

Live Your Values



SANTA BARBARA CITY COLLEGE

David Asplund

Values

This book

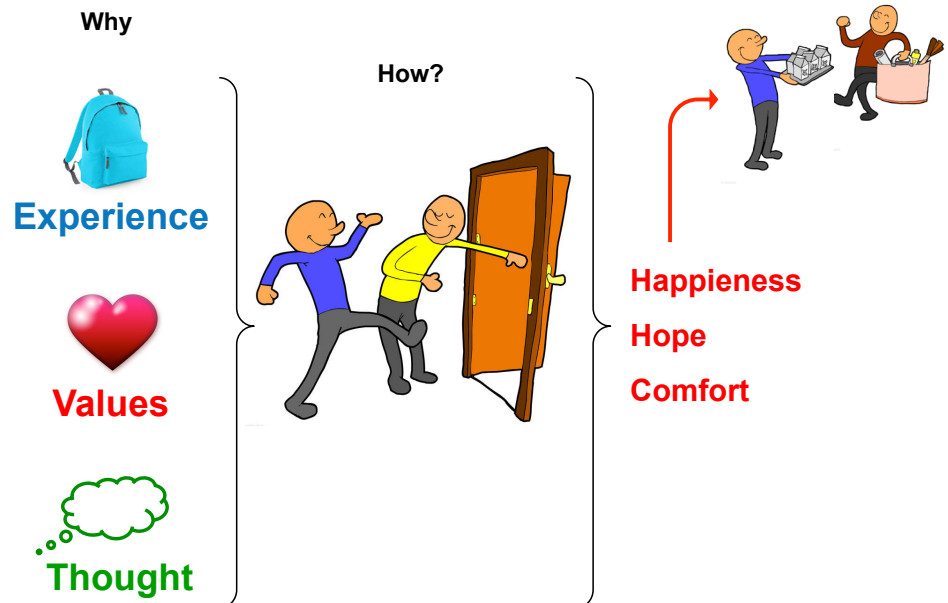
is YOUR personal way of writing, sharing, and inspiring. It will be the material that will be used for the rest of the course, and hopefully much longer than that.

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.

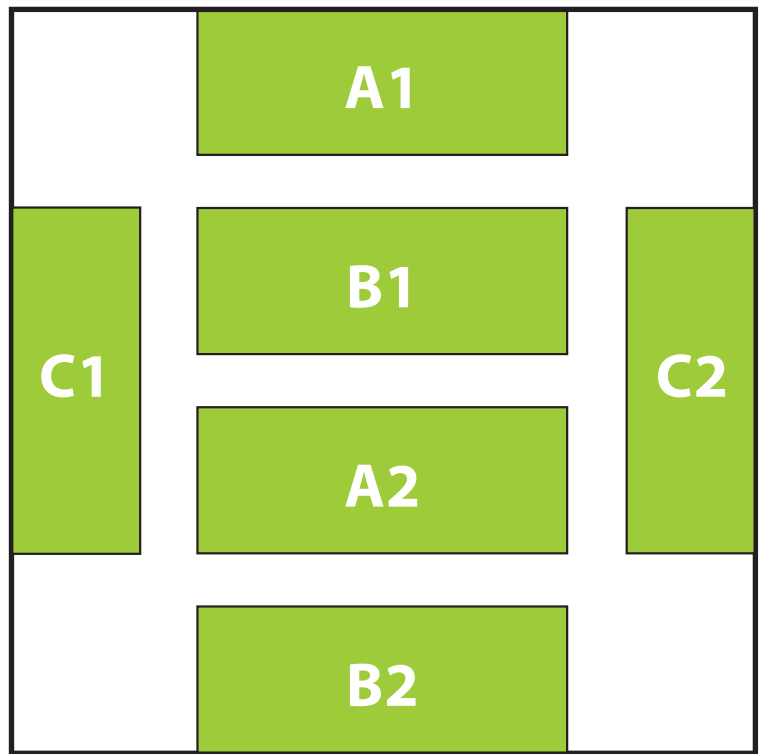
Remember; when you strive towards your dream – you create a positive feelings in others too, and you give them courage to do the same. Your story inspires others!



Others might not see...

Instruction:

With three ropes. Connect A1 to A2. B1 to B2, and C1 to C2. The ropes are not allowed to cross each other.



Homework 1

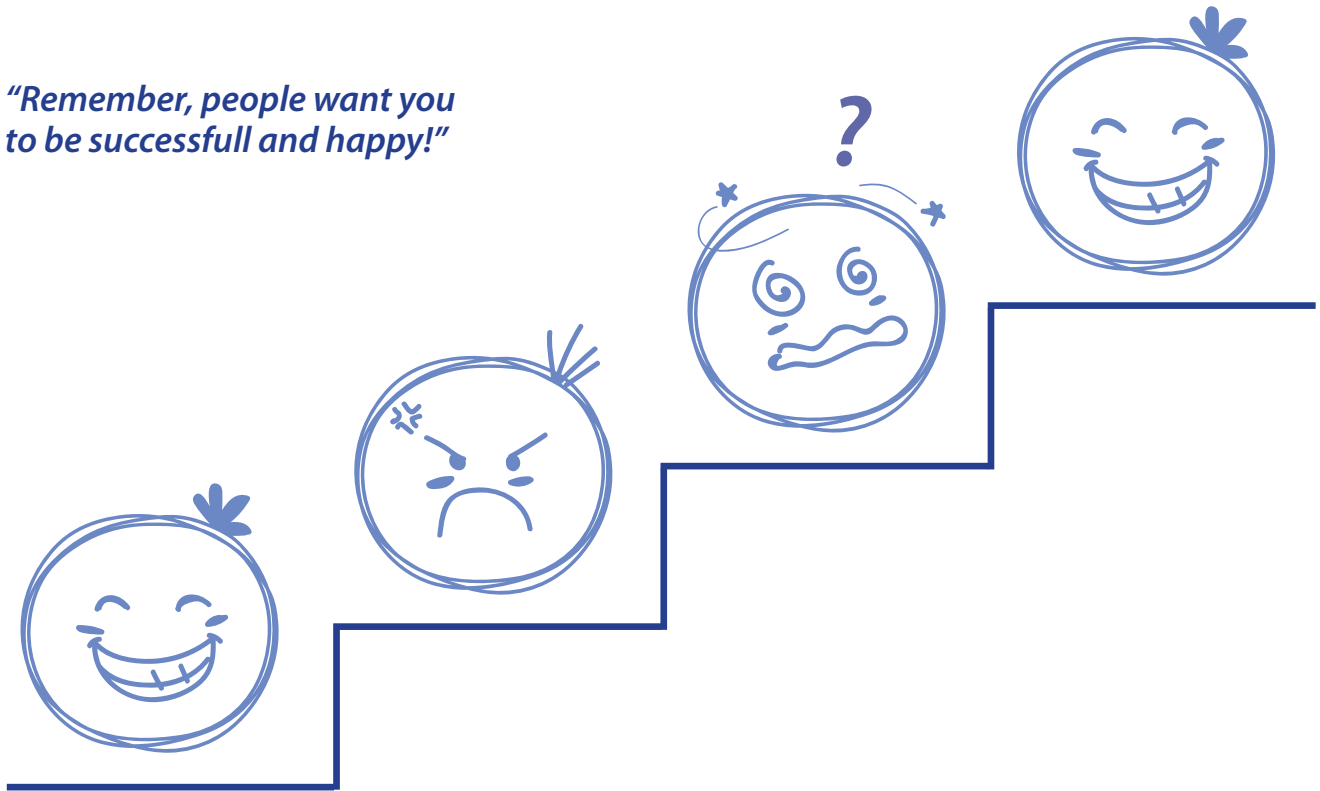
Why is this important to you?

Is there a story to tell?

If there were a person/multiple people you wrote/drew – call them, and tell them. Write down their responses.

[illegible]

"Remember, people want you to be successful and happy!"



Homework 2

Do your own list of prioritizing: Important Vs Cost/Time

What do I need?

Who can help me?

[illegible]



When?

Why?

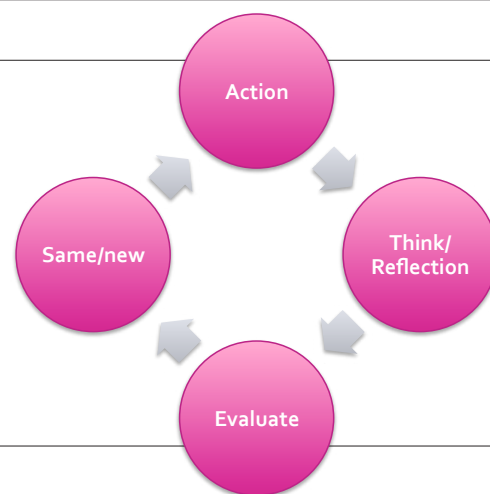
Evaluate



1 2 3 4 5 6 7 8 9 10


☐☐☐☐☐☐☐☐☐☐

How?



Is it still important? Yes ☐ No ☐

If not, why?

3 weeks

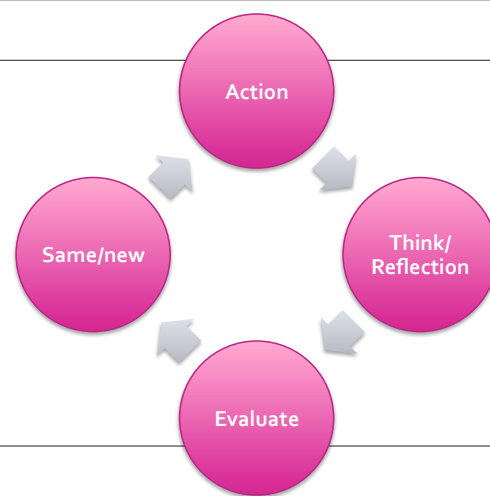
When?

Why?

Evaluate



1 2 3 4 5 6 7 8 9 10

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How?

Is it still important? Yes ☐ No ☐

Why?/Why not?

3 months

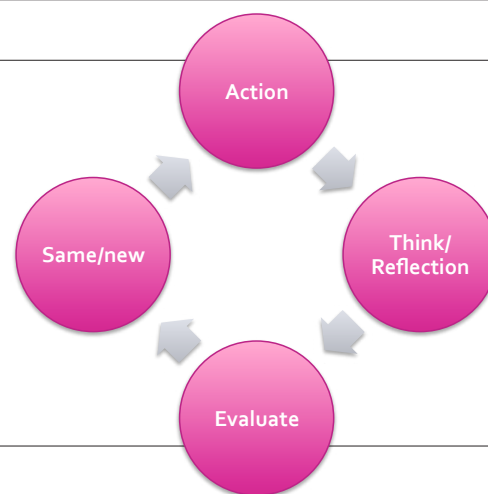
When?

Why?

Evaluate



1 2 3 4 5 6 7 8 9 10

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How?

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