

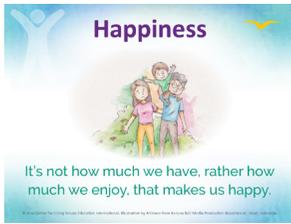
LVE FACEBOOK SOCIAL MEDIA PLAN (x13 countries)

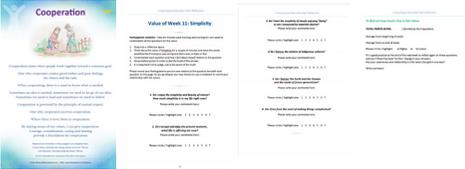


Date	Post Type	Copy	Content
JANUARY 2023			
Sunday 1st January	Event New Years Day <i>LVE is feeling festive</i>	Be happy now, be happy here, then every moment will be a happy new year! <i>(insert Party hat emoji)</i> What does that mean? What is it asking of us? How important is my happiness to me and to others around me? How contagious can I make it? It's just up to me so let's get started and embrace 2022 as a better time for us all. #LivingValuesEducation #LVE #HappyNewYear #2023	
Monday 2nd January	NEW Value #6 - Humility Self-reflection worksheet <i>LVE is feeling thoughtful</i>	Your Value to Live in for this Week is HUMILITY. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of HUMILITY for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. livingvalues.net/humility	
Tuesday 3rd January	Value #6 - Humility <i>LVE is feeling positive</i>	HUMILITY. Pause of a thought: Why is humility important to you? How could you achieve greater humility in your life? If you are already engaged in this 12 week personal introspection of your life did the questions bring up issues to look at? Notice any difference? If you have yet to participate, jump in and join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit livingvalues.net/distance-self-reflection/ for more info. #humility #acceptance #values #LivingValuesEducation #LVE	
Wednesday 4th January	Event Get a Balanced Life Month	How are you seeking balance in your life for 2023? Are you taking the time to look after you? Use the beginning of the new year for a fresh start... To relieve the stresses of everyday life try to aim to find a balance between work and play, and make sure your health, fitness and well being are all part of your plan. #GetABalancedLifeMonth	

Thursday 5th January	Event Webinar	To promote LVE without meeting in traditional ways, each month we use Zoom to present a new topic of discussion. The purpose of these webinars is to introduce the Living Values Education core principles and give inspiration to those who are new to LVE. We welcome folk from other parts of the world to join our webinars. Details at livingvalues.net/webinars or email uk@livingvalues.net .	
Friday 6th January	Value #6 - Humility Reminder <i>LVE is feeling Human</i>	I gain strength when, with humility, I can recognize all my good qualities as well as my weaknesses and accept them. Remember, it is not happy people that are thankful, rather thankful people who are happy. Want to find out more? Visit livingvalues.net/humility	
Saturday 7th January	Teaser <i>LVE is feeling excited</i>	No matter what role we are currently playing, whether it be child, parent, business person, employee, teacher, government official, retiree, whatever age, gender, nationality, spiritual belief, we all have one thing in common; a human requirement to meet our basic needs – to be Safe, Respected, Understood, Loved, Valued. Are these qualities fully present in your life now? Join our 12 week course with a new Living Value presented each week. The first Value starts tomorrow... It may hold the answers you've been searching for! #LivingValuesEducation #LVE	
Sunday 8th January	Value #7 - Honesty Interactive	Your Value to Live in for this Week is HONESTY. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of HONESTY for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. livingvalues.net/honesty	

<p>Monday 9th January</p>	<p>Value #7 - Honesty Self-reflection</p>	<p>HONESTY. Pause of a thought: What does honesty mean to you? In what ways are you honest with yourself and others?</p> <p>If you are already engaged in this 12 week personal introspection of your life did the questions bring up issues to look at? Notice any difference? If you have yet to participate, jump in and join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit livingvalues.net/distance-self-reflection/ for more info.</p> <p>#honesty #truth #values #LivingValuesEducation #LVE</p>	
<p>Tuesday 10th January</p>	<p>Product LVE You Tube channel</p>	<p>If you want to find ideas for quiet reflection and contemplation, inspiration for ways of thinking, and practical resources that you can use for teaching, simply visit our You Tube channel at www.youtube.com/c/LivingValuesEducation and click the 'Subscribe' button</p>	
<p>Wednesday 11th January</p>	<p>Event Webinar Info</p>	<p>JOIN US FOR TODAYS WEBINAR! (insert emojis)</p> <p>6pm - 7pm GMT (UK timezone)</p> <p>Zoom Details: Meeting ID: 922 2863 5131 Password: serenity</p> <p>See full details at: livingvalues.net/current-news/january-2023-lve-webinar-outstanding-leadership-and-performance</p> <p>Organised by Living Values Education - British Isles. We welcome folk from other parts of the world to join our webinars. Details at livingvalues.net/webinars or email uk@livingvalues.net.</p>	
<p>Thursday 12th January</p>	<p>Event National Youth Day</p>	<p>The world often revolves around adults, but today might be just the time to tell a young person how much they are appreciated. Show them how much they are cared for and tell them how impressive it is that they are making their way in the world today to become a positive part of the future. Affirm the good qualities that they have and give them encouragement to keep moving forward.</p> <p>#YouthDay</p>	

<p>Friday 13th January</p>	<p>Value #7 - Honesty Reminder</p>	<p>Honest hearts produce honest actions. Being HONEST in your life may not always get you a lot of friends, but it will always get you the right ones. Want to find out more? Visit livingvalues.net/about-us/</p>	
<p>Saturday 14th January</p>	<p>Teaser</p>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW. Values affect our lives every moment. They are a guiding force in all we do and pursue. When our values are in congruence with our actions, we are in harmony. But what are values? And how did we develop them? This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/. #LivingValuesEducation #LVE</p>	
<p>Sunday 15th January</p>	<p>Value #8 - Happiness Interactive</p>	<p>Your Value to Live in for this Week is HAPPINESS. <i>(insert smiley face emoji)</i> Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of HAPPINESS for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. livingvalues.net/happiness</p>	
<p>Monday 16th January</p>	<p>Value #8 - Happiness Self-reflection</p>	<p>HAPPINESS... The happiness of my life depends upon the quality of my thoughts. How much happiness is in your life? What could you do to improve it? If you are already engaged in this 12 week personal introspection of your life did the questions bring up issues to look at? Notice any difference? If you have yet to participate, jump in and join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit livingvalues.net/distance-self-reflection/ for more info. #happiness #harmony #contentment #values</p>	
<p>Tuesday 17th January</p>	<p>Did you know</p>	<p>Each of the 42 countries representing Living Values around the world has their own Country page on our website. Simply visit livingvalues.net/country-reports to look up and see what is happening in your country today! Also, be sure to search for your country's Facebook page, like and follow</p>	

Wednesday 18th January			
Thursday 19th January	Value #8 - Happiness Reminder	How has your week been? Every morning did you choose to nourish yourself with a helping of HAPPINESS? It can make difficult things easy and heavy things light. #happiness #harmony #choosehappiness #values Want to find out more? Visit livingvalues.net/about-us/	
Friday 20th January	Event	The International Day of Acceptance works to empower people with disabilities through pride and passion, rather than charity. Taking control, following our dreams and being the best we can, regardless of physical factors, makes us what we are. #DayofAcceptance	
Saturday 21st January	Teaser	OUR VALUE FOR THIS WEEK STARTS TOMORROW... Our 12 values are a defining feature of our identity as human beings and, in guiding our choices and priorities, they set the compass for the trajectory of our life, drive human, social and economic development and the transition to a better world for all. This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/ . #LivingValuesEducation #LVE	
Sunday 22nd January	Value #9 - Cooperation Self-reflection	Your Value to Live in for this Week is COOPERATION. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of COOPERATION for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. livingvalues.net/cooperation	
Sunday 22nd January	Event Chinese New Year	Happy Chinese New Year! 2023 is Year of the Rabbit (<i>insert party hat & rabbit emoji</i>) The Rabbit is considered to be quiet, gentle, elegant, alert and responsible in Chinese culture.	

Monday 23rd January	Value #9 - Cooperation <i>LVE is feeling strong</i>	COOPERATION... Cooperation requires recognizing the value of everyone's part and keeping a positive attitude to work towards a common goal. How cooperative are you? If you are already engaged in this 12 week personal introspection of your life did the questions bring up issues to look at? Notice any difference? If you have yet to participate, jump in and join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit livingvalues.net/distance-self-reflection/ for more info. #cooperation #unity #values #LivingValuesEducation #LVE	 <p>Cooperation</p> <p>We cannot accomplish all we need to do without cooperation.</p>
Tuesday 24th January	Did you know	The primary purpose of the online familiarization is to acquaint new country representatives, and to encourage them to demonstrate a full understanding of ALIVE and LVE with confidence, and in the best way possible. Interested in joining us? Contact distance@livingvalues.net	 <p>Did you know...</p> <p>We offer a four week distance online familiarisation for new LVE Country Representatives</p>
Wednesday 25th January	Product Free download overview	As we are continuously adding more resource material, support information, books, values promotional material, etc., to the website it seems appropriate to show a summary of the current Living Values aspects available for FREE Download. You can now download a copy of the overview at: livingvalues.net/resources/ Please feel welcome to use all the aspects presented to encourage the expansion of Values Awareness and the building of a values-based atmosphere in your work, school and home environment. Please share with friends and colleagues.	
Thursday 26th January			
Friday 27th January	Value #9 - Cooperation Reminder	COOPERATION... How has your week been? Did you become more cooperative? Remember, times can be tough for some, is there anything you could do to be helpful? #cooperation #LivingValuesEducation #LVE #values	 <p><i>When we cooperate, everyone wins</i></p>
Saturday 28th January	Teaser	OUR VALUE FOR THIS WEEK STARTS TOMORROW. Values are a defining feature of our identity as human beings – guiding our choices, priorities, and the trajectory for our life. This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/ . #LivingValuesEducation #LVE	 <p>Peace Respect Love Tolerance Honesty Happiness Responsibility Simplicity Humility Co-operation Freedom Unity</p>

<p>Sunday 29th January</p>	<p>Value #10 - Simplicity Self-reflection</p>	<p>Your Value to Live in for this Week is SIMPLICITY. Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> 1. Drop into a reflective space. 2. Think about the value of SIMPLICITY for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear. 3. Contemplate each question and how I feel about myself relative to the question. 4. Pause before action in order to feel the truth of the answer. 5. It is important not to judge, just to be aware of the truth. <p>livingvalues.net/simplicity</p>	
<p>Monday 30th January</p>	<p>Value #10 - Simplicity <i>LVE is feeling comfortable</i></p>	<p>SIMPLICITY. A sample question to consider: Do I accept my life situation with willing ease and grace? Want to find out more? Visit livingvalues.net/about-us/ #simplicity #gracefulliving #Values #LivingValuesEducation</p>	
<p>Tuesday 31st January</p>		<p>Reflect for a moment on the world your heart longs for.... How might the values of peace, love, respect, honesty, cooperation and freedom create a social fabric of harmony and change? Climate Change is no longer coming, it is here now and the majority of the seven billion people on the planet are aware to varying degrees. Our goal is to affirm our Values and stimulate positive action in our daily lives, to change the way we live, and start to give our Earth and Her Oceans the opportunity to heal – before it is too late. Download a FREE copy of our Climate Change and Values Booklet: livingvalues.net/download#climate #ClimateChange #Values #LivingValuesEducation</p>	