

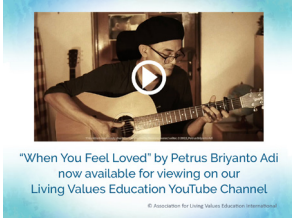
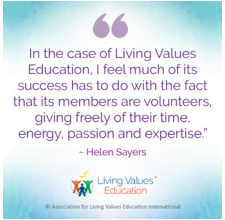




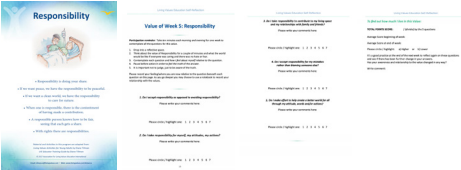


## LVE FACEBOOK SOCIAL MEDIA PLAN (x15 countries)

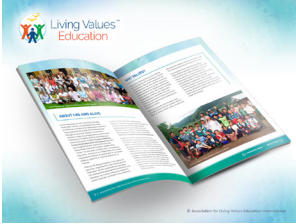
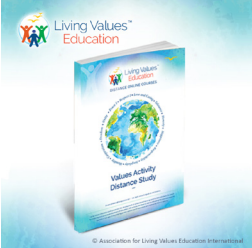

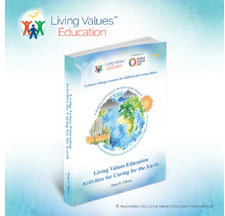


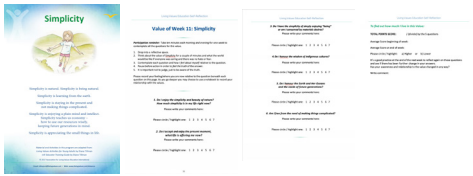

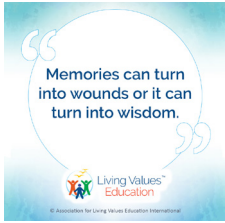
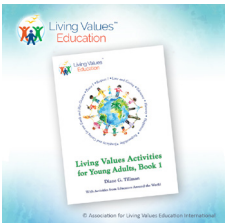
Date	Post Type	Copy	Content
APRIL 2023			
Saturday 1st April	Teaser	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>Values affect our lives every moment. They are a guiding force in all we do and pursue. When our values are in congruence with our actions, we are in harmony. But what are values? And how did we develop them?</p> <p>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 <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a>. #LivingValuesEducation #LVE</p>	
Sunday 2nd April	Value #7 - Cooperation Self-reflection worksheet	<p>Your Value to Live in for this Week is COOPERATION.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> <li>1. Drop into a reflective space.</li> <li>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.</li> <li>3. Contemplate each question and how I feel about myself relative to the question.</li> <li>4. Pause before action in order to feel the truth of the answer.</li> <li>5. It is important not to judge, just to be aware of the truth.</li> </ol> <p><a href="http://livingvalues.net/cooperation">livingvalues.net/cooperation</a></p>	
Monday 3rd April	Value #7 - Cooperation	<p>COOPERATION... Could you be more cooperative? Remember, times can be tough for some, is there anything you could do to be helpful? How cooperative are you?</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 <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> for more info.</p> <p>#cooperation #unity #values #LivingValuesEducation #LVE</p>	
Tuesday 4th April	Product News item - LVE Distance Online Courses	<p>NEWS UPDATE:</p> <p>An amazing Zoom meeting with teachers from the Philippines on Saturday 25th February resulted in our new ALIVE Focal Point, Brian Bantilan immediately receiving 185 Application forms for the LVE Distance Facilitator Training Course. The support received from the Department of Education in that country prompted this response.</p> <p>Congratulations to Brian who has undertaken the DFT Course himself and is busy building his mentor team to assist these incoming teachers.</p> <p>For information on the Course visit: <a href="https://livingvalues.net/distance-facilitator/">https://livingvalues.net/distance-facilitator/</a></p>	




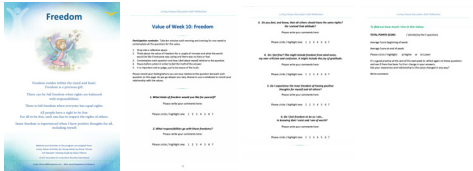
<p>Wednesday 5th April</p>	<p><b>Quote</b> Kindness</p>	<p>Caring for one another is natural. When we feel separated and ignore the needs and pain of others, we are distanced from our true nature. #kindness #LivingValuesEducation #LVE #values</p>	
<p>Thursday 6th April</p>	<p><b>Did you know</b></p>	<p>Each of the 42 countries representing Living Values around the world has their own Country page on our website. Simply visit <a href="http://livingvalues.net/country-reports">livingvalues.net/country-reports</a> 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>	
<p>Friday 7th April</p>	<p><b>Value #7 - Cooperation</b> Reminder</p>	<p>COOPERATION... Let's show the world how we can Rebuild Better Together. The aim is to highlight the contribution of co-operatives around the world, and showcase how these people-centred enterprises are run by their members to realise their common economic, social, and cultural needs, equality, and world peace. #cooperation #LivingValuesEducation #LVE #values</p>	
<p>Saturday 8th April</p>	<p><b>Teaser</b></p>	<p>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. Join our 12 week course with a new Living Value each week, or download the full 12 week self reflection booklet from <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> #LivingValuesEducation #LVE</p>	

<p>Sunday 9th April</p>	<p><b>Value #8 - Happiness</b> Self-reflection worksheet</p>	<p>Your Value to Live in for this Week is HAPPINESS. <i>(insert smiley face emoji)</i></p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> <li>1. Drop into a reflective space.</li> <li>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.</li> <li>3. Contemplate each question and how I feel about myself relative to the question.</li> <li>4. Pause before action in order to feel the truth of the answer.</li> <li>5. It is important not to judge, just to be aware of the truth.</li> </ol> <p><a href="http://livingvalues.net/happiness">livingvalues.net/happiness</a></p>	
<p>Monday 10th April</p>	<p><b>Value #8 - Happiness</b></p>	<p>HAPPINESS. Excitement and pleasure is not happiness. Happiness is not dependent on situations, it is a standalone choice I make every moment. True happiness is a natural state of being.</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 <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> for more info.</p> <p>#happiness #LVE #LivingValuesEducation</p>	
<p>Tuesday 11th April</p>	<p><b>Product</b> 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 <a href="http://www.youtube.com/c/LivingValuesEducation">www.youtube.com/c/LivingValuesEducation</a> and click the 'Subscribe' button</p>	
<p>Wednesday 12th April</p>	<p><b>Event</b> Webinar Info</p>	<p>Our next webinar is 'Ethical Sense and Moral Sensibility – doing the right thing for good reasons' with Speaker David Rowse. Join us on May 10th for this informative event. For more information you can visit <a href="http://livingvalues.net/current-news/may-2023-lve-webinar-ethical-sense-and-moral-sensibility">livingvalues.net/current-news/may-2023-lve-webinar-ethical-sense-and-moral-sensibility</a></p> <p>If you would like to stay up-to-date with upcoming events, simply subscribe to our website at <a href="http://livingvalues.net">livingvalues.net</a></p>	
<p>Thursday 13th April</p>	<p><b>Quotes</b> News Item</p>	<p>What do people say about Values from around the World? Visit our page at <a href="http://www.livingvalues.net">www.livingvalues.net</a> to see some quotes about values. Do you know of any quotes from your part of the world that relate to Values? If so, and you would like to share them we can expand our collection on the website. Feel free to add them to the comments below.</p>	

<p>Friday 14th April</p>	<p><b>Value #8 - Happiness</b> Reminder</p>	<p>I am starting to realise the depth of these values and the important role they play in my day to day life. Embodying, living with the framework of these values is actually the source of the creation of my Happiness. Consequently living outside of these values must therefore be the cause of my pain and suffering.</p> <p>Consider this: How long does it takes for the consequences of my 'mis-behaviour' to manifest in my unhappiness?</p>	 <p>Don't just be good to others, be good to yourself too.</p>
<p>Saturday 15th April</p>	<p><b>Teaser</b></p>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>Values are a defining feature of our identity as human beings – guiding our choices, priorities, and the trajectory for our life.</p> <p>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 <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a>.</p> <p>#LivingValuesEducation #LVE</p>	
<p>Sunday 16th April</p>	<p><b>Value #9 - Responsibility</b> Self-reflection worksheet</p>	<p>Your Value to Live in for this Week is RESPONSIBILITY.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> <li>1. Drop into a reflective space.</li> <li>2. Think about the value of RESPONSIBILITY for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear.</li> <li>3. Contemplate each question and how I feel about myself relative to the question.</li> <li>4. Pause before action in order to feel the truth of the answer.</li> <li>5. It is important not to judge, just to be aware of the truth.</li> </ol> <p><a href="http://livingvalues.net/responsibility">livingvalues.net/responsibility</a></p>	
<p>Monday 17th April</p>	<p><b>Value #9 - Responsibility</b> Self-reflection</p>	<p>RESPONSIBILITY... Responsibility is taking care of things, being fair and helping others when they need help. How responsible are you?</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 <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> for more info.</p> <p>#Responsibility #values #LivingValuesEducation #LVE</p>	 <p>Remember, it's not age that makes us mature, but responsibility.</p>
<p>Tuesday 18th April</p>	<p><b>Did you know</b></p>	<p>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.</p> <p>Interested in joining us? Contact <a href="mailto:distance@livingvalues.net">distance@livingvalues.net</a></p>	 <p>Did you know...</p> <p>We offer a four week distance online familiarisation for new LVE Country Representatives</p>

<p>Wednesday 19th April</p>	<p><b>Product</b> LVE eBrochure</p>	<p>The Association for Living Values Education International Brochure gives an overview of ALIVE, its vision, aims, and how the Living Values Education Approach can be used in a wide variety of settings. There are also introductions to our development courses, workshops, online offerings and resource materials. #LivingValuesEducation #LVE #values Download ALIVE eBrochure at <a href="http://livingvalues.net/resources/">livingvalues.net/resources/</a></p>	
<p>Thursday 20th April</p>	<p><b>Product</b> Distance Facilitator Course</p>	<p>What's special about the Living Values Distance Facilitator Course? Well, quite a lot actually...beginning with - it's FREE, and there is no commitment to finishing either, that's all my choice, Yes, and I can try the first level without any pressure. Of course, there are major benefits at every level, for a start, getting to know the truth about myself, how I think and feel and think, how that motivates my every response and action. This alone is worth gold. Find out more at: <a href="http://livingvalues.net/distance-facilitator/">livingvalues.net/distance-facilitator/</a> #LivingValuesEducation #LVE</p>	
<p>Friday 21st April</p>	<p><b>Value #9 - Responsibility</b> Reminder</p>	<p>How has your week been? Did you look at how you could become more Response-able? Were you more responsible for yourself, your attitudes, your actions? <a href="http://livingvalues.net/responsibility">livingvalues.net/responsibility</a></p>	
<p>Saturday 22nd April</p>	<p><b>Event - World Earth Day</b> Climate Change Book</p>	<p>Today is World Earth Day – Invest in Our Planet. Demonstrate environmental awareness and the protection of our planet, and encourage awareness of the growing problems of air, water and soil pollution. How might the values of peace, love, respect, honesty, cooperation and freedom create a social fabric of harmony and change? Checkout our “LVE Book Climate Change – Caring for the Earth and her Oceans” Book... 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. You can download a FREE copy at: <a href="http://livingvalues.net/download#climate">livingvalues.net/download#climate</a></p>	

<p>Sunday 23rd April</p>	<p><b>Value #10 - Simplicity</b> Self-reflection worksheet</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"> <li>1. Drop into a reflective space.</li> <li>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.</li> <li>3. Contemplate each question and how I feel about myself relative to the question.</li> <li>4. Pause before action in order to feel the truth of the answer.</li> <li>5. It is important not to judge, just to be aware of the truth.</li> </ol> <p><a href="http://livingvalues.net/simplicity">livingvalues.net/simplicity</a></p>	
<p>Monday 24th April</p>	<p><b>Value #10 - Simplicity</b> Self-reflection</p>	<p>SIMPLICITY. Ask yourself: Do I accept and enjoy the present moment, what life is offering me now? Am I free from the need of making things complicated? Explore these questions and more on the worksheet to discover the level of Simplicity in your life. Want to find out more? Visit <a href="http://livingvalues.net/about-us/">livingvalues.net/about-us/</a> #simplicity #Values #LivingValuesEducation</p>	
<p>Tuesday 25th April</p>		<p>Forgiveness – We cannot change the past, but we can change our thoughts and feelings associated with it. Are your Values shown in actions? #forgiveness #gracefulliving #Values #LivingValuesEducation</p>	
<p>Wednesday 26th April</p>	<p><b>Product</b> LVE Guides</p>	<p>The eight values units in LVE Activities for Young Adults, Book 1 are: Peace, Respect, Love and Caring, Tolerance, Honesty, Happiness, Responsibility and Simplicity and Caring for our Earth and Her Oceans. This book is designed for use in the first year of implementing the Living Values Education Approach. Then in subsequent alternate years, Book 2 will include more materials on Peace and Respect and units on Cooperation, Compassion, Humility, Freedom, Unity and Another Value We Love. The sixteen values units in the two updated and expanded books include other related values such as kindness, fairness, determination, integrity, appreciation, diversity, gratitude, inclusion and social justice. <a href="http://livingvalues.net/young-adults/">livingvalues.net/young-adults/</a></p>	

Thursday 27th April	<b>Quote</b> Caring & Compassion	Ask yourself: Can you help someone in need? Even the smallest act done with energy of love and compassion can create big impact. One who cares, gives and serves, feels the energy of love first. #caring #compassion #Values #LivingValuesEducation	 <p>The best feeling is when you're happy because you have made someone else happy.</p> <p>Living Values Education © Association for Living Values Education International</p>
Friday 28th April	<b>Value #10 - Simplicity</b> Reminder	SIMPLICITY is an adventure in creativity... Look at things you do that are complicated and think, "how can this be made simple?" Maybe it can't, but unless we look at it we may never know. For more info visit from <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> #LivingValuesEducation #LVE #simplicity #grace #appreciation #values	 <p>Focus on the step in front of you, not the whole staircase.</p> <p>Living Values Education © Association for Living Values Education International</p>
Saturday 29th April	<b>Teaser</b>	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 <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> . #LivingValuesEducation #LVE	 <p>Living Values Education</p> <p>Peace Respect Love Tolerance Honesty Humility Cooperation Happiness Responsibility Simplicity Freedom Unity</p> <p>© Association for Living Values Education International</p>
Sunday 30th April	<b>Value #11 - Freedom</b> Self-reflection worksheet	Your Value to Live in for this Week is FREEDOM. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of FREEDOM 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. <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a>	 <p>Freedom</p> <p>Value of Week 11: Freedom</p> <p>1. How do you feel about the value of freedom?</p> <p>2. How do you feel about the value of freedom?</p> <p>3. How do you feel about the value of freedom?</p> <p>4. How do you feel about the value of freedom?</p> <p>5. How do you feel about the value of freedom?</p> <p>6. How do you feel about the value of freedom?</p> <p>7. How do you feel about the value of freedom?</p> <p>8. How do you feel about the value of freedom?</p> <p>9. How do you feel about the value of freedom?</p> <p>10. How do you feel about the value of freedom?</p> <p>11. How do you feel about the value of freedom?</p> <p>12. How do you feel about the value of freedom?</p>