

Comprehension

Q:1 why most of us fail in our efforts for self-improvement?

Ans: Most of us fail in our efforts for self improvement because we never give much time to our schedule to improve ourselves that is required to meet such desired change.

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

Ans: To announce resolution to everyone made makes ourselves in so much hustle and bustle. People make us feel bad when we can't get stuck into new routine.

Q:3 why did the writer not carry out his resolution on New year's Day?

Ans: The late night partying with friends did not keep him on his resolution. Although, he even hardly gave eleven minutes for exercise on second day and onward. But this time reduced to zero day by day because of lack of discipline.

Q#4

Ans

Intimidating → Exhausting

Peril → Waned

Dwindle → Hypnotizing

repel → Back to old
Bad habits

Barb → Jibes
