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Read the following Passage Carefully and answer the questions that follow

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

Most of us fail in our efforts for self-improvement because we set unrealistic goals that are not aligned with our routine and habits. We set these goals based on emotions and fail to consider the necessary changes required in our habits and daily routine. This makes it difficult for us to prioritize tasks and manage time accordingly. Thus we fail in our efforts for self-improvement.

*It is more appropriate to keep in clear the context of the passage*

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

It is a basic mistake to announce our resolution to everybody because it raises expectations

reasoning is fine here

of the people around us when when we share our goals, others become eager to see us perform and succeed. On the other hand, this creates emotional pressure, not only to act but also to avoid even small mistakes. We try to avoid taunts and criticism that may follow. As in the writer's case, failure becomes more noticeable and can make us appear biased in the eyes of others.

Q 3 Why did the writer not carry out his resolution on New year's Day.

Writer did not carry out his resolution on new year's day because he had attended an overnight party on New Year's Eve, which likely left him tired and disrupted his usual routine.

As a result, he used the party as an excuse to delay starting his new habits, such as exercising.

in the morning and reading in the evening. The lack of rest and motivation after party made it difficult for him to begin his resolutions right away.

**Q 4** Find out the words in the above Passage which convey the similar meaning to the following:

1	Intimidating	Formidable
2	Peril	Pitfall
3	Dwindle	Diminish
4	Repel	Fend off
5	Barb	Jibe