

Q.i. Why most of us fail in our efforts for self-improvement?

good just one suggestion

kindly try to write more keeping in view the context of the passage

command over language is fine

Most of us fail in our efforts for self-improvement because we find our schemes to be too ambitious to be attained within too little a time - Every year the same list of do's and don't's are made with the same old favorites that invoke in us a sense of being nicer, efficient, and even moral. Quitting lies, amongst all these, has always been a top failure, because everytime we aim at it we consider just only the frustration that resulted from it the ~~the~~ last time we failed at achieving this goal - Thus, the reason behind our failure at self-improvement despite our efforts is our clinging on to the results from the past experience, we are discomforted at the very thought of our past inabilities and surrender our present efforts to our past shortcomings.

do not add your personal ideas please

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

It is our basic mistake to announce our resolution to everybody because deep down we fear being judged. When the fear of failure triggers, we believe that we will look more foolish in front of the people to whom we have committed the folly of announcing our ambitions. The discomfort that results from overthinking the consequences that might result if we lost at achieving our goals in the form of humiliation or shame, is the reason why resolutions shouldn't be announced out loud.

3. why did the writer not carry out his resolution on the New Year's Eve?

The writer, apparently, shifts the blame on an overnight party on New Year's Eve for not letting him carry out his resolution on the supposed day. But, in reality, he himself became prey to all the dragging forces he pointed out from the lives of the people who fail to carry out their resolutions - His fear of being seen, judged, and ~~mocked at~~ ^{well known} made him a chronic procrastinator to the point that he couldn't spare even a minute for his ambitions out of a 24 hour long day - Everyday he came up with excuses as to why he couldn't maintain a balance between his two ambitions - From the 1st of January to the 10th, the minutes devoted to exercise reduced from eleven to zero, while the excuses piled up to a dozen. And thus, the writer failed to carry out his resolution, not just on day one, but on all the remaining days too.

4. Find out the words in the above passage which convey the similar meaning to the following

a. Intimidating : ~~Formidable~~

b. Peril : ~~Pitfall~~

c. Quindle : ~~Ward~~

d. Repel : ~~Fended off~~

e. Barb : ~~Tides~~