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Q. Read the Following Passage carefully and answer the question that follow.

Questions:

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

Many of us start the new year with high hopes and big plans. However we often aim too high and set goals that are too difficult or unrealistic to manage with our busy schedules. Additionally, past failures tend to discourage us, and we lose motivation when we don't see quick results. So, the thing is that we want improvement but we make it too hard for ourselves right from the beginning.

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

Telling everyone about our resolutions might seem motivating, but it adds pressure. When we fail, we feel embarrassed because others are watching. This makes the failure harder to handle. It's often better to work quietly on our goals first. That way, we stay focused without fear of judgment.

3. Why did the writer not carry out his resolution on New Year's Day?

The first day of the year is usually when we're expected to start fresh, but sometime life has other plans.

In the writer's case he had been to a New Year's Eve party that left him too tired to start his new habits the next morning. He used the late night celebration as an excuse to delay starting his resolutions. It shows how easy it is to break a promise to ourselves, even on day one.

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

a. Intimidating $\Rightarrow$ Formidable

b. Peril $\Rightarrow$ Pitfall

c. dwindle $\Rightarrow$ Diminish

d. Repel $\Rightarrow$ Fend off

e. barb $\Rightarrow$ Jibe