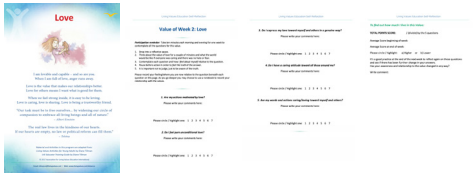
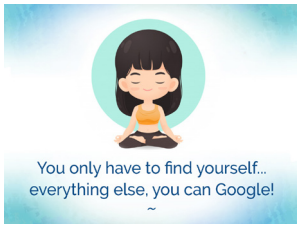
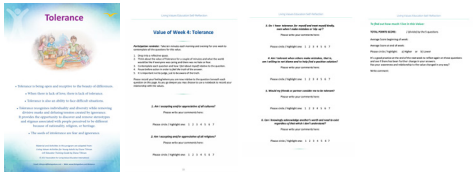
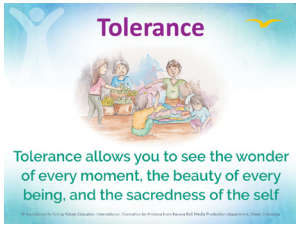
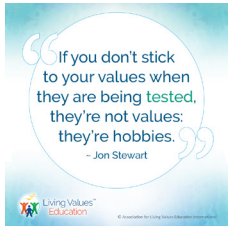
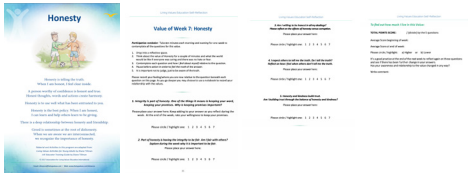
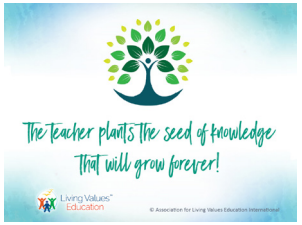
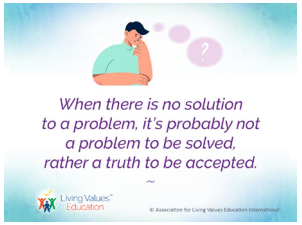
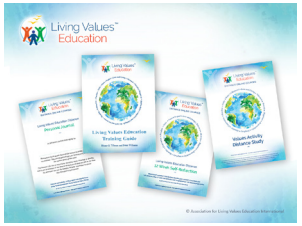
February 2024	LVE FACEBOOK SOCIAL MEDIA PLAN *(x15 countries)*		Living Values™ Education
Date (over 4 week period)	**Post Type**	**Copy**	**Content**
Thursday 1st February	**Did you know**	Netherlands have released their latest report for 2023.... Each of the 42 countries representing Living Values around the world has their own Country page on our website. Simply visit livingvalues.net/country-reports to look up and see what is happening in your country today! Also, be sure to search for your country's Facebook page, like ▯▯ and ▯▯ follow ▯▯	
Friday 2nd February	**Value #2 - Respect** Reminder	Does the level of RESPECT in your life need attention? If so, what will you do about it? Sit comfortably in a quiet place. If you wish, have a pen and paper within easy reach. Close your eyes and take a few slow, deep breaths. Take a moment to relax. Then ask yourself, "Am I right with respect to my vision for life? Am I right with respect to my values? How do I feel about my vision and values? Am I right?	
Saturday 3rd February	**Teaser**	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 livingvalues.net/distance-self-reflection/. #LivingValuesEducation #LVE	
Sunday 4th February	**Value #3 - Love** Interactive *LVE is feeling loved*	Your Value to Live in for this Week is LOVE *(insert love heart emojis)* Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of LOVE 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. livingvalues.net/love	

Monday 5th February	**Value #3 - Love** Self-reflection	LOVE means I can be kind, caring, and understanding. We can only learn to love by loving. You can explore more and discover the level of Love in your life on the LVE worksheet. It is part of our 12 week personal introspection of your life. If you wish to participate, jump in and join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit livingvalues.net/distance-self-reflection/ for more info. #love #values #unconditionallove #LivingValuesEducation	
Tuesday 6th February	**Product** Audio-guided meditation	We all can increase our inner peace and love – when we meditate. Meditation is the process of getting to know yourself completely, both who you are inside and how you react to what is outside. The goode news is, we can all learn to meditate anytime, anywhere.... you simply pay attention and invest time. You can download free Living Values Education Audio-Guided Meditations at: https://www.livingvalues.net/materials-for-distance/	
Wednesday 7th February	**Interactive** Quiz *LVE is feeling curious*	HOW SELF-AWARE ARE YOU? 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. 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. You can download your copy today at https://www.livingvalues.net/news-archive/take-the-living-values-15min-quiz	
Thursday 8th February	**Testimonial**	"In the case of Living Values Education, I feel much of its success has to do with the fact that its members are volunteers, giving freely of their time, energy, passion and expertise." ~ Helen Sayers	
Friday 9th February	**Value #3 - Love** Reminder *LVE is feeling curious*	After living this week in the value of Love, consider this: Which do you choose, Love or Fear? Do you think that when there is fear, it's because Love is missing? If you experience more love, pure and unlimited love, could our fears go away? Would you like to experience it, explore it? Do you believe in Love as a state of consciousness in Life or do you think about human love only?	

Saturday 10th February	**Teaser**	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 livingvalues.net/distance-self-reflection/. #LivingValuesEducation #LVE	
Sunday 11th February	**Value #4 - Tolerance** Self-reflection worksheet	Your Value to Live in for this Week is TOLERANCE. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of TOLERANCE 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. livingvalues.net/tolerance	
Monday 12th February	**Value #4 - Tolerance** Self-reflection	To foster a spirit of tolerance, it is important to engage in a diverse outlook of knowledge, openness, communication, freedom of thought, conscience and belief. What is the level of Tolerance in your life? 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 livingvalues.net/distance-self-reflection/ for more info. #tolerance #LivingValuesEducation #LVE #values	
Tuesday 13th February	**Did you Know**	*Did you know?....* Fifteen countries are now represented on Facebook providing us the opportunity to feature new projects and resources that various countries are offering including, Zoom meetings, webinars, news and new resources available. There is also the opportunity for viewers to join the LVE Self Reflection, a weekly Values personal self-development game. Simply search for your country's Facebook page, like and follow.	
Wednesday 14th February	**Love Quote** Valentines Day	A sample question to consider this Valentine's Day: "How willing am I to express my love toward all those around me?" Love is not simply a desire, a passion, an intense feeling for one person or object, but a consciousness which is simultaneously selfless and self-fulfilling. #Love #ValentinesDay #LivingValuesEducation #LVE	

Thursday 15th February	**Did you Know**	At the beginning of each month, LVE shares a thought for you to consider, contemplate, and reflect upon. To see our Quote of the Month, visit: https://www.livingvalues.net/quote-of-the-month/ #LivingValuesEducation #LVE	
Friday 16th February	**Value #4 - Tolerance** Reminder	Mistakes should not define us. A mistake is an error of judgement, not a reflection of the person you are. It's what you learn and how you react to the mistake that will show others who you really are. How tolerant have you been this week? Want to find out more? Visit livingvalues.net/tolerance	
Saturday 17th February	**Teaser**	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 livingvalues.net/distance-self-reflection #LivingValuesEducation #LVE	
Sunday 18th February	**Value #5 - Honesty** Self-reflection worksheet	Your Value to Live in for this Week is HONESTY. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of HONESTY 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. livingvalues.net/honesty	
Monday 19th February	**Value #5 - Honesty** Self-reflection	HONESTY means there are no contradictions or discrepancies in thoughts, words or actions. How honest can you be this week? 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 livingvalues.net/distance-self-reflection/ for more info. #honesty #truth #values #LivingValuesEducation #LVE	

Tuesday 20th February	**Did you Know**	So much to read these days... LVE has decided that rather than offering the lengthy quarterly LVE Newsletter, it would be more efficient to offer regular news items online – provding a more current update to our LVE family. You can find our most recent or upcoming 'goings-on' at: https://www.livingvalues.net/current-news/	
Wednesday 21st February	**Product** Materials for Schools	Hey Teachers! Looking for something for your classroom, something different and heart warming?... The choices of young people are critically important, not only for their own happiness and well-being at this vulnerable time in their lives, but also for their future. Download the overview of our material and choose what you feel would make the changes you would enjoy. Simply visit https://livingvalues.net/materials-for-schools/	
Thursday 22nd February	**Product** Values Posters	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. They can be printed as an A4 page and used as displayed in the classroom. Download your FREE copies at livingvalues.net/posters #LivingValuesEducation #LVE #values	
Friday 23rd February	**Value #5 - Honesty** Reminder	How has your week been? Did you ask yourself... "Am I comfortable to express the truth in all situations? Do I expect others to be honest with me when I am not honest with them?" Let's get honest! #honesty #LivingValuesEducation #LVE #values	
Saturday 24th February	**Teaser**	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 livingvalues.net/distance-self-reflection/. #LivingValuesEducation #LVE	

Sunday 25th February	**Value #6 - Humility** Self-reflection worksheet *LVE is feeling curious*	Your Value to Live in for this Week is HUMILITY. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 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. 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. livingvalues.net/humility	
Monday 26th February	**Value #6 - Humility** Self-reflection	It takes such little effort to uplift someone's heart ⍰ Just one kind word can turn someone's entire day around. Just one compliment can change how someone feels about themselves. Noticing even one special thing about someone can make them feel seen in a world where many feel unseen and unappreciated. When you see the good, the good will grow ⍰ 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 livingvalues.net/distance-self-reflection/ #humility #LivingValuesEducation #LVE #values	
Tuesday 27th February	**Product**	At LVE we recognise that people everywhere, in all circumstances of life, age and beliefs live from Values at their core. Our website has free downloads designed to bring you the 'tools' to discover and to uncover values for yourself. How you choose to use them and extend them is your choice and your imaginative process. Simply visit: https://livingvalues.net/materials-for-distance/	
Wednesday 28th February	**Quote**	Parents have the possibility to be the most valuable asset for any child. Parents laid down the foundation upon which we built our lives, the values and morals that are embedded in our foundation set the standard for how we live our lives, act with others around us and our environment. The Parents section of the website is devoted to providing opportunities for sharing, collectively exploring and entertaining a child, adapted to suit three ages of development. Visit: https://www.livingvalues.net/values-for-parents/	