CSS:

```css
/* External Styles */
.external-styles {
background-color: lightblue;
padding: 20px;
}

.external-styles h2 {
color: white;
font-size: 24px;
}

.external-styles p {
font-size: 16px;
line-height: 1.5;
}

.external-styles .btn {
background-color: green;
color: white;
border: none;

padding: 10px;
border-radius: 5px;
cursor: pointer;
}

.external-styles .btn:hover {
background-color: darkgreen;
}
```

Output:

Styles Example

This is an example of applying styles using inline, internal and external style sheets. The heading is styled with inline styles, the paragraph is styled with internal styles, and the background color and padding of this div are styled with inline styles.

External Styles

This div is styled using an external style sheet.

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