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37970

065

NOA AT Comprehension test

3/June/25

1. The failure in our efforts for self-improvement arises from setting high standards for our goals beyond what we can achieve. In addition to being too ambitious, our goals may also not be what we have time for. Not keeping practical and realistic goals that can be incorporated in our daily routine easily is what sets most for failure of self-improvement.
2. Announcing a resolution to others, especially when there is a great chance of not being able to fulfill that resolution makes one look non-serious and ~~un~~unintelligent. Others get the impression that n.
3. The writer spent the entire night at a party celebrating New Year's. He could not do his early morning exercise or his evening reading due to the party ~~to~~ where he which preoccupied him and drained his energy requiring him to rest the next day as an excuse.
4. a) ~~very~~ formidable
b) failure
c) slip back
d) fended off
e) _____