

English Comprehension Test 1

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Q: Read the following passage carefully and answer the question that follow:

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

Most of us fail at self improvement because we try to do too much at once. Our goals are often too ambitious and don't fit into our daily routine. Since we're already busy, we struggle to find time and eventually give up. The passage also mentions that past failures make us feel discouraged, which adds to the difficulty of sticking to new habits.

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

Announcing our resolution to everyone can make things harder. When we tell others and then fail, it makes us feel foolish or embarrassed. This pressure

from others' expectation can cause more stress and reduce our motivation

The writer explains that keeping resolutions private helps avoid the shame of failure and allow us to focus without judgement.

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

The writer didn't follow through on his resolutions on New Year's Day because he had attended an overnight party on New Year's Eve. He used this late night celebration as an excuse to skip both his planned physical exercise in the morning and reading in the evening. It was simply easier to delay the effort and blame it on being tired from the night before.

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

- a) Intimidating Formidable
- b) Peril Pitfall
- c) Dwindle Diminished
- d) Repel Fend off
- e) Barb Jibe