

DATE: 3rd June 2025

- Adeena Ahmed
- Batch-67 — CEs

Answer NO 1.

Self improvement is an admirable goal, yet many individuals struggle to achieve it despite their best intentions.

The primary reason for this failure lies in the fact that people often set unrealistic and overly ambitious goals which are difficult to sustain over time. As the writer suggests, these goals are usually extensive and time consuming, and people often lack the discipline and time to follow through consistently. Moreover, past experiences of failure tend to create mental barriers, that reduces confidence and leads to a cycle of repeated setbacks. In conclusion, the combination of unrealistic ambitions, time constraints and previous disappointments contribute significantly to the failure of most self improvement efforts.

Answer NO 2

While sharing our resolution may seem like a way to gain accountability, it often leads to unintended consequences. According to the writer, publically announcing ones resolution is a fundamental mistake because it creates external pressure and a fear of social judgement. When others are aware of our goals, our failure becomes more noticeable, which can lead to feelings

of embarrassment and discouragement. This pressure may cause one to abandon the resolution altogether instead of maintaining steady progress in private. To sum up, making resolutions on public affair increases the burden of expectation and fear of failure, which often leads to their eventual collapse.

Answer No 3

Although the beginning of new year is typically seen as the perfect time to implement resolutions, the writer deferred his plans momentarily. The reason the writer did not carry out his resolutions on New Year's day was that he had attended an overnight party on newyears eve. The aftereffects of the celebration gave him a legitimate excuse to delay his commitments. Rather than begin with enthusiasm on January 1st, he postponed the execution of his new routine to the following day. In essence, the writer's festive engagement disrupted the ideal start to his resolutions, leading to a delayed but determined attempt on the second day.

Answer No 4

Intimidating	Formidable
peril	Pitfall
dwindle	Diminished
repel	Fend off
barb	Jibe.