

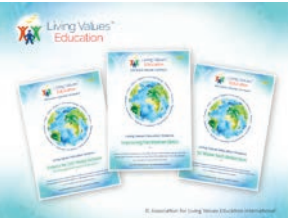

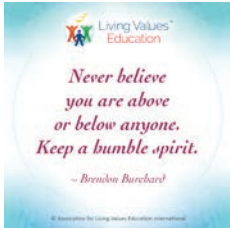





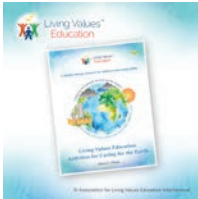
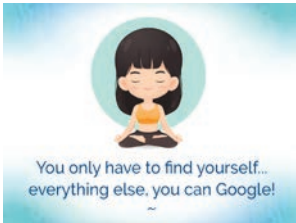



## LVE FACEBOOK SOCIAL MEDIA PLAN *(x15 countries)*


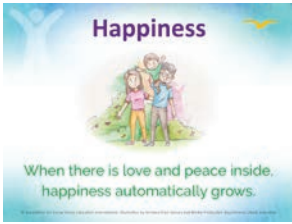









Date	Post Type	Copy	Content
DECEMBER 2023			
Friday 1st December	<b>Reminder - Honesty</b>	<p>How has your week been? Ask yourself: Was I truthful with my relationships, my feelings and myself? When we make a choice to accept the truth or reality, we are no more a sufferer. Here, we do not want the reality to be different. However, most of the cases what we think and do is different from what the truth or reality is.</p> <p>#honesty #LivingValuesEducation #LVE #values</p>	
Saturday 2nd December	<b>Teaser</b>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW...</p> <p>Values are the essence of who we are as human beings. They powerfully impact what we create in our lives and the world. Living the values of peace, love, respect, honesty, kindness and compassion makes us happy — and creates a world of peace and respect for our children.</p> <p>Join 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>	
Sunday 3rd December	<b>Value #6 - Humility</b> Self-reflection worksheet <i>LVE is feeling thoughtful</i>	<p>Your Value to Live in for this Week is HUMILITY.</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 HUMILITY 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/humility">livingvalues.net/humility</a></p>	


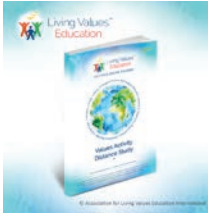

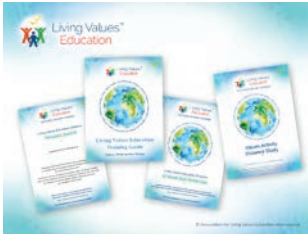

<p>Monday 4th December</p>	<p><b>Value #6 - Humility</b> Self-reflection</p>	<p>HUMILITY. The tendency to impress, dominate or limit the freedom of others in order to prove yourself can diminish the inner experience of worth, dignity and peace of mind. With humility I can recognize my own strengths and the strengths of 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 <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> for more info.</p> <p>#humility #acceptance #values #LivingValuesEducation #LVE</p>	
<p>Tuesday 5th December</p>	<p><b>News Item</b> Webinars <i>LVE is feeling excited</i></p>	<p>GREAT NEWS! For those who may have missed our recent webinar, or if you simply want to rewatch any of them, LVE now have all our recent webinars available for viewing on our You Tube channel. Check them out at: <a href="https://www.youtube.com/c/LivingValuesEducation">https://www.youtube.com/c/LivingValuesEducation</a></p> <p>These webinars introduce the Living Values Education core principles and offer inspiration to those who are new to LVE. Each webinar is approximately 30 - 60 minutes long and can also be watched by searching for LVEBI on vimeo.com.</p> <p>More details are available from <a href="mailto:uk@livingvalues.net">uk@livingvalues.net</a>.</p>	
<p>Wednesday 6th December</p>	<p><b>Product</b> LVE Model School</p>	<p>For schools who aspire to become a Living Values Education (LVE) Model School, the criteria is engaged to help them adhere to the model. We offer guidelines for schools to implement the Living Values Education Approach most effectively, with maximum benefit to students, teachers, and the school community. Those schools seeking to add a new dimension to both faculty and student body are able to see immediate effects of the LVE Approach when Values Awareness becomes the benchmark for whole school behaviour.</p> <p>Through LVE International Training Centre - ITC, we provide education training packages for teachers, administrators and LVE educational resources, books, display materials, evaluation and innovative inter-student mentoring programmes.</p> <p>Want to find out more? Visit <a href="http://livingvalues.net/model-schools/">livingvalues.net/model-schools/</a></p> <p>#LivingValuesEducation #modelschools #trainingcentre #ITTC</p>	
<p>Thursday 7th December</p>		<p>Start your self-growth journey, today! True growth happens when you...</p> <ul style="list-style-type: none"> <li>- ask questions</li> <li>-help others</li> <li>- take risks</li> <li>- learn from your mistakes</li> <li>- stay true to your values</li> <li>- embrace change</li> <li>- are future driven</li> <li>- generate positive energy</li> <li>- practice reflective thinking</li> <li>- step out of your comfort zone</li> <li>- feel affirmed and supported</li> <li>- are challenged and willing to grow</li> </ul> <p>#growth #newbeginnings #LivingValuesEducation #LVE #values</p>	


Friday 8th December	<b>Value #6 - Humility</b> Reminder	Humility is staying stable and maintaining power on the inside and not needing to control others on the outside. Always be honest about your feelings, but at the same time, humble enough to understand and accept other people's feelings. #humility #LivingValuesEducation #LVE #values	
Saturday 9th December	<b>Teaser</b>	OUR VALUE FOR THIS WEEK STARTS TOMORROW. 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? 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>	
Sunday 10th December	<b>Value #7 - Cooperation</b> Self-reflection worksheet	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. <a href="http://livingvalues.net/cooperation">livingvalues.net/cooperation</a>	
Monday 11th December	<b>Value #7 - Cooperation</b>	Courage, consideration, caring and sharing provide a foundation for cooperation. When cooperating, there is a need to know what is needed. Sometimes an idea is needed, sometimes we need to let go of our idea. Sometimes we need to lead and sometimes we need to follow. How cooperative are you? Want to find out more? Visit <a href="http://livingvalues.net/cooperation">livingvalues.net/cooperation</a> #cooperation #LivingValuesEducation #LVE #values	

<p>Tuesday 12th December</p>	<p><b>Product</b> Climate Change Book</p>	<p>“LVE Book Climate Change – Caring for the Earth and her Oceans” Embracing Values in our lives impacts directly on how we live on the planet. Rather than focusing on saving ourselves from the on-going damage of Climate Change – we could join together – a world community with a goal to change the way we live and start to give our world the opportunity to heal. Visit <a href="http://livingvalues.net/environment/">livingvalues.net/environment/</a> for more information. #ClimateChange #LivingValuesEducation #LVE</p>	
<p>Wednesday 13th December</p>	<p><b>Product</b> LVE Audio-Guided Meditations <i>LVE is feeling calm</i></p>	<p>Simply visit <a href="http://livingvalues.net/download#distance">livingvalues.net/download#distance</a> to get your FREE “Living Values Education Audio-Guided Meditations” (just scroll to the bottom of the page). This audio set includes: 1. Introduction - Are We Living Our Values 2. Peace Relaxation Exercise 3. Love Imagining Exercise 4. Humility Exercise 5. Happiness - Talking to Myself 6. Simplicity - Messages From the Media</p>	
<p>Thursday 14th December</p>	<p><b>Product</b> LVE Values for Schools</p>	<p>Remember to teach the important things that tests can't measure... What young people learn is later woven into the fabric of society. When education has positive values at its heart, and the resulting expression of them as its aim, we will create a better world for all. Our full range of Values-based Resources for use with the three age groups, 3-7, 8-14 and young adults is all available to you on our website. Simply visit <a href="https://livingvalues.net/values-for-schools/">https://livingvalues.net/values-for-schools/</a> #LivingValuesEducation #valuesforschools #ITTC #LVE</p>	
<p>Friday 15th December</p>	<p><b>Value #7 - Cooperation</b> Reminder</p>	<p>COOPERATION... Cooperation exists when people work toward a common goal. It requires recognizing the value of everyone's part and keeping a positive attitude. Understanding that cooperation is a higher principle than competition is invaluable. Want to find out more? Visit <a href="http://livingvalues.net/cooperation">livingvalues.net/cooperation</a> #LivingValuesEducation #LVE #values</p>	
<p>Saturday 16th December</p>	<p><b>Teaser</b></p>	<p>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! 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>Sunday 17th December</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 18th December</p>	<p><b>Value #8 - Happiness</b></p>	<p>A sample question to consider - Do I know that my happiness is infectious and I can share it? Remember, “The happiness of your life depends upon the quality of your thoughts.”</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 19th December</p>		<p>Living Values Education has all the components to brighten up not only the energy of the classroom, but also change the dynamic of your students themselves.</p> <p>Want to find out more? Visit <a href="https://livingvalues.net/values-for-schools/">https://livingvalues.net/values-for-schools/</a></p> <p>#LivingValuesEducation #LVE #valuesinschools #teach</p>	
<p>Wednesday 20th December</p>	<p><b>Quote</b></p>	<p>Discovering the relationship with our values can become a life-changing experience.</p> <p>Want to find out more? Visit <a href="http://livingvalues.net/about-us/">livingvalues.net/about-us/</a></p> <p>#LivingValuesEducation #LVE #values</p>	
<p>Thursday 21st December</p>	<p><b>Product</b> Values Posters</p>	<p>Here’s a great Christmas present idea for someone you love... Living Values Education posters are Reflection Points for each value. They are offered to assist and remind students and others seeking values awareness the various qualities of each value.</p> <p>They can be printed as an A4 page and displayed around the home or classroom.</p> <p>Download your FREE copies at <a href="http://livingvalues.net/posters">livingvalues.net/posters</a></p>	

Friday 22nd December	<b>Value #8 - Happiness</b> Reminder	Consider this: Why don't I accept myself? When I love and accept myself as I am, the fight to become someone else ends. Feel good about yourself without feeling the need for anyone's approval. Once you have I have recognised and realised one self, the desire to be recognised by other people is lost. Find out more at <a href="http://livingvalues.net/happiness">livingvalues.net/happiness</a> #happiness #harmony #values #LivingValuesEducation #LVE #values	
Saturday 23rd December	<b>Teaser</b>	OUR VALUE FOR THIS WEEK STARTS TOMORROW.  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>	
Sunday 24th December	<b>Value #9 - Responsibility</b> Self-reflection worksheet	Your Value to Live in for this Week is RESPONSIBILITY. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 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. 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/responsibility">livingvalues.net/responsibility</a>	
Monday 25th December	<b>Event</b> Christmas Day	What do you want for Christmas? How about we give something to another without seeking something in return, what do we all have to give? One word LOVE. Is it so hard to find? Here are some Love suggestions from the Rainbow Booklet for the 8-14 age group. Why don't we all give these presents to each other this Christmas? I believe this to you... Everyone reading this is lovable and capable. When I am full of love, anger runs away. Love is the value that makes our relationships better. When my words give flowers instead of thorns, I create a better world. I can have love for myself, love for my family, love for others, love for my country, love for my goals, and love for the world all at the same time. Love for others means I want what is good for them. Love means I can be kind, caring, and understanding. When we feel strong inside, it's easy to be loving. Love is caring, love is sharing. Love is being a trustworthy friend.	

Tuesday 26th December	<b>Value #9 - Responsibility</b>	<p>How has your week been? Responsibility is a valuable trait that helps individuals excel in areas of their lives. It ensures that they take ownership of their duties and that they care for those around them. Responsibility is not only something that obliges us, but also something that allows us to achieve what we wish.</p> <p>Want to find out more? Visit <a href="http://livingvalues.net/about-us/">livingvalues.net/about-us/</a></p> <p>#happiness #harmony #values #LivingValuesEducation #LVE #values</p>	 <p><b>Responsibility</b></p> <p>When one is responsible, there is the contentment of having made a contribution</p>
Wednesday 27th December	<b>Product</b> Distance Facilitator Course	<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.</p> <p>Find out more at: <a href="http://livingvalues.net/distance-facilitator/">livingvalues.net/distance-facilitator/</a></p> <p>#LivingValuesEducation #LVE</p>	
Thursday 28th December	<b>Product</b> <i>LVE is feeling excited</i>	<p>Living Values Education Values Bookmarks are now available for FREE download at <a href="http://livingvalues.net/resources-bookmarks/">livingvalues.net/resources-bookmarks/</a></p> <p>Print them out, cut them apart, decorate and use the bookmarks during story time or for your own reading.</p> <p>They can also be used as Focus points in workshops, display for reflection, daily questions to ask ourselves, a gift set or enlarge them for posters for home or in the classroom.</p>	
Friday 29th December	<b>Product</b> Guides	<p>Many of the ALIVE material is designed specifically to suit different groups. There are resources for teacher training purposes, the Environment and Green Values, At Risk groups, Community Study Groups, Home Learning and Self-Reflection, posters, stories and songs. Visit our websites library today for your FREE downloads <a href="http://livingvalues.net/reference-library">livingvalues.net/reference-library</a></p> <p>#LivingValuesEducation #LVE #values</p>	
Saturday 30th December	<b>Teaser</b>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>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. Perhaps you can incorporate them into the New Year?</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>Living Values Education</p> <p>PEACE ~ RESPECT ~ LOVE ~ TOLERANCE ~ HONESTY ~ HUMILITY COOPERATION ~ HAPPINESS RESPONSIBILITY ~ SIMPLICITY FREEDOM ~ UNITY</p>

<p>Sunday 31st December</p>	<p><b>Value #10 - Simplicity</b> Self-reflection worksheet</p>	<p>Tomorrow is New Years Day and you have a whole New Year to play it differently... Your Value to Live in for this Week (and perhaps all year) 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 1st January</p>	<p><b>Event</b> New Years Day</p>	<p>Wow! A whole New Year... have you considered a New Year's Resolution? Perhaps something you want to achieve in the year ahead, or something to improve in the home or work dynamic. Living Values offers so much in the way of resources and activities for improving and bringing together relationships whether with work colleagues, friends, partners, or children. When you add the power of values to any circumstance you change the dynamic to positive. You can rebuild bridges, all it takes is the willingness to see what we are creating by the way we feel about ourselves and letting go of the need to have a specific outcome.</p> <p>For my New Year, I am thinking of adopting 'Kindness' and 'Gentleness' as my two partners and Values to take into the next 12 months... How about you?</p>	