

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

The reason why most of us fail in our efforts for self-improvement are that we make overly ambitious plans from the start, so we do not have enough time to pursue all goals simultaneously. Another main reason is that we announce our resolutions to everyone before even starting; then, if we slip back or fail, we feel foolish or ashamed in front of others.

Q2 Why is it a basic mistake to announce our resolution to everybody?

It is a basic mistake to announce our resolution because it makes us look foolish when we eventually slip back into our old ways or we fail. Instead of being supportive, people might laugh at us, which makes the failure even more embarrassing and can discourage us from trying again.

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

The writer did not carry out his resolutions on New Year's Day because he had attended an overnight party on New Year's Eve. This celebration provided him with a convenient excuse to skip his new routine on the very first day of the year.

24

- (a) Intimidating → Unsettling
- (b) Peril → Undoing
- (c) dwindle → Waned
- (d) Repel → Fended off
- (e) Barks → Taunts and jibes