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Learning new things stretches your abilities, keeps your mind active, and most definitely improves your confidence in your ability to do new things. 2. Ask Your Partner or a Friend What You Can Do For Them. This can be something as easy as helping them

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Know your strengths and play to them. Seek work in an area which makes the most of your strengths, knowledge and skill set. Where possible delegate or outsource the tasks which do not suit your strengths. There are several things which do not fall within your strengths, but you do need to be competent at them.

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