

Q#1

Most of people fail in their efforts at self-improvement because they make schemes which are too ambitious and have higher goals to achieve them but never find time to accomplish them, as a result, failed in their tasks.

Q#2

Announcing resolution to everyone is a big mistake because to announce a resolution before starting it make ~~person~~ a person foolish and it would be more pathetic when someone announce it and don't complete their task and ^{even} look like a dumb person when slips back into their bad old ways.

Q#3

The writer did not carry out his resolution because an overnight party on New Year's Eve provided him good excuse to skip the task and the the strict self-discipline required to do eleven-minute exercise was too demanding on the first day.

Q#4

- (a) Intimidating → formidable (c) Dwindle → diminished
(b) Peril → pitfalls (d) Repel → betrayed
(e) Barb → jibes