

Thursday

English Comprehension Test - 1

5/3/26

Q1: Attempts at self improvement, that is, personal growth, often fail due to unrealistic goals and publicly sharing said goals. Most who set unrealistic goals will be unable to consistently work towards them and shrink away when faced with setbacks. Moreover, by sharing these goals publicly, falling short of these goals will make one the subject of judgement and mockery, further discouraging oneself.

Q2: Publicizing one's goals to others marks them for public scrutiny. Onlookers aware of these individuals' goals will judge their progress. In the event that they relapse into old habits, these onlookers will silently judge or openly mock the individual for their weakness, resulting in awkward tension, ~~and~~ demotivation, and embarrassment.

Q3: The writer fully intended to carry out his aims on New Year's Eve. However, an overnight party was scheduled ~~on~~ on the same day which would slightly conflict with his morning exercise goal. Therefore, to avoid undue stress he decided to delay his goals and carry them out the day after with a fresh slate.

- Q4:
- a) Formidable
 - b) Pitfall
 - c) Waned
 - d) Fended off
 - e) —