

Q:1

Most of the people fail in their efforts for self-improvement because they do not have time to fulfill their ambitious schemes. Frustration is also the result of failure.

Q:2

When we slip back into our old bad ways we make mistake to announce our resolution to everybody.

Q:3

Aware of pitfalls, writer carry out his resolution to himself. He limited himself to two ambitions, to do physical exercise every morning and to read more in the morning.

Q:4

- (a) ~~Hypnotizing~~ Pitfall
- (b) formidable
- (c) ambitious
- (d) carry out
- (e) frustration