

Properly extract ideas from the main passage

1. ~~The writer in our reflections or self-improvement areas gives the standards for our goals beyond what we can achieve. In addition to being too ambitious, our goals may also not be what we should be. Not keeping our goals realistic, though, can be incorporated in our daily routine easily, which is most for failure of self-improvement.~~

~~2. Adopt formal writing style
Avoid cutting and work on paper presentation~~

~~3. In your second answer, there is a huge difference in being foolish or unintelligent.~~

~~Extract key ideas from the passage~~

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, where he which preoccupied him and drained his energy requiring him to rest the next day as an excuse.

4. a) ~~formidable~~

b) ~~failure~~

c) ~~slip back~~

d) ~~fended off~~

e) ~~—~~