

Q1 why most of us fail in our efforts for self improvement?

Ans When we try to adapt new things our body and mind resists in the start, and most common mistake we make is making resolutions that sometimes feel out of capacity since we are expecting the final result, where as self improvement starts with small targets that lead towards the final goal. ~~As the writer was telling about his 11 minute exercise by waking up more early. rather he would have made either small stretches after waking up so no one knows or should have taken some other time. and same as the reading book one, he could have increased a page or two day by day.~~

Q2 why is it a basic mistake to announce our resolution to every body?

Ans SELF goals should be kept personal and results should reflect the achievement. Because if we don't tell anyone we have no fear of judgement if we fail, but after the announcement the fear to fail takes the major chunk of our motivation and the fear of being judged demolishes the confidence. The effort to self improvement changes into pressure to impress other people. That results to put our mind and body under immense stress.

so it's better to keep silence and let the results speak for themselves.

Q3 why did the writer not carry out his resolution on new year's Day?

As The writer made the resolution but like all others, the excuse that he made like others do was the new year party. chilling all night made him tired resulting as an excuse to skip day 1, and also the mind acts like as if it's not a big problem to skip resolution and it can be restored afterwards.

sentence structure is incorrect
basic grammar is not even close to correct
seems like you haven't read the basic rules of grammar
sentences are too long
not satisfactory answers are incorrect and out of context
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