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Q1: Why most of us fail in our efforts for self-improvement?

Answer:

Most of us fail in our efforts for self-improvement because we set unrealistic goals that do not align with our existing habits. We often overlook the necessary changes required in our routines and behaviors to make these goals achievable. As a result, they clash with our schedules making them difficult to maintain, which ultimately leads to failure in sustaining our efforts.

Q2: Why is it a basic mistake to announce our resolution to everybody?

Answer:

It is a fundamental mistake to announce our resolutions to everyone because it creates pressure to succeed. People begin watching our actions more closely, making us overly conscious of their expectations. We try to avoid the ridicule that might fall upon us if we fail and end up feeling foolish, which discourages us from continuing our efforts.

Q3.

Q4. Why did the writer not carry out his resolution on New Year's Day?

Answer:

The writer did not carry out his resolution on New Year's Day because he had stayed up all night at a New Year's Eve party. This left him exhausted and gave him an excuse to delay starting his resolutions on the first day of the year.

Q4.

Answer:

- (a) Formidable
- (b) Pitfalls
- (c) Diminish
- (d) Fend off
- (e) Jibe

u can explain more in context of the passage