










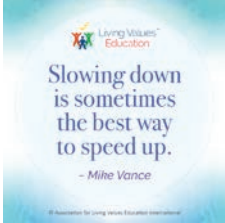








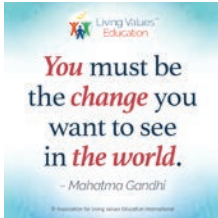




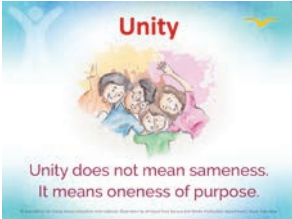
December 2024	LVE FACEBOOK SOCIAL MEDIA PLAN (x15 countries)		
Date	Post Type	Copy	Content
Sunday 1 December	Value #9 - Responsibility Self-reflection worksheet	Your Value to Live in for this Week is RESPONSIBILITY. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of RESPONSIBILITY for a couple of minutes and what the world would be like if everyone would take responsibility and contribute with that to their living space. 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/distance-self-reflection/	
Monday 2 December	Value #9 - Responsibility Reminder	Consider this: Am I responsible for myself, my attitudes, my actions? The more you are willing to accept responsibility for your actions, the more credibility you will have. Please visit livingvalues.net/responsibility for more info. #responsibility #LivingValuesEducation #LVE #values	
Tuesday 3 December	VbA Course #3 Release <i>is feeling excited</i>	There's still time to register for our next Living Values Education Values-based Atmosphere Online Course. ~ Starts Saturday 14th December, 2024 – registrations are now open! ~ One day Online Course with 14 days to complete ~ No cost participation ~ Available internationally – to all countries ~ Available to all – teachers, educators, parents, business people ~ Living Values Education International Certificate awarded on completion of points-based activities ~ It's fun to do the Course with a Friend! You can register at https://bit.ly/lvecourses or visit for more information: livingvalues.net/values-based-atmosphere-courses and share this course information with a friend! #LivingValuesEducation #LVE #values #ValuesbasedAtmosphere #vbacourse	

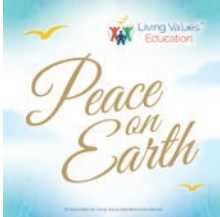
<p>Wednesday 4 December</p>	<p>Product Activities & Events Book</p>	<p>📖📖 We have just released our annual 'LVE Activities & Events' Book for 2024.</p> <p>ALIVE would like to thank all of the ALIVE Associates and the Focal Points for LVE who have contributed news of their recent activities.</p> <p>You can download a copy of this 66 page book here: https://livingvalues.net/countries/#eventsbook</p>	
<p>Thursday 5 December</p>	<p>Country Report India</p>	<p>📖📖 India have now released their latest country report. You can read the full report here: https://livingvalues.net/india</p>	
<p>Friday 6 December</p>	<p>VbA Course #3 Registration</p>	<p>There is still time to register your place in our VbA Online Course. Starts 14th December. Hurry though – places are limited! Sign up today or even share with a friend...</p> <p>You can register at https://bit.ly/lvecourses or visit for more information: livingvalues.net/values-based-atmosphere-courses</p> <p>#ValuesbasedAtmosphere #vbacourse #values #LVE #LivingValuesEducation</p>	
<p>Saturday 7 December</p>	<p>Teaser <i>LVE is feeling blessed</i></p>	<p>Stay tuned... Self reflection - a personal development begins tomorrow! livingvalues.net/distance-self-reflection/</p>	
<p>Sunday 8 December</p>	<p>Value #10 - Simplicity Self-reflection worksheet</p>	<p>STARTING TODAY! 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"> 1. Drop into a reflective space. 2. Think about the value of SIMPLICITY for a couple of minutes and what the world would be like if everyone was free from the need to make anything complicated. 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/simplicity</p>	


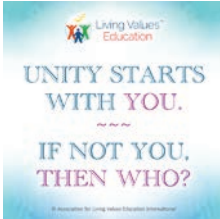


<p>Monday 9 December</p>	<p>Value #10 - Simplicity <i>LVE is feeling comfortable</i></p>	<p>How to live in SIMPLICITY? Learn to sit back and observe. Not everything needs a reaction.</p> <p>Please visit livingvalues.net/simplicity for more info.</p> <p>#simplicity #appreciation #values #LVE #LivingValuesEducation</p>	
<p>Tuesday 10 December</p>	<p>Country Report Netherlands (game)</p>	<p>📺📺 ‘Living Values Game’ created by Damir Segon</p> <p>Netherlands have just released their latest country report for 2024 which introduces a game that actually has no rules, but gives space and freedom to choose your own path and discover what that brings.... Want to know more?</p> <p>Find out how to play at: livingvalues.net/netherlands</p>	
<p>Wednesday 11 December</p>		<p>Did you know de-cluttering....</p> <ul style="list-style-type: none"> • Supports mental health and clarity of mind • Reduces the risk of molds and pests, which can be a health hazard • Improves thought process, decision making and enhances mood • Makes your home/office look and feel better • Increases positivity, making your space more welcoming, warm and happy <p>What other ways can you simplify your life?</p> <p>#simplicity #values #LVE #LivingValuesEducation</p>	
<p>Thursday 12 December</p>	<p>VbA Course #3 Registration</p>	<p>It's your last chance to sign up today for our December VbA Online Course starting this Wednesday... Hurry – places are limited!</p> <p>Join Living Values Education International and become the opportunity to be a positive force for good and the expansion of Love in the world.</p> <p>You can register at https://bit.ly/lvecourses or visit for more information: livingvalues.net/values-based-atmosphere-courses</p> <p>#ValuesbasedAtmosphere #vbacourse #values #LVE #LivingValuesEducation</p>	



<p>Friday 13 December</p>	<p>Reminder Value #10 - Simplicity</p> <p>LVE Audio-Guided Meditations <i>LVE is feeling calm</i></p>	<p>How has your week been? Need some more simplicity in your life? Let us help...</p> <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 	
<p>Saturday 14 December</p>		<p>How exciting 🎉🎉🎉🎉🎉 Sending out a warm welcome to all participants to our Online Values-based Atmosphere Course #3... it starts today!</p>	
<p>Sunday 15 December</p>	<p>Value #11 - Freedom Self-reflection worksheet</p>	<p>Your Value to Live in for this Week is FREEDOM.</p> <p>Living Values Self Reflection – So simple, so revealing... You can explore the questions on the worksheet to discover the level of Freedom you are allowing in your life.</p> <ol style="list-style-type: none"> 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 would experience inner freedom and would have positive feelings for the self and others. 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/freedom</p>	
<p>Monday 16 December</p>	<p>Value #11 - Freedom Self-reflection <i>LVE is feeling free</i></p>	<p>Our values contribute to provide us with the required strength, spark and positive energy to overcome and face difficult times.</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>	

<p>Tuesday 17 December</p>	<p>Product</p>	<p>Looking for a thoughtful Christmas gift? Living Values Education Values Bookmarks are now available for FREE download at livingvalues.net/resources-bookmarks/</p> <p>This 24 set card series can be used in a multitude of ways; Focus points in workshops, display for reflection, daily questions to ask ourselves, gift set for practical use, use as is or blow up for posters for home or, classroom display.</p> <p>#LVE #LivingValuesEducation #values</p>	
<p>Wednesday 18 December</p>	<p>Product Activities & Events Book</p>	<p>A reminder our annual 'LVE Activities & Events' Book for 2024 is now available for download. This is a wonderful source of inspiration and upliftment and it is both refreshing and humbling to read of the efforts made, often in very challenging circumstances.</p> <p>You can grab your copy at: https://livingvalues.net/countries/#eventsbook</p>	
<p>Thursday 19 December</p>	<p>Country Report Vietnam</p>	<p>🇻🇳 Vietnam, Hungary, Indonesia and Cambodia have all released their final country reports for 2024.</p> <p>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!</p>	
<p>Friday 20 December</p>	<p>Value #11 - Freedom Reminder</p>	<p>Help us spread the message of freedom, through education and public awareness, around the world.</p> <p>#freedom #LVE #LivingValuesEducation #values</p>	
<p>Saturday 21 December</p>	<p>Teaser</p>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</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 22 December</p>	<p>Value #12 - Unity Self-reflection worksheet</p>	<p>Your Value to Live in for this Week is UNITY. 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 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. <p>livingvalues.net/unity</p>	
<p>Monday 23 December</p>	<p>Value #12 - Unity 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'?</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>#unity #together #values #LVE #LivingValuesEducation</p>	

<p>Tuesday 24 December</p>	<p>Poem</p>	<p>BE MINDFUL OF TIME</p> <p>Be mindful of your time, Mind your management of time And you shall not run out of time, And into the gallops of cramming, climb.</p> <p>Be productive today, in anyway As you start the day, set the hay, Optimize the resource of time, Do mind, wise use as in poetic rhyme.</p> <p>Results may be different, just go on, Others may reject, just flow, move on, Insults from family, friends may be, Yet uninfluenced, soar with goals to see.</p> <p>Prioritize your projects, choose, The most important one, focus, Remain humble, don't be outrageous, Concentration goes with determination.</p> <p>Take the chances that come your way, Shun not opportunities in each new day, Be creative in mind, proactive, Be an analytic thinker yet positive.</p> <p>Use time as a guide to living, Live a fulfilling life, keep giving, Life becomes useful by sharing, Yet take time to sleep, energizing.</p> <p>Stop distractions that are contrary To your chosen lifestyle, advocacy, Find your space and time, be in it, Creativity is within, just activate.</p> <p>Take a day in a week to unwind, Silence is a medicine, sublime, Rejuvenate mind and heart, be divine, Creativity lies in the mind, prime.</p> <p>© Feliz Ruiz .24.08.2023</p>	
<p>Wednesday 25 December</p>	<p>Event Christmas Day <i>LVE is feeling grateful</i></p>	<p>Can we take this day which we deem special in some way, to find time to contemplate why this day asks more from us than every other day? Should not each day be one of Love and Peace? We do have the gift of choosing what is most important to us. Let's make a pledge to be more loving in the new year ahead. Peace on Earth and Goodwill to all.</p> <p>Living Values Education would like to wish you all a safe and joyful Christmas 🎄</p> <p>#MerryChristmas #values #LivingValuesEducation #LVE</p>	

Thursday 26 December	Product LVE Study Groups	A great way to show unity is to 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	
Friday 27 December	Value #12 - Unity Reminder	How does the value of Unity show up in your life? If you are already engaged in our 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 #LVE #LivingValuesEducation #values	
Saturday 28 December	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 29 December	Value #1 - Peace Interactive <i>LVE is feeling peaceful</i>	Your Value to Live in for this Week is PEACE ☺☺ Living Values Self Reflection – So simple, so revealing... <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. livingvalues.net/peace	

Monday 30 December	<p>Quote Self-reflection</p>	<p>As we head towards the new year, let's take a moment to pause, take a breath, focus and reconnect with ourselves. The great outdoors can also be rewarding for the mind. Enjoy a gentle stroll, breath the fresh air and listen to the sounds... this can be a great way to find calm amongst the chaos. Remember this: It doesn't matter how slowly you go, as long as you don't stop.</p> <p>#peace #values #LivingValuesEducation #LVE</p>	
Tuesday 31 December	<p>Value #1 - Peace</p> <p>Event New Years Eve</p>	<p>Today is the day to spend a few moments contemplating 2024 and what it meant to you, the ups and downs the pain and the joy. Let's clear the air for the New Year ahead, take a look at our Values and which qualities we will embrace and take with us to live from in 2025.</p> <p>livingvalues.net/about-lve/</p>	
END			