

For self improvement, most of us fail in our efforts because the plans we draw are not close to realistic. Schemes are not designed according to the available time for anyone. Moreover, we express our plans in front of people prior to implementing it in practical life.

(ii)

When we announce our resolution to everybody, their expectations rise. A person may start to feel as he might be under observation by people. Furthermore, it is humiliation when we fail to stick with our ambitions.

(iii)

On the eve of New Year, the writer decided to make some goals such as exercise daily and read more in the evening. But on the very first day, he was unable to follow it just because of the overnight

Date _____

Day _____

new year party.

(iv)

Repel
Dwindle
peril
intimidating

Resist
unsettling
uncomfortable
resolution