicly announce our resolutions because it creates unnecessary pressure and raises expectations among others. When we fail to keep our resolutions, we not only feel disappointed in ourselves but also embarrassed in front of those who are aware of our goals. This can lead to a loss of confidence and motivation. The writer explains that this social pressure makes the failure more visible and humiliating, which further discourages future attempts at self-improvement.



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Question #03

Why did the writer not carry out his resolution on New Year's day?

Answer

The writer did not carry out his resolution on New Year's Day because he had attended an overnight party on New Year's Eve. This party left him tired and provided a convenient excuse to delay starting his resolutions. Although he had planned to begin exercising and reading on January 1st, he postponed these activities due to the aftermath of the celebration. This highlights how external events and lack of discipline can interfere with the best of intentions.



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Question #04

Find out the words in the above passage which convey the similar meaning to following.

(a) Intimidating — Formidable
Used in the context of describing the mentally compiled list of do's and don'ts, indicating that the list was overwhelming or daunting.

(b) Peril — Pitfall
Refers to the common errors or dangers that people fall into when making resolutions, such as announcing them publicly.

(c) Dwindle — Diminished
Describes the gradual reduction in time the writer spent on his daily exercises until he stopped altogether.

(d) Repel — Fend off
Used when the writer describes how he handled the teasing and mockery from his family regarding his exercise routine.



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(e) Bath — Jibe

A jibe refers to a mocking or sarcastic remark, which in the passage is how the writer describes his family's reactions to his exercise efforts.