

# *Live Your Values*



**SB  
CC**

SANTA BARBARA CITY COLLEGE

David Asplund



# Values

## *This book*

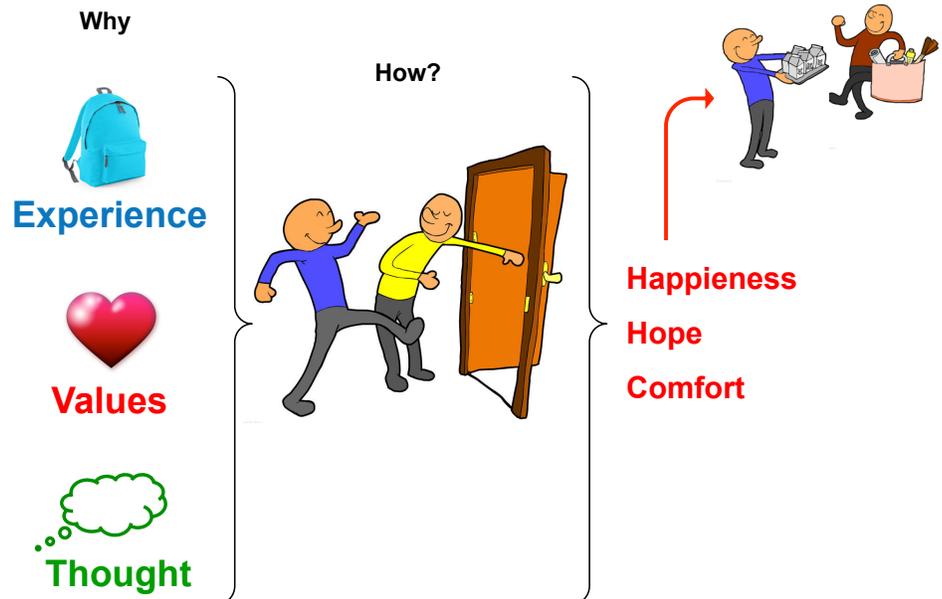
is YOUR personal way of writing, sharing, and inspiring. It will be the material that will be used for the rest of the course, and hopefully much longer than that.

### **There are two main purposes for this book:**

Firstly, this is to help you define your own values, and to help you convert them into text and art.

Secondly, this to help you have a concrete action plan, and know what steps to take based on these values in order to get what you want.

Remember; when you strive towards your dream – you create a positive feelings in others too, and you give them courage to do the same. Your story inspires others!

















When?

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Why?

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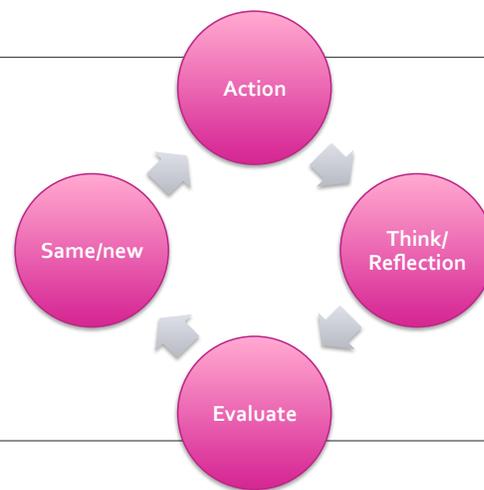
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Evaluate



**1 2 3 4 5 6 7 8 9 10**



How?

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Is it still important? Yes  No

If not, why?

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# 3 weeks

When?

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Why?

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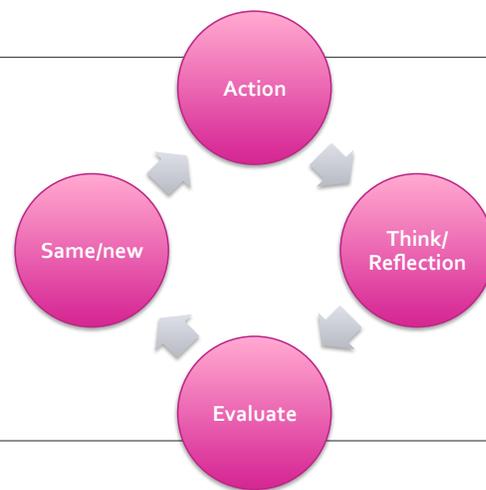
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Evaluate



**1 2 3 4 5 6 7 8 9 10**



How?

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Is it still important? Yes  No

Why?/Why not?

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# 3 months

When?

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Why?

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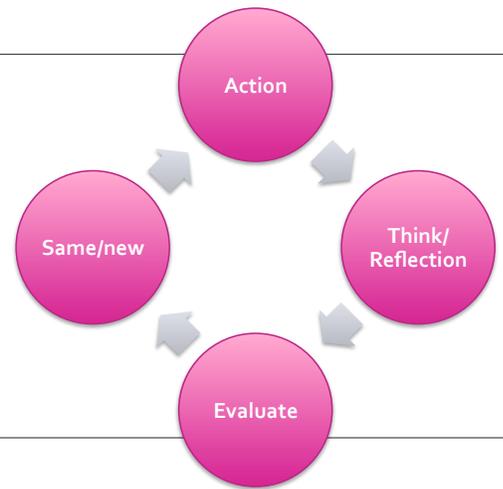
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Evaluate



**1 2 3 4 5 6 7 8 9 10**



How?

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**GOOD DECISION<sup>®</sup>**

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