









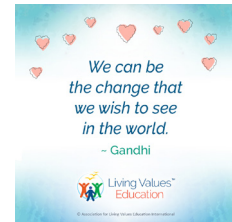

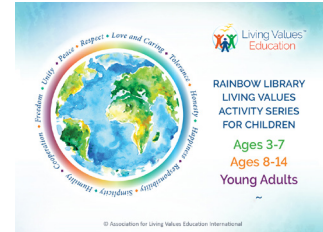
DFT 12 WEEK PERSONAL INSIGHT CALENDAR




WEEK #1 - PEACE

SUNDAY	<p>Welcome! Are you ready to start your self-growth journey?</p> <p>Is there 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. What are you hoping to achieve over the next 12 weeks?</p> <p>Our 12 values – Peace, Respect, Love, Tolerance, Honesty, Humility, Cooperation, Happiness, Responsibility, Simplicity, Freedom, Unity – 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. Join with Living Values Education in this unique moment to open yourself to your own innate values that determine your life... It may hold the answers you've been searching for!</p> <p>Your Value to live by this week is PEACE.</p>	
MONDAY	<p>Are you missing calmness from your life? Being calm is an incredible strength. It is a super power that allows you to remain in control. Just like silence, it gives you a chance to pause and reflect before you speak, to think before you take action. It is okay to take a break, to breathe and slow down.</p> <p>Perhaps it is time to call for a timeout, and unclutter your mind. Take that one moment of peace and quiet and get back to regain your focus.</p>	
TUESDAY	<p>I keep my peace by not expecting anything from anyone, but cherishing my own inner treasure of peace. How do you keep yours?</p> <p>A quote to consider: "Peace comes from within. Do not seek it without." ~ Buddha</p> <p>Want to find out more? Visit livingvalues.net/peace/</p>	

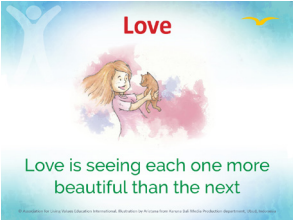

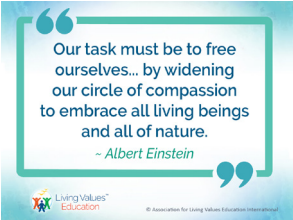
WEDNESDAY	<p>Ask yourself: When am I free from mind chatter?</p> <p>Remember: You don't always need to be in control or have a plan. Sometimes you just need to breathe, trust, let go and see what happens. Take a moment, take a breath. Let's take a moment to pause, relax and focus on our wellbeing. Sometimes the most productive thing you can do is relax.</p> <p>Please visit livingvalues.net/peace for more info.</p>	 <p>Worrying doesn't take away tomorrow's troubles, it takes away today's peace.</p> <p>Living Values Education © Association for Living Values Education International</p>
THURSDAY	<p>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>Remember, peace begins with each of us. It is a calm and relaxed state of mind. To stay peaceful requires compassion and strength.</p> <p>Want to find out more? Visit livingvalues.net/peace/</p>	 <p>Peace consists of pure thoughts, pure feelings, pure wishes and pure intent.</p> <p>Living Values Education © Association for Living Values Education International</p>
FRIDAY	<p>Are you starting to feel more peaceful?</p> <p>We spend most of our life running after things, doing things. We forget that 'being' comes before 'doing'. Those who remember this secret make an effort to 'be' and discover that when they stop and observe, life helps and brings whatever is needed. Learning to 'be' is learning to be at peace. It is our most fundamental nature.</p> <p>Remember, "The biggest asset in the word, is your mindset"</p> <p>Want to find out more? Visit livingvalues.net/about-us/</p>	 <p>If you can stay positive in a negative situation, you win.</p> <p>Living Values Education © Association for Living Values Education International</p>
SATURDAY	<p>How was your week this week? More peaceful? Remember, peace begins with each of us. It is a calm and relaxed state of mind. To stay peaceful requires compassion and strength.</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>Your attitude in life will determine your direction.</p> <p>Living Values Education © Association for Living Values Education International</p>



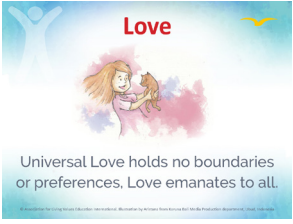
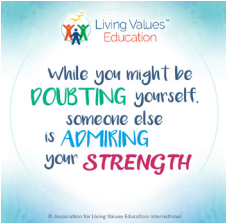
WEEK #2 - RESPECT

SUNDAY	<p>Your Value to live by this week is RESPECT.</p> <p>Have you ever put much consideration into where our self-respect comes from? Is it from our achievements, our sense of wellbeing, our comfort, the new acquisition, or could it be something much deeper, a knowing of our connectedness – to God, to each other, to the environment, to nature. Clearly nobody is going to give us this, we have to find it in ourselves. Maybe self respect keeps us safe, we feel loved, valued, understood – all those things every human needs. In this week of reflection, what do you feel about this?</p>	
MONDAY	<p>Ask yourself: Do I demonstrate respect for my relationships in my attitudes and behaviours? Do I feel respect for and show respect towards my family and friends. Is this something that I can improve on?</p> <p>Remember: <i>“Don’t treat people as bad as they are, treat people as good as you are.”</i></p> <p>Want to find out more? Visit livingvalues.net/respect</p>	
TUESDAY	<p>Consider this: Do I honour the worth of others? 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.</p> <p>A thought to consider: We don’t need to share the same opinions as each other, but we do need to be respectful of each other. How respectful are you?</p>	
WEDNESDAY	<p>FREE VALUES ACTIVITIES FOR CHILDREN AGES 3-7, 8-14 AND YOUNG ADULTS</p> <p>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.</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 the entire 48 booklet library for FREE at livingvalues.net/rainbow-booklets</p>	





THURSDAY	<p>Consider this: How would your life be different if you stopped making negative judgmental assumptions about people you encounter? Let today be the day you look for the good in everyone you meet and respect their journey.</p> <p>Want to find out more? Visit livingvalues.net/respect/</p>	 <p><i>The key is to learn to respect and honour the complications of other people's lives.</i></p> <p>Living Values™ Education © Association for Living Values Education International</p>
FRIDAY	<p>Respect is knowing I am unique and valuable.</p> <p>Respect is knowing I am lovable and capable.</p> <p>Respect is listening to others.</p> <p>Respect is knowing others are valuable, too.</p> <p>Want to find out more? Visit livingvalues.net/respect/</p>	 <p>Living Values™ Education</p> <p><i>"I was raised to treat the janitor with the same respect as the CEO."</i></p> <p>~ Tom Hardy</p> <p>© Association for Living Values Education International</p>
SATURDAY	<p>How has your week been?</p> <p>Pause of a thought: Did you change your level of respect this week? Did you respect yourself and the value of others in your day to day interactions? Was this level of respect shown in your attitudes and actions? Those who give respect will receive respect.</p> <p>Want to find out more? Visit livingvalues.net/respect/</p>	 <p><i>Respect for ourselves guides our morals. Respect for others guides our manners.</i></p> <p>~ Laurence Sterne</p> <p>Living Values™ Education © Association for Living Values Education International</p>



WEEK #3 - LOVE

<p>SUNDAY</p>	<p>Your Value to live by this week is LOVE.</p> <p>Perhaps 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.</p> <p>Everyone reading this is lovable and capable.</p> <p>When I am full of love, anger runs away.</p> <p>Love is the value that makes our relationships better.</p> <p>When my words give flowers instead of thorns, I create a better world.</p> <p>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.</p> <p>Love for others means I want what is good for them.</p> <p>Love means I can be kind, caring, and understanding.</p> <p>When we feel strong inside, it's easy to be loving.</p> <p>Love is caring, love is sharing.</p> <p>Love is being a trustworthy friend.</p> <p>livingvalues.net/love</p>	 <p>Love is seeing each one more beautiful than the next</p>
<p>MONDAY</p>	<p>This week, let's focus on this: Love, peace and joy are interconnected. When we express love in the form of care, we feel contented. When we forgive, we experience peace.</p> <p>The right words create changes in lives, changes in opinions, heal others, heal yourself, and inspire love.</p> <p>Consider this: The love, acceptance and forgiveness you give to others will return back to you in the form of peace, joy and freedom.</p> <p>livingvalues.net/love</p>	 <p>Love is not what you say, it's what you do.</p>
<p>TUESDAY</p>	<p>How is the level of Love in your life?</p> <p>We can only learn to love by loving. LOVE is seeing the good in everyone, and wanting good things for them. Love is the principle which creates and sustains human relations with dignity and depth. It allows you to be can be kind, caring and understanding.</p> <p>Are you open to becoming more loving?</p> <p>Want to find out more? Visit livingvalues.net/love/</p>	 <p>Our task must be to free ourselves... by widening our circle of compassion to embrace all living beings and all of nature.</p> <p>~ Albert Einstein</p>




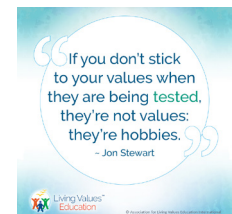
WEDNESDAY	<p>During this week of self-reflection you should be reminded that not everyone will appreciate you. This is a fact of life. So remember this: When we feel strong inside, it is easy to be loving. If you know your worth, no one can ever make you feel worthless. It will also be your key to happiness.</p> <p>Visit: livingvalues.net/love</p>	
THURSDAY	<p>We live in a time of 'take, take, take'. Something for nothing; buy one get one free. The truth of the matter is that simply by giving I will receive all that I need. Giving is receiving.</p> <p>Consider this: <i>"Today let me find a way to 'give' unconditionally and with love."</i></p> <p>Give a smile; give a word of appreciation; give a thought of good wishes; give your co-operation for a task. Make today a day of giving and tomorrow you will receive the fruits.</p> <p>livingvalues.net/love</p>	
FRIDAY	<p>Spread happiness and positivity with words instead of gifts as a way to praise and appreciate people. Pay compliments to everyone you meet. Appreciate family, coworkers, and friends for their hard work and for being there in your life.</p> <p>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. Ask yourself, <i>"where and who can I help with all this free material, how can I change someone's life?"</i></p> <p>Let's make it a Happy World!</p> <p>Visit: livingvalues.net/love</p>	
SATURDAY	<p>Affirmation of the day: I LOVE MY SELF</p> <p>Me, with all my shortcomings, flaws and imperfections, my gifts, my talents, my reserve, my enthusiasm, my kindness, my laziness, my passions, my insecurities, my sense of humour, my compassion, my doubts, what society would call my failures, my successes, what I deem to be my beauty and the lack thereof. I LOVE ME!!!</p> <p>livingvalues.net/love</p>	




WEEK #4 - TOLERANCE

SUNDAY	<p>Your Value to live by this week is TOLERANCE.</p> <p>Tolerance is respect, acceptance, and appreciation of the rich diversity of our world's cultures, forms of expression, and ways of being human. What is the level of tolerance in your life?</p> <p>Please visit livingvalues.net/distance-self-reflection/ for more info.</p>	 <p>Tolerance is being open and receptive to the beauty of differences</p>
MONDAY	<p>Tolerance is inner strength transforming, misunderstanding and difficulty invoking the natural outcome of peaceful co-existence. What is the level of Tolerance in your life?</p> <p>Consider this: <i>Do I have tolerance for myself and treat myself kindly, even when I make mistakes or 'slip up'?</i></p> <p>livingvalues.net/tolerance/</p>	 <p>Train your mind to be calm in every situation.</p>
TUESDAY	<p>Tolerance provides the opportunity to discover and remove stereotypes and stigmas associated with people perceived to be different because of nationality, religion or heritage.</p> <p>Consider this: Can I knowingly acknowledge another's worth and need to exist regardless of that which I don't understand?</p> <p>Want to find out more? Visit livingvalues.net/tolerance/</p>	 <p>Those who know how to appreciate the good in people and situations have tolerance.</p>
WEDNESDAY	<p>Lets focus on open-mindedness and listening. It is important to remember to be tolerant with ourselves, not just others. Everybody makes mistakes, including ourselves, and we should be okay with that.</p> <p>Consider this: Do my friends and partner consider me tolerant?</p>	 <p>A lot of the problems in the world would disappear if we just talk to each other instead of about each other.</p>




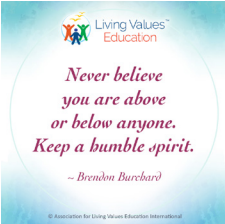
THURSDAY	<p>When was the last time you had to learn something about someone else's culture? Or consider something from someone else's perspective? We ask people of all backgrounds, cultures and ages, to understand tolerance regardless of differences.</p> <p>Tolerance recognizes individuality and diversity while removing divisive masks and defusing tension created by ignorance.</p> <p>Want to find out more? Visit livingvalues.net/tolerance/</p>	 <p>For our most vulnerable communities, and for all humanity, let us work together to promote tolerance</p> <p>Living Values™ Education</p> <p>© Association for Living Values Education International</p>
FRIDAY	<p>A sample question to consider: <i>Do I require certain conditions to support my tolerance?</i></p> <p>Broad-minded and open thinking is a hallmark of tolerant behavior. The willingness to accept feelings, habits, or beliefs that are different from your own. Tolerance, is giving to every other Human Being, the same rights, you claim for yourself.</p>	 <p>"I think tolerance, acceptance and love is something that feeds every community"</p> <p>~ Lady Gaga</p> <p>Living Values™ Education</p> <p>© Association for Living Values Education International</p>
SATURDAY	<p>How has your week been? Have you shown tolerance this week? Consider the level of tolerance in your life. If it needs attention, what will you do about it?</p> <p>Want to find out more? Visit livingvalues.net/distance-self-reflection/</p>	<p>“</p> <p>Our intentions, thoughts and attitude reach faster than our words.</p> <p>Living Values™ Education</p> <p>© Association for Living Values Education International</p>



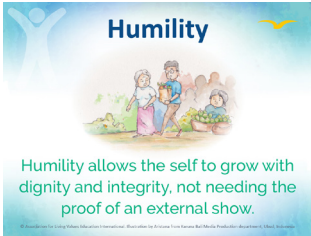
WEEK #5 - HONESTY

SUNDAY	<p>Your Value to Live in for this Week is HONESTY.</p> <p>Being honest means choosing not to lie, steal, cheat, or deceive in any way. When we are honest, we build strength of character that will allow us to be of great service to others. We are blessed with peace of mind and self-respect and will be trusted by others.</p>	
MONDAY	<p>Consider how you could you live an honest life:</p> <ul style="list-style-type: none"> • Begin by being completely honest with yourself. It is rather difficult to be honest with others if you are denying the truth to yourself. • Consider the long-term consequences of your decisions and actions. • Maintain your own personal integrity. • Keep your word once given. • Use honesty to encourage. <p>livingvalues.net/honesty/</p>	
TUESDAY	<p>Why can't we decide for ourselves what we want. It is not for others to decide for us. Instead of always listening to others, waiting for approvals and appreciation, why can't we listen to our own heart.</p> <p>Have been true to yourself?</p> <p>Have you been following your heart?</p> <p>To what extent you trust your own value?</p>	
WEDNESDAY	<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>Visit our website today to find out more: livingvalues.net/values/</p>	

THURSDAY	<p>HOW SELF-AWARE ARE YOU?</p> <p>Try for yourself, and perhaps together with family members, this simple 15-minute 'Living Values Awareness' quiz to see the important role values play in all our lives.</p> <p>The 'Wheel of Life' can show you where and how your ride is through life, whether smooth or bumpy, and most importantly, highlights where corrections can be made.</p> <p>You can download your copy today at livingvalues.net/news-archive/take-the-living-values-15min-quiz</p>	 <p>Living Values Education</p> <p>Discover the truth about your life as it is now</p> <p>with honesty, humility and acceptance - take the Living Values Education 15min QUIZ</p> <p>Values are about bringing your life into harmony and balance. If you wish to further explore your Values Awareness, engage in the FREE 'Living Values Education Self Reflector' 12 week Course. It is available to download from our website.</p> <p>Get it now! www.livingvalues.net</p>
FRIDAY	<p>Many of us live with surface honesty. The real challenge is to move beyond that to a much deeper place where we question our response and behavior for everything we attract into our lives. It is up to each of us to ask ourselves, <i>"how am I living up to this every day?"</i></p> <p>livingvalues.net/honesty/</p>	 <p>Honesty</p> <p>Being honest pushes you to be your true authentic self with others.</p> <p>© Association for Living Values Education International / Foundation for Positive Human Values Ltd. All Rights Reserved. www.livingvalues.net</p>
SATURDAY	<p>How has your week been? Ask yourself: Was I truthful with my relationships, my feelings and myself?</p> <p>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>livingvalues.net/honesty/</p>	 <p>We tend to see things not as they are, but as we are. Becoming truthful on the inside is the first step towards seeing things truly.</p> <p>Living Values Education</p> <p>© Association for Living Values Education International</p>


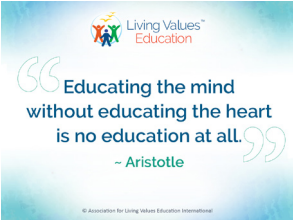

WEEK #6 - HUMILITY

SUNDAY	<p>Your Value to Live in for this Week is HUMILITY.</p> <p>Humility is a great value of every Human. It is your most precious jewel. Shining bright and penetrating darkness, removing all fear and insecurity, and opening up yourself to universal truths.</p> <p>Discover the truth of 'Who You Are' at livingvalues.net/distance-self-reflection/</p>	
MONDAY	<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>	
TUESDAY	<p>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>Visit livingvalues.net/humility/</p>	
WEDNESDAY	<p>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.</p> <p>Regardless of race, colour, religion, sex, language, political or other opinion, national or social origin, property, birth or other status, everyone is entitled to their rights as a human being.</p>	

THURSDAY	<p>As educators, facilitators and parents, there are many things we can do to reserve this downward trend and create wellbeing - for young people and our world.</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>If bringing a greater focus on values in your school is important to you and the faculty of your school, please let us know. We can provide you with all the information and materials you need.</p> <p>See here how to make Values Education a practical reality in your school: livingvalues.net/values-for-schools/</p>	 <p>Living Values Education</p> <p>Teaching is one of the few jobs where you can make a REAL difference, EVERYDAY.</p>
FRIDAY	<p>Ask yourself: Do I really know the meaning of Humility, is it part of my life? Do you see this as a positive value to add into your life?</p> <p>The tendency to impress, dominate or limit the freedom of others in order to prove yourself diminishes the inner experience of worth, dignity and peace of mind.</p> <p>With the balance of self-respect and humility I can stay powerful inside and not need to control others around me.</p>	 <p>“Humility is not thinking less of yourself, it's thinking of yourself less.”</p>
SATURDAY	<p>How has your week been? Did you discover how much Humility you have in your life?</p> <p>A healthy relationship comes with a healthy balance of honesty and humility.</p> <ol style="list-style-type: none"> 1) Accept and respect is the foundation. 2) Seek to understand first rather than expecting to be understood. 3) Take responsibility of your own happiness. 4) Focus on the best in others. 5) See the person not their position. <p>Want to know more? Visit livingvalues.net/distance-self-reflection/</p>	 <p>Humility</p> <p>Humility allows the self to grow with dignity and integrity, not needing the proof of an external show.</p>

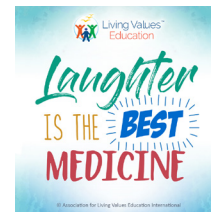


WEEK #7 - COOPERATION

SUNDAY	<p>Your Value to live by this week is COOPERATION.</p> <p>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.</p> <p>Want to find out more? Visit livingvalues.net/cooperation/</p>	<p>Coming together is a <i>beginning</i>. Keeping together is <i>progress</i>. Working together is <i>success</i>!</p> <p>Living Values™ Education © Association for Living Values Education International</p>
MONDAY	<p>Courage, consideration, caring and sharing provide a foundation for cooperation. Evaluate the relationships you currently have. Are you already in the stage of cooperation, or do you have some work to do? How much cooperation do you allow in your life, both giving and receiving?</p> <p>Remember: <i>"One who cooperates receives cooperation."</i></p> <p>livingvalues.net/cooperation/</p>	<p>Don't give to get, give to inspire others to give</p> <p>Living Values™ Education © Association for Living Values Education International</p>
TUESDAY	<p>Consider this: My Cooperation provides a safety rope allowing each individual to take a step, no matter how small and for those steps collectively to reach the pinnacle.</p> <p>Perhaps you would like to contribute? livingvalues.net/cooperation/</p>	<p>By staying aware of my values, I can give cooperation.</p> <p>Living Values™ Education © Association for Living Values Education International</p>
WEDNESDAY	<p>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?</p> <p>Want to find out more? Visit livingvalues.net/cooperation/</p>	<p>When we cooperate, everyone wins</p> <p>Living Values™ Education © Association for Living Values Education International</p>



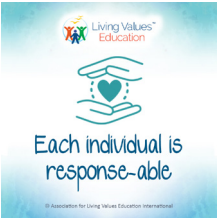
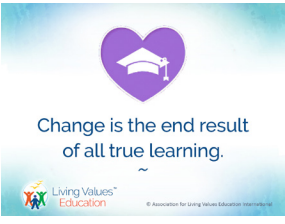
THURSDAY	<p>Real education enhances dignity and self-esteem. If every person could feel the real spirit of education and advance in every field of human activity, the world would be a better place to live. With inclusive and equitable quality education and lifelong opportunities for all, countries can succeed in achieving gender equality and breaking the cycle of poverty.</p> <p>Find out more at livingvalues.net/values-for-schools/</p>	 <p>~ International Day of Education ~</p> <p>Children are our future, and the best thing that we can offer them is education.</p> <p>Living Values Education © Association for Living Values Education International</p>
FRIDAY	<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. 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.</p> <p>Visit livingvalues.net/cooperation/</p>	 <p>Living Values Education</p> <p>“Educating the mind without educating the heart is no education at all.”</p> <p>~ Aristotle</p> <p>© Association for Living Values Education International</p>
SATURDAY	<p>How has your week been? Did you discover the level of cooperation you offer in your life.</p> <p>Cooperation requires recognizing the value of everyone’s part and keeping a positive attitude, and working with patience towards a common goal. It takes so little to show kindness and assist someone, yet it can mean so much. How cooperative are you?</p> <p>Want to find out more? Visit livingvalues.net/about-us/</p>	 <p>Cooperation</p> <p>We cannot accomplish all we need to do without cooperation.</p> <p>© Association for Living Values Education International</p>


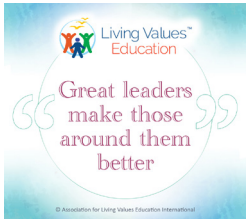

WEEK #8 - HAPPINESS

SUNDAY	<p>Your Value to live by this week is HAPPINESS.</p> <p>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.</p> <p>Find out more at livingvalues.net/happiness/</p>	
MONDAY	<p>No one is perfect, but everyone can be Awesome!</p> <p>Awesomeness runs in the veins of all of us, and we all have little periods of absolutely epic grade awesomeness every day of our lives. We just have to stand up and recognize it!</p> <p>Take the time to hug someone, no matter who they are: your loved one, members of family, friends or even strangers. Hugging has many benefits for our health, and fill your heart with joy and happiness.</p> <p>livingvalues.net/happiness/</p>	
TUESDAY	<p>Choose to be kind in every moment, not just today.</p> <p>Make the world a better place by celebrating and promoting good deeds and performing intentional acts of kindness to others, be it to your family, friends, neighbours, or even a stranger. Experience the joy of giving yourself – simply donating your time to someone can be just as valuable and rewarding.</p> <p>Don't equate your purpose with goal-based achievements. When you choose to act out of kindness, compassion and love, you are already aligned with your true purpose. No need to look any further.</p> <p>Remember, the Happiest people are givers, not takers.</p> <p>livingvalues.net/happiness/</p>	
WEDNESDAY	<p>True happiness is a feeling. It is an immersive feeling that everything is good inside. It is not just about riches or wealth; it is a state of mind in which one has a fulfilling and satisfying feeling that his heart is truly at rest.</p> <p>Please visit livingvalues.net/happiness/</p>	

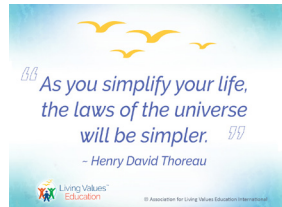
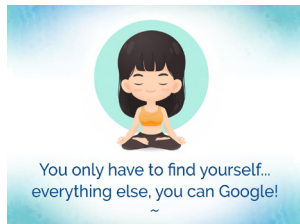

THURSDAY	<p>Sometimes, all you need to do is have a good laugh. Not only does it feel good and make others around you feel happy, it also provides many healing benefits. Watch a funny movie, tell someone a funny joke, listen to a comedian, read a funny book, join a laughter class, even start by pulling a funny face.</p> <p>So when you wake up tomorrow, try not to take everything too seriously... <i>Have some fun!</i></p> <p>livingvalues.net/happiness/</p>	
FRIDAY	<p>Pause for a thought: Every morning can I choose to nourish myself with a helping of happiness? It can make difficult things easy and heavy things light.</p> <p>We need your assistance to motivate happiness! You can do so by demonstrating love and random acts of kindness. Put a smile on the face of your fellow man and do your part to make the world a better place. Let's aim to <i>"Enhance this world, one smile at a time!"</i></p> <p>livingvalues.net/happiness/</p>	
SATURDAY	<p>Sample questions to consider: Do I know that my happiness is infectious and I can share it? Am I staying in the moment, appreciating the little things, and growing my own love, peace and contentment?</p> <p>Remember, the happiness of my life depends upon the quality of my thoughts.</p> <p>How much happiness is in your life? What could you do to improve it?</p> <p>Visit livingvalues.net/happiness/ to find out more.</p>	

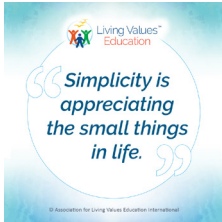


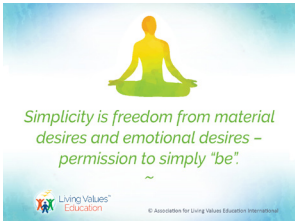
WEEK #9 - RESPONSIBILITY

SUNDAY	<p>Your Value to live by this week is RESPONSIBILITY.</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>Ask Yourself: Am I responsible for myself, my attitudes, my actions. Do you take responsibility for things you have done wrong? Or do you try to hide them? Perhaps you only take Responsibility for things when they go right?</p> <p>Want to find out more? Visit livingvalues.net/responsibility/</p>	 <p>Responsibility</p> <p>As a responsible person, I have something worthwhile to offer – so do others.</p>
MONDAY	<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>livingvalues.net/responsibility/</p>	 <p>Responsibility</p> <p>Responsibility is something that allows us to achieve what we wish</p>
TUESDAY	<p>Consider this: When I accept ownership for my words, thoughts and actions, I become a role model and positive influence on the world. By taking responsibility, do you notice any difference?</p> <p>Want to find out more? Visit livingvalues.net/responsibility</p>	 <p>Living Values Education</p> <p>Each individual is response-able</p>
WEDNESDAY	<p>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>They are a source of innovation and creativity, and can offer positive social change for a better future.</p> <p>For more information, visit https://livingvalues.net/values-for-schools/</p>	 <p>Living Values Education</p> <p>Change is the end result of all true learning.</p>

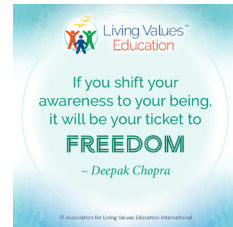
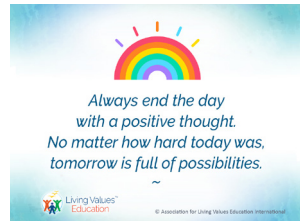

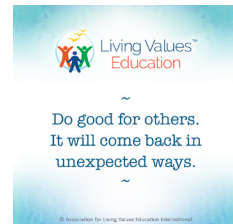
THURSDAY	<p>No matter what role we are currently playing, whether it be child, parent, business person, employee, teacher, government official, retiree, whatever age, gender, nationality, spiritual belief, we all have one thing in common; a human requirement to meet our basic needs – to be Safe, Respected, Understood, Loved, Valued. Are these qualities fully present in your life now?</p> <p>Want to find out more? Visit livingvalues.net/responsibility/</p>	
FRIDAY	<p>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.</p> <p>livingvalues.net/responsibility/</p>	
SATURDAY	<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 livingvalues.net/responsibility/</p>	



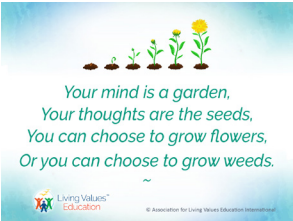
WEEK #10 - SIMPLICITY

SUNDAY	<p>Your Value to Live in for this Week is SIMPLICITY.</p> <p>Take some time out to have a chance for reflection...</p> <p>Consider this: Can you advocate a life of simplicity? With the world's current situation of rising inflation rates and costs of living, lets look for the bare necessities, the simple bare necessities. Try to avoid spending on frivolous purchases, and instead consider helping a family member or neighbour who are in need.</p> <p>For more info visit from livingvalues.net/distance-self-reflection/</p>	
MONDAY	<p>Simply visit livingvalues.net/download#distance to get your FREE 'Living Values Education Audio-Guided Meditations' (just scroll to the bottom of the page). This audio set includes:</p> <ol style="list-style-type: none"> 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 	
TUESDAY	<p>Start your self-growth journey, today! True growth happens when you...</p> <ul style="list-style-type: none"> - ask questions - help others - take risks - learn from your mistakes - stay true to your values - embrace change - are future driven - generate positive energy - practice reflective thinking - step out of your comfort zone - feel affirmed and supported - are challenged and willing to grow <p>livingvalues.net/simplicity/</p>	





WEDNESDAY	<p>A moment of contemplation: What simple life pleasures mean most to you?</p> <ul style="list-style-type: none"> • Loved ones laughing • A stroll in outdoors or a hike in nature • A soothing bath • Deep conversations • Reading a good book • Spending time with family • The smell of a home cooked meal <p>Whatever it may be... enjoy the simple things in life.</p> <p>livingvalues.net/simplicity/</p>	
THURSDAY	<p>Remembering who we are reconnects us to our innate qualities, nurturing the seed of our values with loving acceptance of the reality of who we are. This remembrance and connection naturally creates the Values-based Atmosphere within us and around us.</p> <p>Download free the LVE Values-based Atmosphere book and read what others have discovered: livingvalues.net/about-lve/</p>	
FRIDAY	<p>Sample questions to consider: Am I free from living with shoulds and self-judgement? Do I accept my life situation with willing ease and grace?</p> <p>To be simple is to return to what is real, natural & essential. It is to eliminate needless desires and useless thoughts. With simplicity, the labours of life end, and yet profound contentment is felt.</p> <p>Want to find out more? Visit livingvalues.net/simplicity/</p>	
SATURDAY	<p>How has your week been? Did you ask yourself: Do I have the simplicity of simply enjoying 'being' or am I consumed by material desires?</p> <p>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.</p> <p>livingvalues.net/simplicity/</p>	



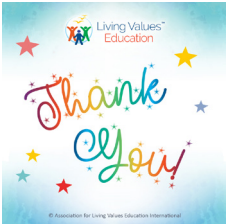
WEEK #11 - FREEDOM

SUNDAY	<p>Your Value to live by this week is FREEDOM.</p> <p>Discovering the relationship with our values can become a life-changing experience.</p> <p>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.</p> <p>Please visit livingvalues.net/freedom/ for more info.</p>	
MONDAY	<p>Do not seek for freedom in some distant land, for everything already exists within your own body, heart, mind and soul. Choice is the key word.....</p> <p>I choose to cherish, enjoy and love what I think, and what I believe.</p> <p>I choose to feel happy and appreciated.</p> <p>I choose to accept myself with all my heart.</p> <p>I choose to listen.</p> <p>I choose to love.</p> <p>Am I Right?</p> <p>livingvalues.net/freedom/</p>	
TUESDAY	<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>Inner freedom is to be free from confusion and complications within the mind, intellect and heart that arise from negativity.</p> <p>Want to find out more? Visit livingvalues.net/freedom/</p>	
WEDNESDAY	<p>Choose to be kind in every moment, not just today.</p> <p>Don't equate your purpose with goal-based achievements. When you choose to act out of kindness, compassion and love, you are already aligned with your true purpose. No need to look any further.</p> <p>livingvalues.net/freedom/</p>	

THURSDAY	<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 livingvalues.net/download</p>	
FRIDAY	<p>Perhaps try to look at things and think, <i>“how can this be made simple?”</i> Maybe it can’t, but unless we look at it we may never know. Give 10-15 minutes a day for the mind... To allow time to consider all aspects of life (career, relationships, health) and how we can make them simple, easy, and free.</p> <p>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. What kind of freedoms would you like for yourself?</p> <p>livingvalues.net/freedom/</p>	
SATURDAY	<p>How has your week been? Did you find freedom in your life?</p> <p>How often do you hear yourself say, <i>“I can’t”, “I’m not able”</i> or <i>“I never will”</i>? Can you identify self-limiting beliefs you have about yourself? Can you then challenge them and say: <i>“I can”, “I’m able”, “I will”</i>?</p> <p>Choose self beliefs that work for you, beliefs that give you a chance to succeed. By choosing higher positive thoughts, you can change what you see and experience in your reality.</p> <p>livingvalues.net/freedom/</p>	

WEEK #12 - UNITY

SUNDAY	<p>Your Value to live by this week is UNITY.</p> <p>“Values Bring Us Together”... and what better way to do this than with our reflection point for this week – Unity. Help us build the momentum for Values Awareness around the globe! When communities look after the values and wellbeing of their people, they perform better and have higher levels of engagement and satisfaction.</p> <p>Want to find out more? Visit livingvalues.net/unity/</p>	
MONDAY	<p>UNITY. A sample question to consider: <i>“Can I see myself as part of the greater community, as opposed to holding myself apart in some way?”</i></p> <p>Unity starts with YOU. If not you, then who?</p> <p>How does the value of Unity show up in your life?</p> <p>livingvalues.net/unity/</p>	
TUESDAY	<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>livingvalues.net/unity/</p>	
WEDNESDAY	<p>Encouraging forgiveness and compassion among individuals can create peace and unity. Aim to uphold the desire to live and act together, united in differences and diversity, in order to build a sustainable world of peace, solidarity and harmony.</p> <p>Remember: <i>“You must be the change you want to see in the world.”</i> ~ Mahatma Gandhi</p> <p>livingvalues.net/unity/</p>	

THURSDAY	<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.</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. Can you do more?</p> <p>livingvalues.net/unity/</p>	
FRIDAY	<p>The very best of life can be found in a group of warm-hearted friends in a regular structured gathering exploring our values – hence the reason for Living Values Education Study Groups. You can start your study group with this free download explaining what to do and how to run your own group... what better way to feel unified.</p> <p>Find out more at: livingvalues.net/distance-groups</p>	
SATURDAY	<p>Thank you!!</p> <p>Living Values Education would like to acknowledge how we truly appreciate the contribution you make to promote, develop and sustain LVE in your country. As part of the ALIVE family, our website is an invaluable way of supporting you in doing just that and helping LVE go from strength to strength around the world.</p> <p>Feel free to send out invitations to your family and friends to join Living Values Education.</p> <p>They can visit our website at: livingvalues.net/ for more information, or start by following their country page on facebook.</p>	
END 12 WEEK COURSE		