

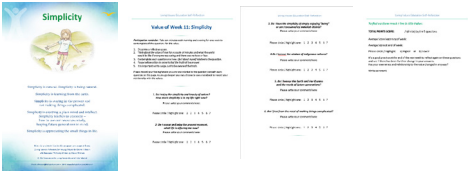


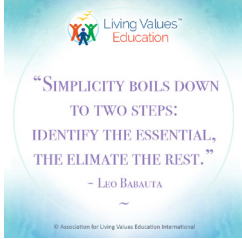

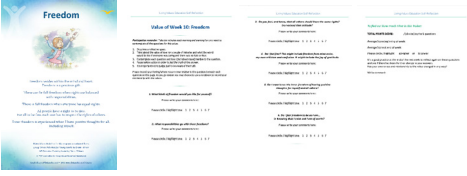






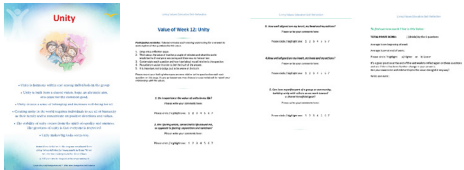










January 2024	LVE FACEBOOK SOCIAL MEDIA PLAN (x15 countries)		
Date (over 4 week period)	Post Type	Copy	Content
Monday 1st January 2024	<b>Event</b> New Years Day	<p>Wow! A whole New Year... have you considered a New Year's Resolution?</p> <p>Perhaps something you want to achieve in the year ahead, or 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>	
Monday 1st January 2024	<b>NEW Value #10 - Simplicity</b> Self-reflection	<p>Your Value to Live in for this Week is SIMPLICITY.</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 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>	
Tuesday 2nd January	<b>Value #10 - Simplicity</b> <i>LVE is feeling comfortable</i>	<p>SIMPLICITY... 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.</p> <p>Let's give 10-15 minutes for the mind... To make all aspects of life (career, relationships, health) very simple, easy and natural.</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>#simplicity #grace #appreciation #values</p>	
Wednesday 3rd January			

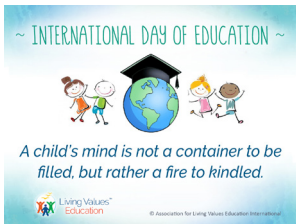



<p>Thursday 4th January</p>	<p><b>Event</b> Webinar - Save the Date</p>	<p>Join us on Wednesday 10th January for our first webinar of the year – “Silence, Sound and Harmony” with speaker Rodney Browne.</p> <p>For more details visit <a href="http://livingvalues.net/webinars">livingvalues.net/webinars</a> or email <a href="mailto:uk@livingvalues.net">uk@livingvalues.net</a>.</p> <p>Can't wait? You can watch previous webinars by searching for 'LVEBI' on vimeo.com or visit our YouTube Channel: <a href="https://www.youtube.com/c/LivingValuesEducation">https://www.youtube.com/c/LivingValuesEducation</a></p> <p>#LivingValuesEducation #LVE</p>	
<p>Friday 5th January</p>	<p><b>Value #10 - Simplicity</b> Reminder</p>	<p>How has your week been? Did you discover the level of SIMPLICITY in your life?</p> <p>A thought to consider: When our time on this Earth is done, money or material things will not matter, but the LOVE, TIME and KINDNESS we've given others will shine forever</p> <p>#happiness #harmony #choosehappiness #values</p> <p>Want to find out more? Visit <a href="http://livingvalues.net/about-us/">livingvalues.net/about-us/</a></p>	
<p>Saturday 6th January</p>	<p><b>Teaser</b></p>	<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>	
<p>Sunday 7th January</p>	<p><b>NEW Value #11 - Freedom</b> Self-reflection</p>	<p>Your Value to Live in for this Week is FREEDOM.</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 FREEDOM 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/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a></p>	

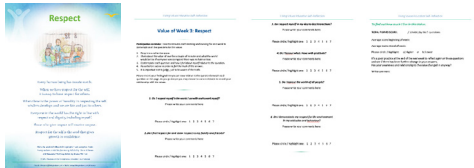



<p>Monday 8th January</p>	<p><b>Value #11 - Freedom</b> <i>LVE is feeling free</i></p>	<p>FREEDOM resides within the mind and heart, without the essence of Freedom our heart will wither and die.</p> <p>If you are already engaged in this 12 week personal introspection of your life did the questions bring 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="https://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> for more info.</p> <p>#freedom #peaceful #values #LivingValuesEducation #LVE</p>	
<p>Tuesday 9th January</p>	<p><b>Product</b> Rainbow Booklets</p>	<p>CHECKOUT OUR NEW LOOK "FREE" VALUES ACTIVITIES FOR CHILDREN AGES 3-7, 8-14 AND YOUNG ADULTS BOOKLETS</p> <p>These are 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. FREE to download at <a href="https://livingvalues.net/rainbow-booklets">livingvalues.net/rainbow-booklets</a></p> <p>#Love #Peace #Respect #Tolerance #Cooperation #Responsibility #Happiness #Honesty #Simplicity and Caring for the Earth and her Oceans.</p>	
<p>Wednesday 10th January</p>	<p><b>Event</b> Webinar Info</p>	<p><b>JOIN US FOR TODAYS WEBINAR!</b> <i>(insert emojis)</i></p> <p>6pm - 7pm GMT (UK timezone) Zoom Details: Meeting ID: 922 2863 5131 Password: serenity</p> <p>Organised by Living Values Education - British Isles. We welcome folk from other parts of the world to join our webinars. Details at <a href="https://livingvalues.net/webinars">livingvalues.net/webinars</a> or email uk@livingvalues.net.</p> <p>If you would like to stay up-to-date with upcoming events, simply subscribe to our website at <a href="https://livingvalues.net">livingvalues.net</a></p>	
<p>Thursday 11th January</p>	<p><b>Value #11 - Freedom</b> Reminder</p>	<p>A sample question to consider - What does Freedom mean to me? There is a huge amount of freedom that comes to you when you take nothing personally.</p> <p>Want to find out more? Visit <a href="https://livingvalues.net/freedom">https://livingvalues.net/freedom</a></p> <p>#freedom #LVE #values</p>	

<p>Friday 12th January</p>	<p><b>Value #11 - Freedom</b> Reminder</p>	<p>How has your week been? Do you want the freedom to live a life of purpose, to select freely a lifestyle in which you and your children can grow healthily and can flourish through the work of their hands, head and hearts? Please visit <a href="http://livingvalues.net/freedom">livingvalues.net/freedom</a> for more info. #freedom #peace #values #LivingValuesEducation #LVE</p>	
<p>Saturday 13th January</p>	<p><b>Teaser</b></p>	<p>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>	
<p>Sunday 14th January</p>	<p><b>NEW Value #12 - Unity</b> Self-reflection</p>	<p>Your Value to Live in for this Week is UNITY. 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/unity">livingvalues.net/unity</a></p>	
<p>Monday 15th January</p>	<p><b>Value #12 - Unity</b> Self-reflection <i>LVE is feeling connected</i></p>	<p>UNITY... Ask yourself, how you can become more in Unified? Do you work together to achieve a common goal, or do you only do it 'your way'? 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. #unity #together #values</p>	

<p>Tuesday 16th January</p>	<p><b>Quote</b></p>	<p>Something to consider: Do I trust and accept that life will present me with the challenges and opportunities that I truly need, as opposed to resisting what I have and complain about how things could be different?</p> <p>Want to find out more? 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>Wednesday 17th January</p>	<p><b>Product</b> Songs</p>	<p>A variety of songs are included in the LVE lessons for children aged 3 - 7 years. You can download the songs to hear the melody or to play them for the children. Children benefit in many ways from learning and singing the songs together – and doing so builds feelings of happiness and belonging. The song list includes:</p> <p>I Am a Peaceful Star          Something Kind          These Little Hands          Each One of Us Is Beautiful          True Blue Friend          If Someone Says I Love You          Happy Children          Smile          The Rainbow Song          The Happy Stars          Star Song          Friends Make the World Go 'Round          Let Us Clap Together</p> <p>Download your free mp3 song files at <a href="http://livingvalues.net/download">livingvalues.net/download</a></p>	
<p>Thursday 18th January</p>			
<p>Friday 19th January</p>	<p><b>Value #12 - Unity</b> Reminder <i>LVE is feeling motivated</i></p>	<p>How has your week been? How UNIFIED were you with others? By uniting with others we can feel the positive energy that begins to enter our lives: happiness, peace, balance, courage and strength.</p> <p>A sample question to consider: “Can I see myself as part of the greater community, as opposed to holding myself apart in some way?”</p> <p>Want to find out more? Visit <a href="http://livingvalues.net/unity">livingvalues.net/unity</a></p>	

<p>Saturday 20th January</p>	<p><b>Teaser</b></p>	<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></p>	
<p>Sunday 21st January 2021</p>	<p><b>NEW Value #1 - Peace</b> <i>LVE is feeling peaceful</i></p>	<p>Your Value to Live in for this Week is PEACE. <i>(insert dove 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 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>	
<p>Monday 22nd January</p>	<p><b>Value #1 - Peace</b> Self-reflection <i>LVE is feeling connected</i></p>	<p>PEACE begins with each of us. It is a calm and relaxed state of mind. To stay peaceful requires compassion and strength. #values #peace #LivingValuesEducation</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>Tuesday 23rd January</p>	<p><b>Product Website</b></p>	<p>Through our network of member organisations, supporting individuals, and our website, Living Values Education makes professional development courses, workshops, and extensive online resources and materials available to anyone around the world.</p> <p>#values #LivingValuesEducation #LVE</p> <p>Visit anytime at <a href="http://www.livingvalues.net">www.livingvalues.net</a></p>	

<p>Wednesday 24th January</p>	<p><b>Event</b> International Day of Education</p>	<p>24th January is 'International Day of Education' – To invest in people, prioritize education. A thought to consider: "Children are our future, and the best thing that we can offer them is education." Education is a human right, a public good and a public responsibility. With inclusive and equitable quality education and lifelong opportunities for all, countries can succeed in achieving gender equality and breaking the cycle of poverty.</p>	 <p>~ INTERNATIONAL DAY OF EDUCATION ~</p> <p>A child's mind is not a container to be filled, but rather a fire to kindled.</p> <p>Living Values Education © Association for Living Values Education International</p>
<p>Thursday 25th January</p>	<p><b>Product</b> Languages - Spanish</p>	<p>Living Values Education Latin América (Valores para Vivir Educación América Latina) LVE presence in South America is increasing dramatically with some 9 countries supporting the DFT Course. As a result, we are Introducing our new range of LVE Spanish resources. The LVE Self-Reflection book and the LVE Values Activities book are the primary components of the Spanish DFT Course Level One. You can download our Spanish material at <a href="http://livingvalues.net/resources-in-other-languages">livingvalues.net/resources-in-other-languages</a></p>	 <p>Did you know...</p> <p>Multiple ALIVE resources are now available for download in Spanish</p> <p>Living Values Education © Association for Living Values Education International</p>
<p>Friday 26th January</p>	<p><b>Value #1 - Peace</b> Reminder <i>LVE is feeling happy</i></p>	<p>How has your week been? Did you discover the level of Peace in your life? If you are not happy with it, can you change it? I keep my peace by not expecting anything from anyone, but cherishing my own inner treasure of peace. How do you keep yours? Want to find out more? Visit <a href="http://livingvalues.net/about-us/">livingvalues.net/about-us/</a></p>	 <p>Sometimes the most productive thing you can do is <i>relax!</i></p> <p>Living Values Education © Association for Living Values Education International</p>
<p>Saturday 27th January</p>	<p><b>Teaser</b></p>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW. 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. 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. 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>© Association for Living Values Education International</p>

<p>Sunday 28th January</p>	<p><b>Value #2 - Respect</b> Interactive</p>	<p>Your Value to Live in for this Week is RESPECT. 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 RESPECT 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/respect">livingvalues.net/respect</a></p>	
<p>Monday 29th January</p>	<p><b>Value #2 - Respect</b> Self-reflection</p>	<p>RESPECT and love can change everything. Consider the level of Respect in your life. If it needs attention, what will you do about it?</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>#respect #LivingValuesEducation #LVE #values</p>	
<p>Tuesday 30th January</p>	<p><b>Product</b> LVE You Tube channel</p>	<p>Did you miss this months webinar? Well we have great news for you! You can watch our recent webinar, or rewatch any other webinars, on our YouTube 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. You can find ideas for quiet reflection and contemplation, inspiration for ways of thinking, and practical resources that you can use for teaching.</p> <p>Each webinar is approximately 30 - 60 minutes long and can also be watched by searching for LVEBI on vimeo.com</p>	
<p>Wednesday 31st January</p>	<p><b>Did you know</b></p>	<p>The primary purpose of the online familiarisation 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>END</p>			