

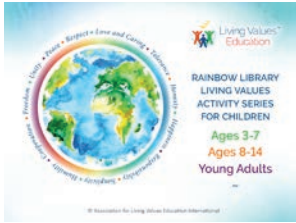
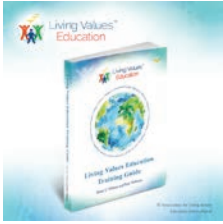
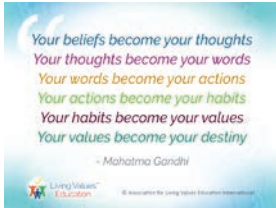










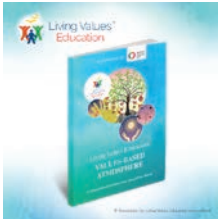








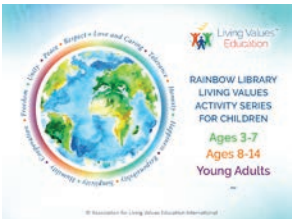



August 2022		LVE FACEBOOK SOCIAL MEDIA PLAN		
Date	Post Type	Copy	Content	
Monday 1st August	<b>Value #9 - Cooperation</b> <i>LVE is feeling strong</i>	<p>COOPERATION... Generosity means more than just giving. It also means to cooperate with others. The greatest act of generosity is to see beyond the weaknesses and mistakes of others, helping them to recognize their innate value.</p> <p>Join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> for more info.</p> <p>#cooperation #LivingValuesEducation #LVE</p>		
Tuesday 2nd August	<b>Did you now</b> Countries	<p>Each of the 42 countries representing Living Values around the world has their own Country page on our website. Simply visit <a href="http://livingvalues.net/country-reports">livingvalues.net/country-reports</a> to look up and see what is happening in your country today!</p> <p>You can also search for your country's Facebook page, like and follow!</p>		
Wednesday 3rd August	<b>Product</b> LVE Training Facilitators Guide	<p>The Living Values Education Training Guide belongs in every school's library. It is a significant teacher support when seeking to bring children of all ages to values awareness. It contains a variety of workshops and sessions including values awareness, creating a values-based atmosphere, values activities, and skills for creating such an atmosphere.</p> <p>#LivingValuesEducation #LVE #values</p> <p>You can purchase a softcover version from Amazon for US\$18. Simply visit: <a href="http://www.amazon.com/Living-Values-Education-Training-Guide/dp/B08R8DKL7L/">www.amazon.com/Living-Values-Education-Training-Guide/dp/B08R8DKL7L/</a></p>		
Thursday 4th August	<b>Quote</b> Thought for the Day	<p>Having true integrity means that you always live and act consistently with your values. Checkout 'Change Your Thinking, Change Your Life' by Brian Tracy to start changing your life for the better, reach greater success and live a fulfilling happy life.</p> <p>#LivingValuesEducation #LVE #values</p>		




Friday 5th August	<b>Value #9 - Cooperation</b> Reminder	<p>How has your week been? Did you work together with patience and affection? By staying aware of my values, I can give COOPERATION. Remember courage, consideration, caring and sharing all provide a foundation for cooperation.</p> <p>#cooperation #LivingValuesEducation #LVE</p> <p>Want to find out more? Visit <a href="http://livingvalues.net/about-us/">livingvalues.net/about-us/</a></p>	
Saturday 6th August	<b>Teaser</b>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>Values affect our lives every moment. They are a guiding force in all we do and pursue. When our values are in congruence with our actions, we are in harmony. But what are values? And how did we develop them?</p> <p>This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a>.</p> <p>#LivingValuesEducation #LVE #values</p>	
Sunday 7th August	<b>NEW Value #10 - Simplicity</b> Self-reflection	<p>Your Value to Live in for this Week is SIMPLICITY.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> <li>1. Drop into a reflective space.</li> <li>2. Think about the value of SIMPLICITY for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear.</li> <li>3. Contemplate each question and how I feel about myself relative to the question.</li> <li>4. Pause before action in order to feel the truth of the answer.</li> <li>5. It is important not to judge, just to be aware of the truth.</li> </ol> <p><a href="http://livingvalues.net/simplicity">livingvalues.net/simplicity</a></p>	
Monday 8th August	<b>Value #10 - Simplicity</b> <i>LVE is feeling comfortable</i>	<p>SIMPLICITY. 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. 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.... simplify your life.</p> <p>Join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> for more info.</p> <p>#simplicity #LivingValuesEducation #LVE #values</p>	

Tuesday 9th August		<p>August 9th is an official holiday in South Africa to celebrate National Women's Day. Celebrating and enjoying this day is an opportunity to remember the importance of women in the family and the community, and to show them how much they are appreciated and honored, whether locally or all over the globe.</p> <p>#NationalWomensDay</p>	 <p>National Women's Day - South Africa</p> <p>A great opportunity to appreciate, honor and celebrate women in the local community and all over the world!</p> <p>Living Values Education</p>
Wednesday 10th August			
Thursday 11th August	<p><b>Product Resources</b></p>	<p>Living Values Education has been in present in many countries over the years, with our Associates and Focal Points in those countries providing publications on Values activities and training resource materials in their own country. These are continuing to expand so keep an eye out on the website for more to come.</p> <p>You can download our French and Spanish material at <a href="http://livingvalues.net/resources-in-other-languages">livingvalues.net/resources-in-other-languages</a></p> <p><i>If you would like to help with the translation process, please contact <a href="mailto:website@livingvalues.net">website@livingvalues.net</a></i></p>	 <p>Did you know...</p> <p>Some ALIVE resources are now available for download in French &amp; Spanish</p> <p>Living Values Education</p>
Friday 12th August	<p><b>Value #10 - Simplicity Reminder</b></p>	<p>How has your week been? Did you take a break, to breathe and slow down? Were you happy with the level of SIMPLICITY in your life this week? Want to find out more? Visit <a href="http://livingvalues.net/simplicity/">livingvalues.net/simplicity/</a></p> <p>#simplicity #LivingValuesEducation #values</p>	 <p>Enjoying the simple life comes down to two things: Identify the essential. Remove the rest.</p> <p>Living Values Education</p>
Saturday 13th August	<p><b>Teaser</b></p>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>If you were asked to pick two values that would change the world if everyone lived them, what values would you choose? Reflect for a moment.... Peace and respect? Honesty and compassion? Love and courage? Each person may have a different answer, but each one of us is right. If everyone in the world lived just two values, all the time, the world would change completely.</p> <p>This is part of a 12 week course with a new Living Value presented each week. You can join in at anytime or download the full 12 week self reflection booklet from <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a></p> <p>#LivingValuesEducation #LVE #values</p>	 <p>Peace Respect Love Tolerance Honesty Happiness Responsibility Simplicity Humility Co-operation Freedom Unity</p> <p>Living Values Education</p>

<p>Sunday 14th August</p>	<p><b>NEW Value #11 - Freedom</b> Self-reflection</p>	<p>Your Value to Live in for this Week is FREEDOM. Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> <li>1. Drop into a reflective space.</li> <li>2. Think about the value of FREEDOM for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear.</li> <li>3. Contemplate each question and how I feel about myself relative to the question.</li> <li>4. Pause before action in order to feel the truth of the answer.</li> <li>5. It is important not to judge, just to be aware of the truth.</li> </ol> <p><a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a></p>	
<p>Monday 15th August</p>	<p><b>Value #11 - Freedom</b> <i>LVE is feeling free</i></p>	<p>FREEDOM. Consider this: 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. Does that resonate with you?</p> <p>If you are ready to engaged in this 12 week personal Self Reflection of your life, then join us and discover the truth of 'Who You Are'. Please visit <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> for more info. #unity #LivingValuesEducation #LVE</p> <p>#freedom #values #LivingValuesEducation #LVE</p>	
<p>Tuesday 16th August</p>	<p><b>Did you know...</b> What people say about Values</p>	<p>Many people over the years have felt strongly about Values, what they mean, represent and how they dictate the way we live our lives, and of course, through that impact the world we live in. Read more at <a href="http://livingvalues.net/what-people-say-about-values">livingvalues.net/what-people-say-about-values</a></p> <p>#LivingValuesEducation #LVE #values</p>	
<p>Wednesday 17th August</p>	<p><b>Product</b> Values-based Atmosphere Book</p>	<p>Are you involved with education? Would you like to encourage Values in your child's school? Are you seeking to improve your own life? Then this is the book – dedicated solely to LVE's approach to a Values-based Atmosphere – is a must read for you!</p> <p>It offers different perspectives from different teachers, trainers, practitioners and parents as they share their thoughts and experiences with LVE. Download your free copy at <a href="http://livingvalues.net/about-lve/">livingvalues.net/about-lve/</a></p> <p>#LivingValuesEducation #LVE #values #ValuesBasedAtmosphere</p>	
<p>Thursday 18th August</p>	<p><b>Product</b> LVE Audio-Guided Meditations <i>LVE is feeling relaxed</i></p>	<p>Get your FREE "Living Values Education Audio-Guided Meditations" at <a href="http://livingvalues.net/download#distance">livingvalues.net/download#distance</a> (just scroll to the bottom of the page). This audio set includes:</p> <ol style="list-style-type: none"> <li>1. Introduction - Are We Living Our Values</li> <li>2. Peace Relaxation Exercise</li> <li>3. Love Imagining Exercise</li> <li>4. Humility Exercise</li> <li>5. Happiness - Talking to Myself</li> <li>6. Simplicity - Messages From the Media</li> </ol>	

<p>Friday 19th August</p>	<p><b>Value #11 - Freedom</b> Reminder</p>	<p>How has your week been? Inner freedom is to be free from confusion and complications within the mind, intellect and heart that arise from negativity. Did you feel more Free this week?</p> <p>Please visit <a href="http://livingvalues.net/freedom">livingvalues.net/freedom</a> for more info.</p> <p>#freedom #peace #values #LivingValuesEducation #LVE</p>	
<p>Saturday 20th August</p>	<p><b>Teaser</b> <i>LVE is feeling motivated</i></p>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW... Stay tuned!</p> <p>As part of this 12 week course, we present a new Living Value each week. You can join in at anytime or download the full 12 week self reflection booklet from <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a></p> <p>#LivingValuesEducation #LVE #values</p>	
<p>Saturday 20th August cont.</p>	<p><b>Event</b></p>	<p>Getting old is not easy. It can be very difficult to deal with, and that is why we all need to make sure that we are there for the older people in our communities.</p> <p>So spend some time with an elderly loved one, let them know they are appreciated and loved. Or even volunteer at a local retirement home and share your smile with those who may not otherwise get a visitor today. Let's look out for each other, everyday.</p> <p>#SeniorCitizensDay #LivingValuesEducation #LVE #values</p>	
<p>Sunday 21st August</p>	<p><b>NEW Value #12 - Unity</b> Self-reflection</p>	<p>Your Value to Live in for this Week is UNITY.</p> <p>Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> <li>1. Drop into a reflective space.</li> <li>2. Think about the value of UNITY for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear.</li> <li>3. Contemplate each question and how I feel about myself relative to the question.</li> <li>4. Pause before action in order to feel the truth of the answer.</li> <li>5. It is important not to judge, just to be aware of the truth.</li> </ol> <p><a href="http://livingvalues.net/unity">livingvalues.net/unity</a></p>	

Monday 22nd August	<b>Value #12 - Unity</b> Self-reflection <i>LVE is feeling connected</i>	UNITY. Throughout our lives, people help us grow. As we grow older, we can help others too. Making others aware of the things they do well and subtly encouraging them to use their talents is the best way to help them progress. This is Unity. If you are ready to engaged in this 12 week personal Self Reflection of your life, then join us and discover the truth of 'Who You Are'. Please visit <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> for more info. #unity #LivingValuesEducation #LVE #values	
Tuesday 23rd August			
Wednesday 24th August	<b>Product</b> Rainbow Books Series	Our library of Values Activity Booklets have a new look! Recognising the many challenges faced by parents and teachers today with all ages of young people, they are designed to encourage awareness of how Values play a big part in our lives. Invaluable for families and teachers by engaging activities to assist in dealing with specific home or classroom issues, capturing children's imagination, gaining participation and opening discussion, all bringing our young people to a different; more caring and responsible space. Download your free copies at anytime at <a href="http://livingvalues.net/rainbow-library">livingvalues.net/rainbow-library</a>	
Thursday 25th August		Sometimes a grudge gets held too long or we allow the little things that irritate us in a relationship to become bigger than they really are – well no more! It's time to say sorry and tell them how much they mean to you. Don't take your loved ones for granted, appreciate the good in your relationship. #KissAndMakeUpDay #Love	
Friday 26th August	<b>Value #12 - Unity</b> Reminder	How has your week been? How UNIFIED were you this week? 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. Want to find out more? Visit <a href="http://livingvalues.net/about-us/">livingvalues.net/about-us/</a>	
Saturday 27th August	<b>Teaser</b>	OUR VALUE FOR THIS WEEK STARTS TOMORROW... Consider this: If I had the desire to make a difference in the world, or, if I had the desire to make my own life more peaceful, where would I start? As part of this 12 week course, we present a new Living Value each week. You can join in at anytime or download the full 12 week self reflection booklet from <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> #LivingValuesEducation #LVE #values	

<p>Sunday 28th August</p>	<p><b>NEW Value #1 - Peace</b> <i>LVE is feeling peaceful</i></p>	<p>Your Value to Live in for this Week is PEACE. Living Values Self Reflection – So simple, so revealing...</p> <ol style="list-style-type: none"> <li>1. Drop into a reflective space.</li> <li>2. Think about the value of PEACE for a couple of minutes and what the world would be like if everyone was caring and there was no hate or fear.</li> <li>3. Contemplate each question and how I feel about myself relative to the question.</li> <li>4. Pause before action in order to feel the truth of the answer.</li> <li>5. It is important not to judge, just to be aware of the truth.</li> </ol> <p><a href="http://livingvalues.net/peace">livingvalues.net/peace</a></p>	
<p>Monday 29th August</p>	<p><b>Value #1 - Peace</b> Self-reflection <i>LVE is feeling connected</i></p>	<p>PEACE begins with self reflection. 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 week be the day you speak only about the good in you and others. Notice the difference it can make. Join us with Living Values Self Reflection, discovering the truth of 'Who You Are'. Please visit <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> for more info. #values #peace #LivingValuesEducation #LVE</p>	
<p>Tuesday 30th August</p>	<p><b>Product</b> LVE You Tube channel</p>	<p>If you want to find ideas for quiet reflection and contemplation, inspiration for ways of thinking, and practical resources that you can use for teaching, simply visit our You Tube channel at <a href="http://www.youtube.com/c/LivingValuesEducation">www.youtube.com/c/LivingValuesEducation</a> and click the 'Subscribe' button</p>	
<p>Wednesday 31st August</p>	<p><b>Interactive Quiz</b></p>	<p>The 'Wheel of Life' can show us where and how our ride is through life, whether smooth or bumpy, and most importantly, highlights where corrections can be made. This simple and quick to engage 15 minute "Living Values Awareness Quiz" was requested by our friend Guma from Uganda. Guma was seeking a means to capture the attention of people in his village bringing them to see the important role values play in all our lives. Download your copy of this 15-minute quiz at <a href="http://livingvalues.net/news-bytes/take-the-living-values-15min-quiz">livingvalues.net/news-bytes/take-the-living-values-15min-quiz</a></p>	