

MAN POINTS THE DEFINITIVE GUIDE TO MEASURING YOUR M Latest Edition

man points the definitive guide to measuring your m

Understanding how to accurately measure your "m" is essential for various personal, professional, or academic purposes. Whether you're involved in health and fitness, scientific research, or simply curious about your own metrics, having a comprehensive guide ensures you gather precise data and interpret it correctly. In this article, we will explore what "man points" are, why measuring your "m" matters, and the best methods to do so effectively.

What Are Man Points and Why Measure Your M?

Defining Man Points

"Man points" is a colloquial term often used to describe a metric or measurement related to masculinity, physical attributes, or personal benchmarks. However, in the context of this guide, "man points" refer to a specific measurement of the male reproductive organ, commonly known as the penis, and the associated metrics that reflect size, function, and health.

Importance of Measuring Your M

Measuring your "m" (a shorthand for the male organ) can serve various purposes:

- Assessing growth during development
- Monitoring health and function
- Tracking changes over time due to aging or lifestyle
- Comparing measurements for personal knowledge or medical consultations
- Ensuring accurate sizing for products like condoms or devices

Understanding your measurements can help you make informed decisions about health, fitness, and well-being.

Common Methods to Measure Your M

Preparation Before Measurement

Before measuring, ensure:

- The body is relaxed
- The measurement is taken in a consistent state (e.g., erect or flaccid)
- Using a flexible ruler or a measuring tape
- The measuring tools are accurate and clean

Consistency is key; always measure in the same way to track changes accurately over time.

Measuring Erect Length

Erect length measurement is the most common and standardized method.

- Start with the penis in a fully erect state.
- Place the ruler or measuring tape at the base of the penis, pressing into the pubic bone (where the shaft meets the body).
- Stretch the ruler along the top of the shaft to the tip (glans).
- Record the measurement in centimeters or inches.

Note: Do not press too hard, as this can artificially increase the measurement.

Measuring Flaccid Length

Fewer people measure flaccid length, but it can be useful.

- Relax the penis completely.
- Follow the same steps as erect measurement, placing the ruler at the base and extending to the tip.
- Record the measurement accurately.

Measuring Girth (Circumference)

Girth provides additional information about size.

- Wrap a flexible measuring tape around the thickest part of the shaft, usually near the mid-shaft.
- Ensure the tape is snug but not compressing the tissue.
- Note the measurement.

Additional Metrics to Consider

Measuring the Length When Erect

Some individuals also measure:

- Bone-pressed length: the length from the pubic bone to the tip of the glans, pressing the ruler into the pubic bone for accuracy.
- Non-bone-pressed length: measurement without applying pressure.

Measuring the Width and Girth

Girth can sometimes be more relevant than length for certain applications, such as fitting condoms or devices.

Measuring the Testicular Size

While not directly related to "m," testicular size and health are also important indicators of reproductive health.

Factors Influencing Measurement Accuracy

Time of Day

Measurements can vary throughout the day, often being larger during or after arousal.

Temperature and Environment

Cold temperatures can cause shrinkage, whereas warmth can lead to swelling.

Measurement Technique

Consistency in technique and tools used is crucial for reliable data.

Health and Arousal Level

Health conditions or states of arousal can influence size temporarily.

Interpreting Your Measurements

Understanding Variations

Normal size ranges vary widely among individuals:

- Average erect length: approximately 13-15 cm (5-6 inches)
- Average flaccid length: approximately 7-10 cm (2.75-4 inches)
- Girth: about 11-13 cm (4.3-5.1 inches)

Recognize that measurement fluctuations are normal and do not necessarily indicate health issues.

When to Consult a Medical Professional

If measurements are significantly below or above average, or if you experience pain, discomfort, or other concerns, consult a healthcare provider.

Advanced Measurement Techniques and Tools

Ultrasound and Medical Imaging

For precise assessment, especially in clinical settings, ultrasound imaging can evaluate:

- Blood flow
- Structural integrity
- Penile length in different states

Using Apps and Digital Tools

Several apps and devices now facilitate accurate recording and tracking of measurements over time.

Tips for Accurate and Consistent Measuring

- Measure at the same time of day for consistency.
- Use the same measuring device each time.
- Measure in a relaxed state, ensuring consistent arousal levels if measuring erect size.
- Record measurements immediately to avoid memory errors.
- Take multiple readings and average them for accuracy.

Conclusion

Measuring your "m" accurately and consistently is a straightforward process that yields valuable insights into your health, development, and personal metrics. By following proper techniques and understanding the factors that influence measurements, you can track changes over time and make informed decisions regarding your health and well-being. Remember, size varies widely, and what matters most is overall health and function. If you have concerns about your measurements or health, always consult a qualified healthcare professional for guidance.

Empower yourself with knowledge?measure confidently, and stay healthy!

Man Points: The Definitive Guide to Measuring Your M

In the realm of personal development, self-awareness, and body confidence, understanding your physical attributes is often a stepping stone toward greater self-acceptance and goal setting. Among these attributes, the measurement of one's man points?commonly referred to as penis size?is a topic that has garnered significant attention, curiosity, and even misconceptions. Whether for curiosity, health reasons, or confidence-building, knowing how to accurately measure your M is essential. This comprehensive guide aims to demystify the process, explore the nuances, and provide expert advice on how to measure your man points with confidence and precision.

Understanding the Importance of Accurate Measurement

Before diving into the how-to, it's crucial to understand why accurate measurement matters. While often considered a taboo subject, knowing the real dimensions of your M can:

- Provide factual information versus misconceptions or myths.
- Help identify potential health issues such as Peyronie's disease or other conditions.
- Assist in setting realistic expectations for sexual health and satisfaction.
- Boost confidence through understanding your own anatomy.

However, it's equally important to approach this measurement with a healthy mindset, avoiding comparisons or unrealistic standards influenced by media or stereotypes.

Preparing for Measurement: Setting the Stage

Proper preparation ensures you get the most accurate and consistent results. Here are essential steps:

Clean and Calm Environment

- Hygiene: Wash your hands and genital area thoroughly to prevent infections and ensure cleanliness.
- Relaxation: The process should be done when you're relaxed; stress or tension can affect measurements.
- Timing: Measure when your penis is at its normal state, ideally after a warm bath or shower, as warmth increases blood flow and can maximize size.

Equipment Needed

- Rigid ruler or tape measure: Preferably a flexible, clear ruler or a soft, flexible measuring tape.
- Pen and paper: To record measurements immediately.
- Optional mirror: To help align measurements accurately.

Note: Avoid using a soft or elastic tape that can stretch or deform, leading to inaccurate readings.

Measuring Your M: Step-by-Step Guide

Proper technique is vital for accuracy. Here's a detailed step-by-step process:

- Achieve the Erect State

While some prefer measuring flaccid size, most experts recommend measuring erect length because it's more consistent and relevant for sexual function. To achieve an erection:

- Engage in sexual activity or sexual arousal.
- Use a cock ring or constriction device only if safe and comfortable.
- Alternatively, wait until natural arousal occurs.

Tip: Do not forcibly induce an erection; wait naturally to avoid discomfort or injury.

- Measure the Length

- Position the ruler or measuring tape: Place it on the top (dorsal side) of the penis, starting from the pubic bone.
- Find the pubic bone: Press the ruler gently into the pubic bone to account for any fat pad that can mask true length.

- Measure to the tip: Extend the ruler along the top side of the shaft, following the curvature, all the way to the glans (head).
- Record the measurement: Note the length in centimeters or inches.

Note: Ensure the ruler is pressed flat against the skin and aligned straight along the shaft to avoid underestimation.

- Measure the Girth (Circumference)
 - Locate the mid-shaft: Find the thickest part of your shaft.
 - Wrap the measuring tape: Loosely but snugly wrap it around the shaft at the mid-point.
 - Read the measurement: Record the circumference in centimeters or inches. Ensure the tape is level and not too tight to avoid compression.
- Measure Flaccid Size (Optional)

For a comprehensive profile, measure the flaccid penis in the same manner, noting differences between flaccid and erect states.

- Repeat for Accuracy

Repeat each measurement 2-3 times over a few days to ensure consistency. Record the highest, most consistent measurements.

Understanding Variability and Factors Affecting Size

Natural Fluctuations

- Time of day: Size can vary slightly throughout the day.
- Temperature: Cold reduces size; warmth increases it.
- Stress levels: Anxiety or stress can impact blood flow, affecting erect size.
- Hydration and health: Overall health influences blood flow and tissue elasticity.

Physiological Factors

- Age: Younger men tend to have more elastic tissue, influencing size.
- Body Fat Percentage: Excess fat around the pubic area can obscure true length.
- Genetics: Natural variation exists among individuals.

When to Seek Medical Advice

- Significant or sudden changes in size.
- Pain during measurement or erection.
- Curvature or deformities.
- Erectile dysfunction or other concerns.

Common Mistakes in Measurement and How to Avoid Them

Avoid these pitfalls to ensure your measurements are reliable:

- Measuring in a flaccid state when intending to measure erect length (or vice versa).
- Using a soft or elastic tape that stretches and skews results.
- Measuring at an angle or not aligning the ruler properly.
- Not accounting for the pubic fat pad, which can lead to underestimation.
- Rushing the process, leading to inconsistent measurements.

Interpreting Your Measurements: What Do the Numbers Mean?

While size varies widely among men, here?s a general overview based on research data:

| State | Average Length (cm) | Average Length (inches) | Average Girth (cm) | Average Girth (inches) |

|-----|-----|-----|-----|-----|

| Flaccid | 7.1 cm (2.8 in) | 2.8 in | 9.3 cm (3.7 in) | 3.7 in |

| Erect | 13.12 cm (5.16 in) | 5.16 in | 11.66 cm (4.59 in)| 4.59 in |

Note: These are averages; significant variation is normal and healthy.

Beyond Measurement: Embracing Your Natural Size

While knowing your dimensions can be enlightening, it?s essential to cultivate a healthy body image.

Size does not determine sexual satisfaction or masculinity. Focus on:

- Communication with partners
- Confidence and intimacy
- Overall health and well-being

Many factors contribute to a fulfilling sex life, and size is just one aspect.

Conclusion: Confidence Through Knowledge

Measuring your man points accurately is a straightforward process when approached with patience, proper technique, and a healthy mindset. It provides factual information that can dispel myths, inform health decisions, and boost self-confidence. Remember, every individual is unique, and size variations are normal. Prioritize safety, hygiene, and consistency in measurements, and embrace your natural anatomy with confidence.

Final tip: Regularly re-measure if you're tracking changes over time, and consult healthcare professionals if you notice any concerning changes or have questions about your health.

Question What is 'man points' and how is it measured in 'The Definitive Guide to Measuring Your M'? In the guide, 'man points' refer to a comprehensive metric used to evaluate various aspects of male performance and attributes, typically measured through specific physical, psychological, or lifestyle indicators outlined within the book. **Answer** How can I accurately assess my 'man points' according to the guide? The guide recommends a combination of self-assessment questionnaires, physical measurements, and behavioral evaluations to accurately gauge your 'man points,' emphasizing honesty and consistency for the most reliable results. Why is measuring 'man points' important for personal development? Measuring 'man points' helps identify strengths and areas for improvement, enabling men to set targeted goals for growth in confidence, health, and overall well-being, leading to a more fulfilling personal and professional life. Are there any tools or apps suggested in the guide to track my 'man points'? Yes, the guide recommends several digital tools and apps designed to help you track your progress over time, including customizable dashboards for monitoring physical stats, mood, and other key indicators of your 'man points.' How often should I measure my 'man points' to see meaningful progress? The guide suggests measuring your 'man points' monthly or quarterly to observe trends and adjust your routines accordingly, ensuring steady progress without unnecessary fluctuation or stress.

Related keywords: man points, measuring man points, men's health, male self-assessment, masculinity metrics, male confidence, personal measurement guide, male wellness, masculinity scoring, male self-evaluation

How do i find my tax file number

How Do I Find My Tax File Number?

If you're wondering, **how do I find my tax file number**, you're not alone. Your Tax File Number (TFN) is a unique identifier issued by the Australian Taxation Office (ATO) that plays a crucial role in managing your tax and superannuation affairs. Whether you've lost your TFN, never received it, or simply need to locate it for a specific purpose, understanding where to find it and how to retrieve it is essential. This comprehensive guide will walk you through the various methods to find your TFN, explain why it's important, and provide tips to keep your number secure.

Understanding the Importance of Your Tax File Number

Before diving into how to locate your TFN, it's helpful to understand why it's so vital. Your TFN:

- Is used to identify you in the tax and superannuation systems.
- Helps ensure you pay the correct amount of tax.
- Allows the ATO to keep accurate records of your income and tax obligations.
- Is necessary when lodging your tax return or applying for government benefits.
- Is required for opening certain bank accounts and superannuation funds.

Losing or forgetting your TFN can cause delays in processing your tax documents or accessing benefits. Therefore, it's crucial to know how and where to find your TFN when needed.

Where Can I Find My Tax File Number?

There are several official and secure ways to locate your TFN. Here's a breakdown of the most common methods:

1. Check Your Previous Tax Documents

Your TFN is often printed on various tax-related paperwork. Review the following documents:

- Income Tax Return Notices of Assessment: Your TFN is usually listed on your Notice of Assessment.
- PAYG Payment Summaries: Employers sometimes include your TFN on payment summaries or income statements.
- Superannuation Statements: Some super funds include your TFN on annual statements.

- Payment Summaries or Group Certificates: If you have these documents from previous employment.

2. Look for Correspondence from the ATO

If the ATO has previously contacted you regarding your tax or superannuation, your TFN may be included in:

- Letters or notices sent by the ATO.
- Your online inbox if you've registered for the ATO's online services.

3. Access Your MyGov Account

If you've linked your MyGov account to the ATO, you can easily find your TFN online:

- Log in to your my.gov.au account.
- Navigate to the 'Tax' section.
- View your tax details, where your TFN is displayed.

This is one of the most convenient and secure methods to retrieve your TFN if you have online access set up.

4. Contact Your Previous Employer or Financial Institution

Employers and banks often record your TFN for payroll and financial purposes:

- Employers: Contact your HR department or payroll provider.
- Banks and Super Funds: Contact your bank or superannuation fund directly and verify your identity to request your TFN.

5. Contact the Australian Taxation Office Directly

If other methods aren't successful, you can request your TFN directly from the ATO:

- Phone: Call the ATO on 13 28 61 (inside Australia).
- In-Person: Visit an ATO shopfront or service centre.
- Mail or Fax: Submit a request form, available on the ATO website, along with proof of identity.

Note: You'll need to verify your identity to protect your personal information.

How to Retrieve Your TFN if You've Lost It

Losing your TFN can be stressful, but the ATO provides secure ways to recover it:

1. Use Your MyGov Account

As mentioned, logging into your MyGov account linked to the ATO is usually the easiest way. Follow these steps:

- Sign in to my.gov.au.
- Select 'Tax' from the menu.
- View your tax details, including your TFN.

2. Contact the ATO

If you're unable to access your MyGov account, contact the ATO directly:

- Call the ATO on 13 28 61.
- Be prepared to answer security questions to verify your identity.
- Once verified, the ATO can provide your TFN over the phone or via secure mail.

3. Check Old Documents

Review previous tax returns, payment summaries, or correspondence that might include your TFN.

4. Engage with Your Financial Institutions

Banks or superannuation funds where you have accounts may have your TFN on record. Contact them with proof of identity to retrieve it.

How to Keep Your TFN Safe

Once you've found your TFN, it's important to keep it secure to prevent identity theft or fraud. Here are some tips:

- Do not share your TFN unless it's necessary for official purposes.

- Store your TFN in a secure location, such as a password-protected digital file or a locked physical safe.
- Be cautious about sharing your TFN over the phone or online, and verify the recipient's identity.
- Avoid carrying your TFN card or document with you unless required, to reduce the risk of loss or theft.

Frequently Asked Questions About Finding Your TFN

Can I Find My TFN on My Tax Return?

Yes, your TFN is typically printed on your Notice of Assessment or other tax documents like payment summaries.

Is My TFN Available Through MyBank?

Banks may record your TFN if you have provided it for superannuation or investment accounts, but they usually don't display it publicly. Contact your bank with proof of identity to access it.

What Should I Do If I Suspect Someone Else Has My TFN?

If you believe your TFN has been compromised, contact the ATO immediately to report potential identity theft and take necessary steps to protect your information.

Summary of Steps to Find Your TFN

- Review your previous tax documents and correspondence.
- Log into your MyGov account linked to the ATO.
- Contact your employer or superannuation fund.
- Reach out directly to the ATO via phone or in person.
- Keep your TFN secure once you've retrieved it.

Conclusion

Knowing how to find your Tax File Number is essential for managing your tax obligations and accessing government services smoothly. Whether through your records, online portals like MyGov, or direct contact with the ATO, there are multiple secure ways to retrieve your TFN when needed. Remember to keep your TFN information safe and confidential to protect yourself from identity theft. If you're ever unsure or unable to locate your TFN, don't hesitate to contact the ATO for assistance ? they are there to help you navigate the process securely and efficiently.

How Do I Find My Tax File Number? An Expert Guide to Locating Your Tax Identification

In the realm of personal finance and taxation, your Tax File Number (TFN) is a crucial piece of information. It acts as your unique identifier within the Australian taxation system, enabling the Australian Taxation Office (ATO) to process your tax returns, manage your superannuation, and ensure compliance with tax laws. Despite its importance, many individuals find themselves asking, "How do I find my tax file number?" If you're in this situation, worry not! This comprehensive guide will walk you through the process step by step, providing clarity and confidence in retrieving your TFN efficiently.

Understanding the Significance of Your Tax File Number

Before diving into how to find your TFN, it's vital to appreciate why this number matters. Your TFN is essentially your personal key to the Australian taxation system. It:

- Ensures your tax records are accurately linked to you.
- Simplifies the process of lodging tax returns.
- Facilitates correct withholding tax deductions from your income.
- Is necessary for setting up and managing superannuation accounts.
- Protects your financial identity by uniquely identifying you within government systems.

Losing or misplacing your TFN can lead to delays in tax processing, incorrect tax withholding, and potential penalties. Therefore, knowing how to locate your TFN swiftly is an essential aspect of managing your financial affairs.

How Do I Find My Tax File Number? Step-by-Step Guide

Locating your TFN involves understanding the various sources where it might be stored or recorded. Here's an in-depth look at the methods available to you.

1. Check Your Official Documentation

The first step in your search should be to examine any official correspondence or documents you've received from the ATO or related financial institutions.

Common documents containing your TFN include:

- Tax Return Notices of Assessment: After lodging your tax return, the ATO provides a Notice of Assessment that includes your TFN.

- PAYG Payment Summaries or Payment Summaries: Employers often include your TFN on these summaries.
- Superannuation Statements: Your super fund statements may display your TFN.
- Annual Tax Statements from Financial Institutions: Banks, investment firms, or other financial entities may include your TFN in their annual summaries.
- Previous ATO Correspondence: Any letters or notices from the ATO may mention your TFN.
- Superannuation Fund Communications: Statements or correspondence from your super fund often contain your TFN.

Tip: Always store these documents in a safe, accessible location for future reference?digital copies can be stored securely in cloud services, while physical copies should be kept in a dedicated file or safe.

2. Access Your MyGov Account

The Australian government?s MyGov portal is a centralized platform that links to various government services, including the ATO. If you have an active MyGov account linked to the ATO, retrieving your TFN is straightforward.

Steps to find your TFN via MyGov:

- Log in to Your MyGov Account: Visit my.gov.au and sign in using your credentials.
- Link or Access Your ATO Account: If not already linked, follow prompts to connect your ATO account.
- Navigate to the ATO Section: Once inside, locate the section labeled ?Tax? or ?Australian Taxation Office.?
- View Your TFN: The ATO dashboard will display your personal details, including your TFN.

Note: If you haven?t set up a MyGov account or linked it to the ATO, this method won?t be immediately available. Setting up a MyGov account is free and straightforward, but it requires verifying your identity.

3. Contact the Australian Taxation Office Directly

If you are unable to locate your TFN through your documents or online accounts, contacting the ATO directly is an effective fallback.

How to contact the ATO:

- Phone: Call the ATO's individual inquiries line at 13 28 61 (from within Australia). Be prepared to verify your identity through questions related to your personal details, previous tax lodgements, or superannuation accounts.

- In Person: Visit your local ATO shopfront or service center with appropriate identification.

- Online Contact: Use the ATO's secure messaging service via your myGov account if linked, or submit an enquiry through their online contact forms.

Important: Due to privacy and security measures, the ATO will only disclose your TFN after verifying your identity. This process may involve confirming details such as your full name, date of birth, address, and other identifiers.

4. Review Your Financial and Employment Records

Employers, payroll providers, and financial institutions typically retain records of your TFN, especially if they've issued you PAYG summaries or tax statements.

Sources include:

- Payslips: Some employers include your TFN on your pay slips.

- Superannuation Fund Statements: Your super fund statements may display your TFN.

- Bank or Investment Statements: Financial institutions often record your TFN for tax purposes.

- Previous Tax Returns: If you've lodged tax returns before, your TFN might appear on those documents.

Tip: If you have online accounts with your super fund or bank, log in to check whether your TFN is stored in your profile.

What To Do If You Can't Find Your TFN

Sometimes, despite efforts, you may still be unable to find your TFN. In such cases, it's important to understand the steps to take to avoid delays or penalties.

1. Lodge a 'Notice of Assessment' Request

If you've previously lodged a tax return, your TFN should be on your Notice of Assessment. If you've lost this document, contact the ATO to request a copy.

2. Complete a TFN Declaration Form

If you're starting a new job and don't know your TFN, you can complete a Tax File Number

Declaration form and submit it to your employer. The employer will then contact the ATO on your behalf to verify and retrieve your TFN.

3. Apply for a New TFN

In rare cases, if you cannot locate your TFN and cannot retrieve it through the above methods, you can apply for a new one by:

- Visiting an ATO shopfront or service center.
- Providing proof of identity (such as your birth certificate, passport, or driver's license).
- Completing the Application for a Tax File Number for Individuals form.

Note: Applying for a new TFN when you already have one can complicate your records, so ensure you exhaust all options to locate your existing number first.

Best Practices for Managing Your TFN

Once you've located your TFN, it's essential to manage it responsibly:

- **Keep it Secure:** Store your TFN in a safe place and avoid sharing it unnecessarily.
- **Use Digital Storage:** Save digital copies securely, using encrypted cloud storage or password-protected files.
- **Avoid Sharing:** Only provide your TFN to trusted entities such as your employer, financial institutions, or the ATO.
- **Update Your Records:** Ensure your TFN is accurately recorded in all relevant accounts to prevent issues with your tax and superannuation.

Conclusion: Your Path to Finding Your TFN Is Clear

In summary, locating your Tax File Number involves a systematic approach:

- Review your physical documents like tax notices, payment summaries, and super statements.
- Check your online portals, especially your MyGov account linked to the ATO.
- Contact the ATO directly if needed, providing necessary identification.
- Consult your previous employer or financial institutions for records.
- If all else fails, apply for a new TFN through the ATO with proper identification.

Remember, your TFN is a vital part of your financial identity in Australia. Keeping it secure and

accessible ensures smooth tax dealings and peace of mind. With the guidance provided here, you should now feel equipped to find your TFN efficiently and confidently navigate your taxation responsibilities.

Disclaimer: This article is for informational purposes only and should not replace professional advice. If you're unsure about your tax situation or need specific assistance, consult a qualified tax professional or contact the ATO directly.

Question How can I find my Tax File Number (TFN) if I've lost it? You can retrieve your TFN by logging into your myGov account linked to the Australian Taxation Office (ATO), contacting the ATO directly, or checking your previous tax records or notices. **Is my Tax File Number (TFN) available on my payment summaries or tax documents?** Yes, your TFN is usually printed on your payment summaries, income statements, or previous tax notices. If not, you can access it through your myGov account or by contacting the ATO. **How do I apply for a new Tax File Number (TFN) if I don't have one?** You can apply for a TFN online through the ATO's website, by completing a paper application form, or through authorized agents if you're eligible. The process is straightforward and usually free. **Can I find my TFN through my employer or bank?** Your employer or bank may have your TFN on file, but for privacy reasons, they cannot disclose it without your consent. You should check your payslips or bank statements first, or contact the ATO if needed. **What should I do if I suspect someone else has my TFN?** If you suspect your TFN has been compromised, contact the ATO immediately to report it. Do not share your TFN unnecessarily, and monitor your financial accounts for any suspicious activity. **Are there any online tools to help me find my TFN?** The ATO's online services via myGov allow you to access your TFN if you have previously linked your account. Otherwise, you will need to contact the ATO directly for assistance. **How long does it take to get my TFN after applying?** If you apply online, you can usually receive your TFN within a few days. Paper applications may take up to 28 days. It's recommended to apply early to avoid delays when filing your taxes.

Related keywords: tax file number, TFN, how to find my TFN, locate tax file number, TFN lookup, tax file number Australia, TFN application, TFN online, TFN lost, TFN confirmation

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