

# // (Essay Test)

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## \*Comprehension:-

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

→ Most people fail in their attempts at self-improvement because the goals they set for themselves are often unrealistic and overly ambitious. They create long lists of changes they wish to make, but later find that they lack the time, discipline, or consistency required to fulfill them. As a result, their enthusiasm fades and they gradually return to their old habits.

Another major reason for failure is that people tend to announce their resolutions publicly. When they are unable to keep their promises, the disappointment and embarrassment of failing in front of others make the situation even worse. Consequently

instead of achieving meaningful change, the efforts at self-improvement slowly collapse.

Q#21- Why is it a basic ~~because~~ mistake to announce our resolution to everybody?

→ Announcing our resolutions to everyone is considered a basic mistake because when we fail to follow them, we feel embarrassed and foolish in front of others. This public declaration increases the pressure on us, and when we slip back into our ~~the~~ old habits, the failure becomes more noticeable.

As a result, instead of motivating us, it often discourages us and makes ~~the~~ the disappointment even greater.

Q#31- Why did the writer not carry out his resolution on New Year's Day?

→ The writer did not carry his resolution on New Year's Day because he had attended an "overnight party".

New year's Eve. This gave him a convenient excuse to delay starting his new routine of exercising in the morning and reading in the evening.

In other words, since he had stayed up late at the party, he felt too tired to begin his resolutions on the first day of the year.

Q41-

(a) :- intimidating.  
→ Formidable

(d) :- repel  
→ fended off

(b) :- Peril :-  
pitfalls  
→

(e) :- Barb  
→ Jibes.

(c) :- dwindle :-  
→ Diminished