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To List Your Self Is to Know Your Self List the best gifts you've ever been given ... the names of all your past bosses and lovers ... your lucky charms and broken arms. List the smells that make you scream, the people in your dreams.

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As promised, here are a few ways to make your self evaluation go even further when it comes to career progression: Add areas of accomplishment (#2 on this list) to your resume, personal website or portfolio, and LinkedIn profile. Now you'll be up-to-date in case you want to freelance, network, or search for jobs.

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