Colour palette

#282C97

#FFFFFF

#000000

 \otimes

Font (representation)

Gill Sans

Verdana (bold)

Segoe UI

*filler text is Verdana regular



Effort and Esteem

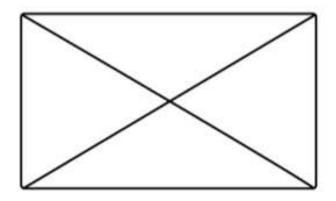








Background







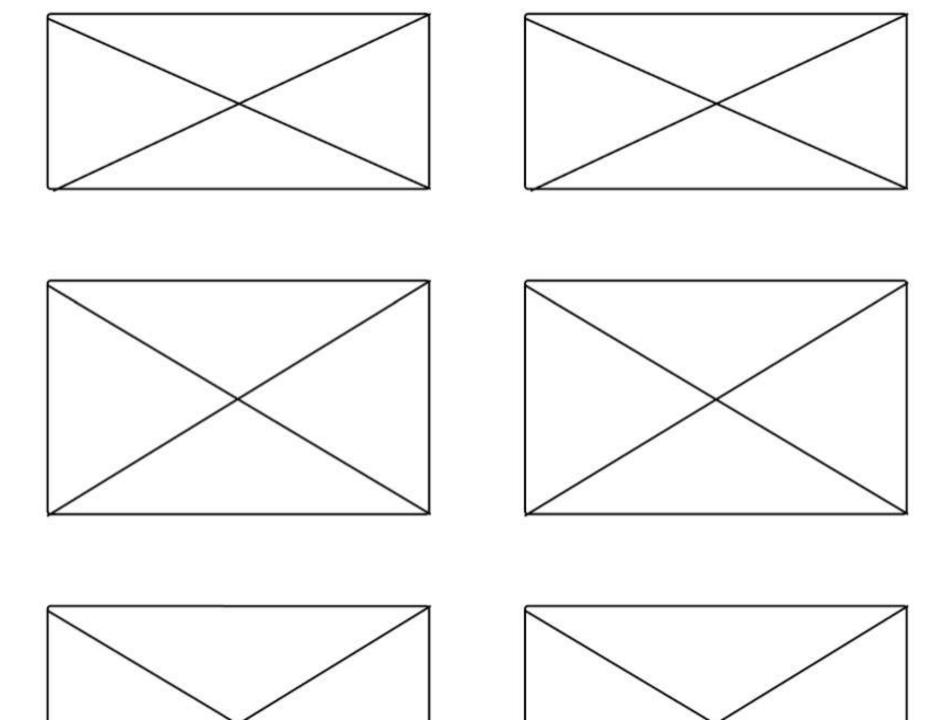




The Variables

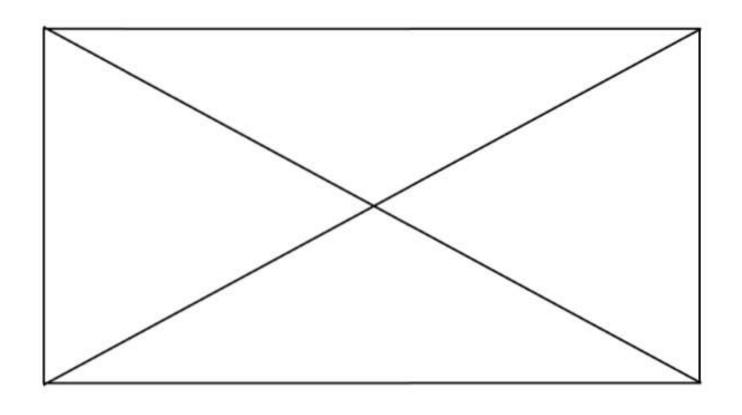
Qualitative		
Quantitative		
<u> </u>		

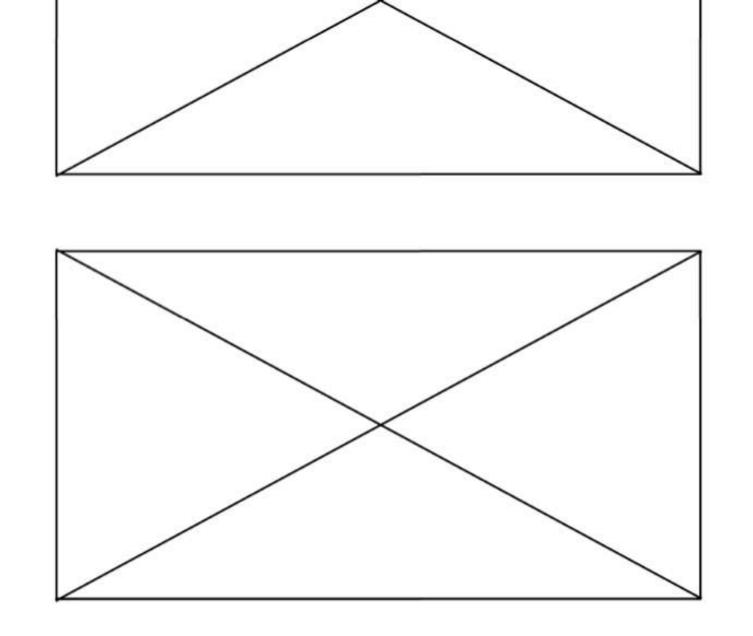
Statistics and Results





Self-worth rating and Self-performance rating





Conclusion









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