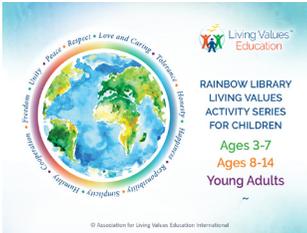
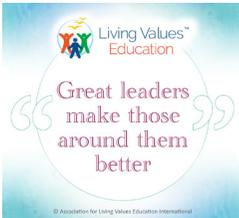
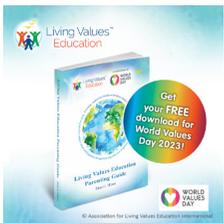


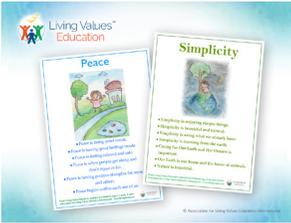
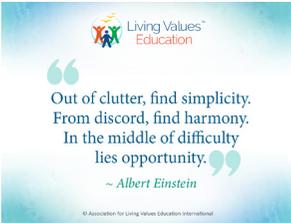
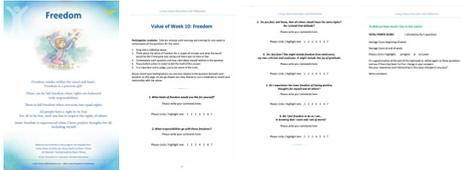
## LVE FACEBOOK SOCIAL MEDIA PLAN *(x15 countries)*

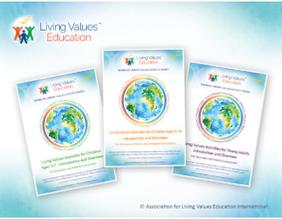
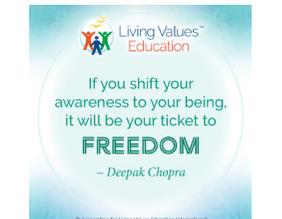


Date	Post Type	Copy	Content
OCTOBER 2023			
Sunday 1st October	<b>Value #9 - Responsibility</b> Self-reflection worksheet	<p>Your Value to Live in for this Week is RESPONSIBILITY.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> <li>1. Drop into 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>	
Monday 2nd October	<b>Value #9 - Responsibility</b> Self-reflection	<p>Values help to deepen understanding, motivation and responsibility with regard to making positive personal and social choices. It is important how we learn about and teach these values. Responsibility not only obliges us, but is also something that allows us to achieve what we wish.</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 #love #values #LivingValuesEducation #LVE</p>	
Tuesday 3rd October	<b>Website</b> Country Reports South Africa	<p>📰📰📰📰 South Africa have now released their latest Country Report for 2023 wrapping up the Living Values Workshop being conducted at The British Interbational School, Johannesburg. You can read this report at: <a href="https://livingvalues.net/south-africa">https://livingvalues.net/south-africa</a></p> <p>Visit our website to find out how your country is using Living Values Education.</p>	

<p>Wednesday 4th October</p>	<p><b>Event</b> World Values Day</p>	<p>HELP US BUILD THE MOMENTUM FOR VALUES AWARENESS AROUND THE GLOBE! Here are a few ideas for ways to get involved on World Values Day (19th October):</p> <ol style="list-style-type: none"> <li>1. LVE Bookmarks – print off and hand out to friends, send the artwork file to others to do the same. Download for FREE at <a href="https://livingvalues.net/resources-bookmarks/">https://livingvalues.net/resources-bookmarks/</a></li> <li>2. Invite everyone you know to subscribe to our LVE monthly News. <a href="https://livingvalues.net/current-news/">https://livingvalues.net/current-news/</a></li> </ol> <p>Join us - let's make it a Happy World Values Day! #WVD #WorldValuesDay #LVE #LivingValuesEducation</p>	
<p>Thursday 5th October</p>	<p><b>Product</b> Rainbow Booklets World Values Day</p>	<p>FREE VALUES ACTIVITIES FOR CHILDREN AGES 3-7, 8-14 AND YOUNG ADULTS Specifically designed activities to bring children aware of their Values. Parents you will love these! You can do together with your children. There are nine Values in each series with activities, songs, and stories to bring the Values alive. Do you know any teachers? Email a copy of either a 3-7, 8-14, Young Adults LVE Rainbow Activities booklet, for this sample we suggest pick the Value of Peace. Make sure you give the website link where they can download the entire 48 booklet library for FREE at <a href="http://livingvalues.net/rainbow-booklets">livingvalues.net/rainbow-booklets</a> #Love #Peace #Respect #Tolerance #Cooperation #Responsibility #Happiness #Honesty #Simplicity and Caring for the Earth and her Oceans.</p>	
<p>Friday 6th October</p>	<p><b>Value #9 - Responsibility</b> Reminder</p>	<p>How has your week been? If you really want to know if any leader is inspirational, look at those around them. Are they growing and becoming better leaders themselves? To be an effective leader, you must have that desire within to help people become the very best version of themselves. If in your heart you feel leadership is your destiny and you want to make a difference in this world, then you are certainly starting from the right place and on the road to becoming a great leader. Want to find out more? Visit <a href="http://livingvalues.net/about-us/">livingvalues.net/about-us/</a></p>	
<p>Saturday 7th October</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 8th October</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 9th October</p>	<p><b>Value #10 - Simplicity</b> Self-reflection</p>	<p>SIMPLICITY. A sample question to consider: Am I free from living with shoulds and self-judgement? Want to find out more? Visit <a href="http://livingvalues.net/about-us/">livingvalues.net/about-us/</a> #simplicity #Values #LivingValuesEducation</p>	
<p>Tuesday 10th October</p>	<p><b>Product</b> News item</p>	<p>📰 CURRENT NEWS 📰 The organisation for World Values Day (WVD) spends many months preceding World Values Day considering activities and bringing together events that will be extended throughout the world to support the recognition of Values. This year World Values Day is 19th October. See how you can 'get on board' at: <a href="https://livingvalues.net/current-news/wvd-2023-lve-in-community-study-group">https://livingvalues.net/current-news/wvd-2023-lve-in-community-study-group</a> Have fun, make new friends, get involved in something that will change lives of those around you or, online, far away. Create your own Living Values 'In-Community' Study Group, no experience needed, just desire to help.... <a href="https://livingvalues.net/distance">https://livingvalues.net/distance</a> #WVD #WorldValuesDay #LVE #LivingValuesEducation</p>	
<p>Wednesday 11th October</p>	<p><b>Product</b> LVE Parenting Guide World Values Day</p>	<p>The theme for this years World Values Day (19th October) is “Values Bring Us Together”. Do you know someone with children who you would like help? Living Values Education is about treating people in such a way that they feel loved, valued, respected, understood and safe, to grow toward their potential. This is particularly so for the way we treat our children as it sets the environment for their whole lives. The LVE Parenting Guide shares suggestions and activities to help parents help children, from toddlers to teens, use values to handle their challenges as well as to deal with the concerns of bullying and social media. The beautiful ideas book from Diane Tillman – LVE Parenting Guide – makes a great World Values Day gift. You can read the introduction at <a href="https://livingvalues.net/lve-parenting-guide">https://livingvalues.net/lve-parenting-guide</a> Send your contact details to <a href="mailto:distance@livingvalues.net">distance@livingvalues.net</a> and we'll send you a download version to send out to them. Hurry! This offer is good from now up until World Values Day. We will email to you just before the 19th October.</p>	

<p>Thursday 12th October</p>	<p><b>Product</b> Bookmarks News World Values Day</p>	<p>Here are a few ideas for ways to get involved on World Values Day (19th October): ~ Download and print the LVE Reflection Points to place on your fridge, or share with friends. There's a new value each week. <a href="https://livingvalues.net/posters">https://livingvalues.net/posters</a> ~ Invite everyone you know to subscribe to our LVE monthly News. <a href="https://livingvalues.net/current-news/">https://livingvalues.net/current-news/</a> #WVD #WorldValuesDay #LVE #LivingValuesEducation</p>	
<p>Friday 13th October</p>	<p><b>Value #10 - Simplicity</b> Reminder</p>	<p>How has your week been? Ask yourself: Wouldn't it be nice if we could just take some time to keep things simple? To winnow life down to the bare essentials and hold onto it like the precious thing it is. For more info visit from <a href="https://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> #LivingValuesEducation #LVE #simplicity #grace #appreciation #values</p>	
<p>Saturday 14th October</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. 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="https://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> #LivingValuesEducation #LVE</p>	
<p>Sunday 15th October</p>	<p><b>Value #11 - Freedom</b> Self-reflection worksheet</p>	<p>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="https://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a></p>	
<p>Monday 16th October</p>	<p><b>Value #11 - Freedom</b> Self-reflection</p>	<p>FREEDOM... A simple thought to consider: When I stay uninfluenced by what I need to do, with whom I need to interact and what the outcome may be, I am truly free. 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="https://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> for more info. #freedom #values #LivingValuesEducation #LVE</p>	

<p>Tuesday 17th October</p>	<p><b>Product</b> Rainbow Booklets World Values Day</p>	<p>Do you know any teachers? Email a copy of either a 3-7, 8-14, Young Adults LVE Rainbow Activities booklet, for this sample we suggest pick the Value of Peace. Make sure you give the website link where they can download free the entire 48 booklet library. Visit: <a href="https://livingvalues.net/rainbow-booklets/">https://livingvalues.net/rainbow-booklets/</a></p>	
<p>Wednesday 18th October</p>	<p><b>Product</b> Free resources World Values Day</p>	<p>Values are what matter most to us. They motivate and guide us. They are the passion in our hearts, the reason we do the things we do. In a world that can feel increasingly divided, values help unite us. They are the glue holding together our communities and wider society. This year's campaign theme is Values Bring Us Together. #WVD #WorldValuesDay #LVE #LivingValuesEducation</p>	
<p>Thursday 19th October</p>	<p><b>Event</b> World Values Day</p>	<p>Today is World Values Day, help us build the momentum for Values Awareness around the globe! Choose a value and put that value into action. Do something to make it a bigger part of your life. Checkout our website resources pages at <a href="https://livingvalues.net/downloads">livingvalues.net/downloads</a> and ask yourself, "where and who can I help with all this free material, how can I change someone's life?" We all know of someone who is living an unhappy life yet there is a wealth of wonderful opportunities and supporting information at our fingertips just waiting to be shared. Join us - let's make it a Happy World Values Day! #WVD #WorldValuesDay #LVE #LivingValuesEducation</p>	
<p>Friday 20th October</p>	<p><b>Value #11 - Freedom</b> Reminder</p>	<p>How has your week been? Did you find freedom in your life? A sample question to consider: Do I feel free from mind-noise, must do, have to, keeping busy? Pause before you answer to feel the truth. Please visit <a href="https://livingvalues.net/freedom">livingvalues.net/freedom</a> for more info. #freedom #peace #values #LivingValuesEducation #LVE</p>	
<p>Saturday 21st October</p>	<p><b>Teaser</b></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 <a href="https://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> #LivingValuesEducation #LVE</p>	

<p>Sunday 22nd October</p>	<p><b>Value #12 - Unity</b> Self-reflection worksheet</p>	<p>Your Value to Live in for this Week is UNITY. 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 UNITY 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/unity">livingvalues.net/unity</a></p>	
<p>Monday 23rd October</p>	<p><b>Value #12 - Unity</b> Self-reflection <i>LVE is feeling connected</i></p>	<p>With the completion of this years World Values Day (19th October) it's not too late to participate in "Values Bring Us Together"... and what better way to do this than with our reflection point for this week – UNITY.</p> <p>Help us build the momentum for Values Awareness around the globe!</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>#unity #together #values #WVD #WorldValuesDay #LVE #LivingValuesEducation</p>	
<p>Tuesday 24th October</p>	<p><b>Value #12 - Unity</b> <b>Quote</b></p>	<p>In a world that can feel increasingly divided, values help unite us. They are the glue holding together our communities and wider society.</p> <p>Let's put our values into action, reaching across the growing barriers that divide us to build stronger communities and a more united world.</p>	
<p>Wednesday 25th October</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>Thursday 26th October</p>	<p><b>Quote</b></p>	<p>☑ Enjoy this poem shared by one of our participants ☑</p> <p>VALUES AND QUALITIES OF MY LIFE</p> <p>As I began to love myself I found that anguish and emotional suffering are only warning signs that I was living against my own truth. Today, I know, this is “AUTHENTICITY”.</p> <p>As I began to love myself I understood how much it can offend somebody if I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. Today I call it “RESPECT”.</p> <p>As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow. Today I call it “MATURITY”.</p> <p>As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm. Today I call it “SELF-CONFIDENCE”.</p> <p>As I began to love myself I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. Today I call it “SIMPLICITY”.</p> <p>As I began to love myself I freed myself of anything that is no good for my health – food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism. Today I know it is “LOVE OF ONESELF”.</p> <p>As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time. Today I discovered that is “MODESTY”.</p> <p>As I began to love myself I refused to go on living in the past and worrying about the future. Now, I only live for the moment, where everything is happening. Today I live each day, day by day, and I call it “FULFILLMENT”.</p> <p>As I began to love myself I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind became a valuable ally. Today I call this connection “WISDOM OF THE HEART”.</p> <p>We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born. Today I know “THAT IS LIFE”!</p> <p>~ written by Charlie Chaplin</p>	
<p>Friday 27th October</p>	<p><b>Value #12 - Unity</b> Reminder Study Groups</p>	<p>With the completion of this years World Values Day (19th October) it’s not too late to participate in “Values Bring Us Together”... and what better way to do this than with our reflection point for this week – UNITY.</p> <p>Create a LVE ‘In-Community Values Study Group’ and help us build the momentum for Values Awareness around the globe!</p> <p>Please visit <a href="https://livingvalues.net/materials-for-distance/">https://livingvalues.net/materials-for-distance/</a> to download your FREE copy of the booklet which provides all the information needed to allow anyone to embrace becoming an LVE Study Group facilitator and manage a small community group.</p> <p>#unity #together #values #WVD #WorldValuesDay #LVE #LivingValuesEducation</p>	 <p>Community Study Groups are a unique way to make like-minded friends and build honest relationships.</p> <p>Living Values EDUCATION © Association for Living Values Education International</p>

Saturday 28th October	<b>Teaser</b>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>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.</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>	
Sunday 29th October	<b>Value #1 - Peace</b> Self-reflection worksheet <i>LVE is feeling peaceful</i>	<p>Your Value to Live in for this Week is PEACE 🌍🌍</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 PEACE 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/peace">livingvalues.net/peace</a></p>	
Monday 30th October	<b>Value #1 - Peace</b> Self-reflection	<p>PEACE... Consider this: How would your life be different if you had the courage NOT to participate in gossip and drama that is going on in your life? Let this day be the day you speak only about the good in you and others. Notice the difference it can make. 🌍🌍🌍🌍</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>#values #peace #LivingValuesEducation</p>	
Tuesday 31st October	<b>Product</b> Free download overview	<p>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 grab a copy of this overview at: <a href="http://livingvalues.net/resources/">livingvalues.net/resources/</a></p> <p>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 🌍</p>	