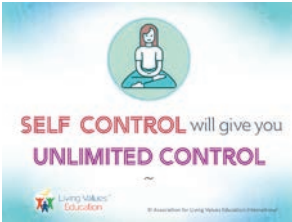




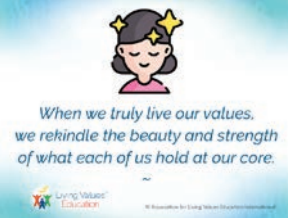
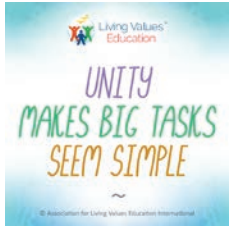







LVE FACEBOOK SOCIAL MEDIA PLAN (x15 countries)









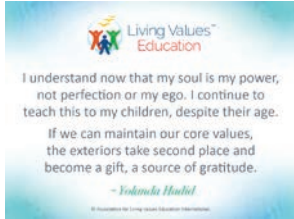
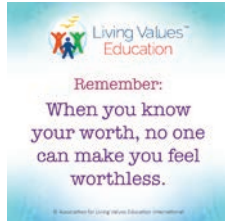

April 2024	Post Type	Copy	Content
Monday 1 April	Value #11 - Freedom Self-reflection	<p>FREEDOM is a precious gift that resides within the mind and heart. It promises an experience of liberation and a feeling of no limits or boundaries. Freedom is an ongoing process. How can we create and maintain it?</p> <p>You can explore the questions on the worksheet to discover the level of Freedom you are allowing in your life.</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 www.livingvalues.net/distance-self-reflection/</p>	
Tuesday 2 April	Did you know	<p>Greece, Philippines, Kuwait and Cambodia have all released their latest reports....</p> <p>Each of the 45 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!</p> <p>Also, be sure to search for your country's Facebook page, like 🇯🇵 and 🇯🇵 follow 🇯🇵</p>	
Wednesday 3 April	Interactive Quiz	<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 https://livingvalues.net/current-news/take-our-living-values-awareness-quiz</p>	
Thursday 4 April	Product Rainbow Library Activities Booklets for Young Adults	<p>Whether you are an educator, professor, counsellor, workshop leader, facilitator or concerned parent, equipping young people with social skills and providing them with the opportunity to explore values will help them develop their potential and inspire them to make a positive difference by putting their values into practice in the world.</p> <p>Our Rainbow Library Activities Booklets for Young Adults e-book is available for download at: http://livingvalues.net/young-adults/</p>	




Friday 5 April	Value #11 - Freedom Reminder	Freedom does not mean “doing what I want, when I want”. The more control we have over ourselves and our lives, the happier and freer we will feel. #freedom #values #LivingValuesEducation #LVE	
Saturday 6 April	Teaser	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 livingvalues.net/distance-self-reflection/	
Sunday 7 April	Value #12 - Unity Self-reflection worksheet	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 UNITY for a couple of minutes and what the world would be like if everyone was connected to life and aligned with heart, head and actions. 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/unity	
Monday 8 April	Value #12 - Unity Self-reflection	Unity is sustained by concentrating energy, by accepting and appreciating the value of the array of participants and the unique contribution each can make and by remaining loyal not only to one another but also to the task. 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. #unity #together #values #LivingValuesEducation #LVE	

Tuesday 9 April	Quote	Reminder to take time in (not out) to restore, renew, recharge, reflect and reset. #values #LVE #LivingValuesEducation	
Wednesday 10 April	Product Values	'Living Values' enables us to make sound decisions and, more important, enables others to know and understand who we are. In looking critically at our choices and actions under pressure, we will learn from times when we lived our values, and from those times when we compromised. Life starts with identifying our true values, discriminating the true value from the false; translating those values into their associated value creation; defining the ethical boundaries beyond which we will not travel. #values #LivingValuesEducation #LVE	
Thursday 11 April			
Friday 12 April	Value #12 - Unity Reminder	UNITY... How has your week been? Did you become more in Unified? Did you aim to work together to achieve a common goal, or did you only do it 'your way'? #unity #together #values #LivingValuesEducation #LVE	
Saturday 13 April	Teaser	OUR VALUE FOR THIS WEEK STARTS TOMORROW. Values affect our lives every moment. They are a guiding force in all we do and pursue. When our values are in congruence with our actions, we are in harmony. But what are values? And how did we develop them? This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/	

<p>Sunday 14 April</p>	<p>Value #1 - Peace <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"> 1. Drop into a reflective space. 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 were no wars, only peace. 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. <p>livingvalues.net/peace</p>	
<p>Monday 15 April</p>	<p>Value #1 - Peace Self-reflection</p>	<p>Take a moment, take a breath. Let's take a moment to pause, relax and focus on our wellbeing. Getting out into the great outdoors is a great way to find calm amongst the chaos. Countryside walks, breathing in fresh air and listening to the sound of wildlife are so rewarding for the mind. Do you have a favourite place to relax and reconnect?</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 livingvalues.net/distance-self-reflection/ for more info.</p> <p>#values #peace #LivingValuesEducation #LVE</p>	
<p>Tuesday 16 April</p>	<p>Product LVE Study Groups</p>	<p>You could start a Living Values Study Group! Bring a small group together and share the fun of exploring values each week for a couple of hours with friends – and it's a perfect way to make new friends too. Build a Values-based Community Spirit – we'll show you how. All materials provided are FREE. Simply contact distance@livingvalues.net</p>	
<p>Wednesday 17 April</p>	<p>Product LVE International Training Centre</p>	<p>Through LVE International Training Centre, ALIVE provides education training packages for teachers, administrators and LVE educational resources, books, display materials, evaluation and innovative inter-student mentoring programmes.</p> <p>If your University or College is interested in implementing the 'Living Values Approach', then visit https://livingvalues.net/distance/ to find out more.</p>	
<p>Thursday 18 April</p>			

Friday 19 April	Value #1 - Peace Reminder	PEACE. It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of those things and still be calm in your heart. #values #peace #LivingValuesEducation #LVE	
Saturday 20 April	Teaser	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 livingvalues.net/distance-self-reflection/	
Sunday 21 April	Value #2 - Respect Interactive	Your Value to Live in for this Week is RESPECT. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of RESPECT for a couple of minutes and what the world would be like if everyone demonstrated respect for the environment and honor the worth for all people. 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/respect	
Monday 22 April	Value #2 - Respect Self-reflection	Did you know spending time with yourself, is respecting yourself? What do you do to take care of yourself? 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. #respect #LivingValuesEducation #LVE #values	

<p>Tuesday 23 April</p>	<p>Event World Book Day</p>	<p>23RD APRIL 2024 IS WORLD BOOK DAY <i>(insert glasses face and books stacked emojis)</i></p> <p>World Book Day is all about celebrating the wonderful power of books and the joy of reading. It's especially meant to help encourage a love of reading in children. Consider how you can encourage others to read more, especially if you're a parent or you work with students.</p> <p>Grab your FREE Bookmarks from: https://livingvalues.net/resources-bookmarks/</p> <p>#WorldBookDay #LivingValuesEducation #LVE</p>	
<p>Wednesday 24 April</p>	<p>Product LVE You Tube channel</p>	<p>Did you miss last months webinar? Well we have great news for you! You can watch any of our webinars on our YouTube channel. Check them out at: https://www.youtube.com/c/LivingValuesEducation</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. Each webinar is approximately 30 - 60 minutes long and can also be watched by searching for LVEBI on vimeo.com</p>	
<p>Thursday 25 April</p>	<p>Testimonials</p>	<p>What people say about Values.... you can read more at: https://livingvalues.net/what-people-say-about-values</p>	
<p>Friday 26 April</p>	<p>Value #2 - Respect Reminder</p>	<p>Not everyone will appreciate you – this is a fact of life. Sometimes you simply need to understand that not everyone knows your true worth.</p> <p>#respect #values #LivingValuesEducation #LVE</p>	
<p>Saturday 27 April</p>	<p>Teaser</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 livingvalues.net/distance-self-reflection/</p>	

<p>Sunday 28 April</p>	<p>Value #3 - Love Interactive <i>LVE is feeling loved</i></p>	<p>Your Value to Live in for this Week is LOVE 🌟🌟🌟 Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> 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 cared about others and all actions were motivated by love. 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. <p>livingvalues.net/love</p>	
<p>Monday 29 April</p>	<p>Value #3 - Love Self-reflection</p>	<p>True Love shall heal all wounds... Love is the medicine of the soul. You are Love. Join our 12 week personal introspection of your life with Living Values Self Reflection. Discover the truth of 'Who You Are'. Simply visit livingvalues.net/distance-self-reflection/ for more info. #love #values #LVE #LivingValuesEducation</p>	
<p>Tuesday 30 April</p>	<p>Product LVE International Training Centre</p>	<p>If bringing a greater focus on values in your school is important to you and the faculty of your school let us know. We can provide you with all the information and materials you need to introduce the Living Values Education experience to your colleagues. We have Trainers and Facilitators in many countries to provide training for teachers and assist in the delivery of fun and interesting values activities to young people of all ages. See more at: https://livingvalues.net/model-schools/ #values #LVE #LivingValuesEducation</p>	
<p>END</p>			