

Comprehension Test - 1

Questions:

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

Most of us fail in our efforts at self-improvement because our ~~plans~~ are usually too ambitious, and we often do not have time to carry them out. We try to accomplish too much at once, which becomes overwhelming. This leads to frustration and ultimately results in giving up on our resolutions.

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

Announcing our resolutions to everyone is a basic mistake because it increases the pressure to succeed. If we fail, we feel embarrassed and foolish in front of others.

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

The writer did not carry out his resolution on New Year's Day because he had attended an overnight New Year party on New Year's Eve. This late-night celebration

gave him a ~~convenient~~ excuse to postpone the
beginning of his new habit.

4. Words:

Formidable

~~Intimidating~~

Pitfall

~~Peril~~

Diminish

~~Diminish~~

fend off

~~Repel~~

Jibe

Barb

