

Day:

English Comprehension

Date: / /

Test 1

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Batch : 88

Limit answers to 5-7
line

Question # 1

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

The author has highlighted ~~3~~ reasons as to why ^{most} people fail in their efforts for self improvement. The ~~first~~ is that people often set very ~~of~~ high goals and then ~~do not~~ find the time to achieve those goals. Next, people make the mistake of announcing their goals to everyone. Hence, when they bounce back into their old habits, they feel embarrassed and frustrated by their failures. ~~To avoid the discomfort~~, people become deep rooted liars and ignore the path of growth and improvement. This way, people get stuck in the vicious cycle of failure.

Question # 2

Why is it a basic mistake to announce our resolution to anybody

The author says that ^{it is} it best to keep your resolutions to yourself. The reason is that people are made fun of if they

are unable to keep consistent and fall back into their old habits - Hence to avoid embarrassment, one should avoid ~~telling~~ publicly announcing ^{one's} goals

Question # 3

Why did the writer not carry out his resolution on New year's Day?

The writer had decided for himself two simple goals for the year - One was carrying out physical exercise in the morning and the other was being able to read more in the evening - As the writer attended an overnight new year's eve party, he was unable to ~~carry out~~ exercise the next morning due to fatigue - As he did not ~~carry out~~ accomplish his first goal, he convinced himself to carry out both of them together, hence leaving the second one as well. ~~That is why he started with his resolution on the second day of the year~~

Question # 4

Words having similar meaning from the passage

(a) intimidating formidable

(d) Repel :- fended off

(c) dwindle waned