

Comprehension

Q:1 why most of us fail in our efforts for self-improvement?

Ans: Most of us fail in our efforts for self improvement because we never give much thought to our schedule to improve ourselves that is required to meet such desired change.

Too ambitious goals

Q:2 Why is it a basic mistake to announce our resolution to everybody?

It is a basic mistake ...

Repeat question statement at the start of the answer.

Ans: To announce resolution to everyone ~~made~~ makes ourselves in so ~~hustle and bustle~~. People make us feel bad when we can't get stuck into new routine.

Q:3 why did the writer not carry out his resolution on New year's Day?

Ans: The late night partying ~~allow~~ with friends ~~to work~~ did not keep him on his resolution. Although, he even hardly gave eleven minutes for exercise on second day and onward. But this time reduced to zero day by day because of lack of discipline.

Q#4

Ans

Intimidating → Exhausting

Peril → Waned

Dwindle → Hypnotizing

repel → Back to old
Bad ~~habits~~

Barb → Jibes
