

Question No.1

Most of us fail in our efforts for self-improvement because our unrealistic expectations and lack of time lead to failure in self-improvement efforts.

Question No.2

Announcing resolutions to everyone like a public promise that is hard to keep. When we fail to keep them, we might feel embarrassed or ashamed.

Question No.3

The writer didn't carry out his resolution on New Year's Day because he attended an overnight party on New Year's Eve and was likely too tired or did not feel like it.

Question No. 4

- a) intimidating → Unsettling
- b) peril → Pitfalls
- c) dwindle → Diminished
- d) repel → Fended off
- e) barb → Tauts and jibes