



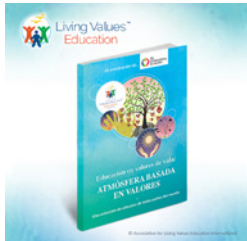

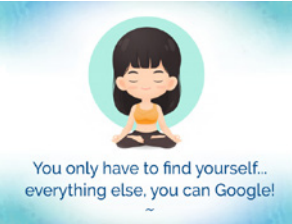

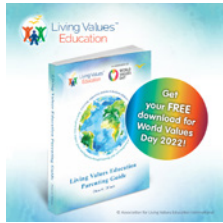





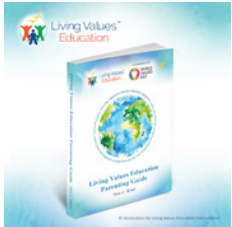




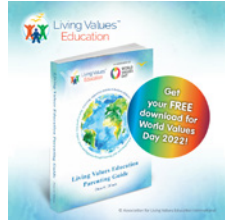


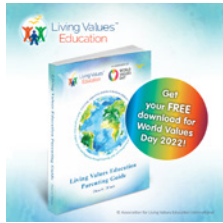
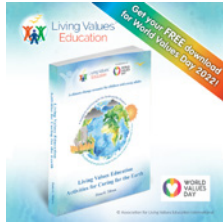


October 2022	LVE FACEBOOK SOCIAL MEDIA PLAN (x12 countries)		 <b>Living Values™ Education</b>
Date (over 12wk period)	Post Type	Copy	Content
<b>OCTOBER 2022</b>			
Saturday 1st October	<b>Teaser</b>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW... Stay tuned!</p> <p>As part of this 12 week course, we present 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>. #LivingValuesEducation #LVE</p> <p>Does becoming a Living Values accredited facilitator interest you? It starts right here with the Value for the week – email: <a href="mailto:distance@livingvalues.net">distance@livingvalues.net</a></p>	
Sunday 2nd October	<b>NEW Value #6 - Humility</b> Interactive worksheet <i>LVE is feeling thoughtful</i>	<p>Your Value to Live in for this Week is HUMILITY.</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 HUMILITY 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/humility">livingvalues.net/humility</a></p>	
Monday 3rd October	<b>Value #6 - Humility</b> Self-reflection worksheet	<p>HUMILITY. Pride is the concern of who is right, whereas humility is the concern of what is right. Do you see humility to be a positive value to add into your life?</p> <p>If you feel the questions this week have brought up some issues you need to look at, jump in and join our 12 week Living Values Self Reflection, and discover the truth of 'Who You Are'. Visit <a href="http://livingvalues.net/distance-self-reflection/">livingvalues.net/distance-self-reflection/</a> for more info.</p> <p>#humility #acceptance #values #LivingValuesEducation #LVE</p>	
Tuesday 4th October	<b>Product Resources</b>	<p>Living Values Education has been in present in many countries over the years, and we are expanding our publications into other languages (<i>insert Spanish speaking countries flag emojis - Spain, Chile, Argentina, Venezuela, Mexico</i>)</p> <p>You can now download a copy of our LVE Values-based Atmosphere Book in Spanish here at <a href="http://livingvalues.net/resources-in-other-languages">livingvalues.net/resources-in-other-languages</a></p> <p>These are continuing to expand so keep an eye out on the website for more to come.</p>	

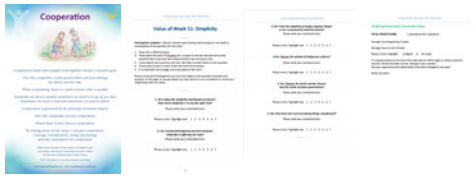

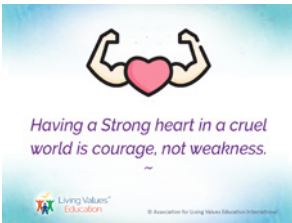


Tuesday 4th October cont.	<b>Product</b> Teacher Training Course	<p>Living Values Education Teacher Trainer comes to Latin America! For a period of eight, 90 minute consecutive Saturdays, commencing October 8th to November 26th special LVE Educator training sessions will be held in Spanish for Latin American Countries. Please come and join us - for registration please contact Diane Tillman, email: <a href="mailto:lve@livingvalues.net">lve@livingvalues.net</a></p> <p>Seminario de Entrenamiento en Valores para Vivir Educación llega a Latinoamérica! Por un período de ocho sábados consecutivos durante 90 minutos, comenzando del 8 de octubre al 26 de noviembre, se llevarán a cabo sesiones especiales de capacitación de educadores de VpVE en español para los países de América Latina. Por favor, venga y únase a nosotros - para el registro por favor póngase en contacto con Diane Tillman, correo electrónico: <a href="mailto:lve@livingvalues.net">lve@livingvalues.net</a></p>	
Wednesday 5th October	<b>Event</b> Webinar 'Save the Date'	<p>We have put together a series of webinars using Zoom with the purpose of introducing the Living Values Education core principles and providing inspiration to those who are new to LVE. We welcome folk from other parts of the world to join our webinars. Details at <a href="http://livingvalues.net/webinars">livingvalues.net/webinars</a> or email <a href="mailto:uk@livingvalues.net">uk@livingvalues.net</a>.</p> <p>BOOKMARK: Diane Tillman Webinar 12th October          "Helping Young Refugees Integrate Into School"          6-7pm (BST)          Zoom meeting ID 922 2863 5131          Password: serenity</p> <p>Can't wait? You can watch previous webinars by searching for LVEBI on vimeo.com.</p>	 <p>Living Values Education  <i>Save the Date</i>          Our next webinar:          Wednesday 12th October 2022  <small>© Association for Living Values Education.          For information on LVE in the British Isles email: <a href="mailto:uk@livingvalues.net">uk@livingvalues.net</a></small></p>
Thursday 6th October	<b>Product</b> LVE Audio-Guided Meditations <i>LVE is feeling calm</i>	<p>Simply visit <a href="http://livingvalues.net/download#distance">livingvalues.net/download#distance</a> 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"> <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>You only have to find yourself..          everything else, you can Google!</p>
Friday 7th October	<b>Event</b> World Smile Day	<p>7th October is World Smile Day (<i>insert Smiling face</i>) We need your assistance to motivate smiles! Demonstrations of love and random acts of kindness all around the globe. Put a smile on the face of your fellow man and do your part to make the world a better place.          #smile #behappy</p>	 <p>Happy World Smile Day          Enhancing this world,          one smile at a time!  <small>Living Values Education          © Association for Living Values Education International</small></p>





<p>Saturday 8th October</p>	<p><b>Event</b> World Values Day</p>	<p><b>** SPECIAL ANNOUNCEMENT **</b> In celebration of World Values Day 2022, and continuing this year’s “Community” theme, Living Values Education is pleased to be contributing our new 300 page “LVE Parenting Guide” written by Diane Tillman.  For a period of 30 days, we are offering parents from around the world the opportunity to receive a FREE download copy via our website - <a href="http://livingvalues.net/values-for-parents/">livingvalues.net/values-for-parents/</a> - starting today!  #WVD #WorldValuesDay #LVE</p>	
<p>Sunday 9th October</p>	<p><b>Value #7 - Honesty</b> Interactive worksheet</p>	<p>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.  <a href="http://livingvalues.net/honesty">livingvalues.net/honesty</a></p>	
<p>Monday 10th October</p>	<p><b>Value #7 - Honesty</b> Self-reflection</p>	<p>Your Value to Live in for this Week is HONESTY. 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.  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>  #honesty #truth #values</p>	
<p>Tuesday 11th October</p>	<p><b>Product</b> Business</p>	<p>In today’s business world, no matter whether a local corner store or a large corporate, the essential ingredient for success is Values. We must build a Values Based Atmosphere in our workplace. The source of all this is based on your organisation’s dedication to your business at all levels; management, workforce, and customers must be one intrinsically linked unit with defined and lived-in Values that guarantee a happy and efficient environment, a quality product, and most important, service satisfaction.  LVE have materials for businesses that can help you discover the simplest ingredient.... The one value that will bring success to your business. Download your FREE copies at <a href="http://livingvalues.net/downloads">livingvalues.net/downloads</a></p>	

<p>Wednesday 12th October</p>	<p><b>Event</b> Webinar Info</p>	<p><b>JOIN US FOR TODAYS WEBINAR!</b> <i>(Insert emojis)</i></p> <p>6pm - 7pm BST (UK timezone) Zoom Details: Meeting ID: 922 2863 5131 Password: serenity</p> <p>See more details at: <a href="http://livingvalues.net/news-bytes">livingvalues.net/news-bytes</a></p> <p>Diane G Tillman is the co-creator of Living Values Education and the primary author of LVE series of books. Diane will share simple, heart-centred methods to help young refugees and their classmates move towards acceptance, healing and friendship.</p> <p>Organised by Living Values Education - British Isles. We welcome folk from other parts of the world to join our webinars. Need more info? Go to <a href="http://livingvalues.net/webinars">livingvalues.net/webinars</a> or email <a href="mailto:uk@livingvalues.net">uk@livingvalues.net</a>.</p>	
<p>Thursday 13th October</p>	<p><b>Value #7 - Honesty</b> Reminder</p>	<p>Consider how you could you live an honest life:</p> <ul style="list-style-type: none"> <li>• Begin by being completely honest with yourself. It is rather difficult to be honest with others if you are denying the truth to yourself.</li> <li>• Consider the long-term consequences of your decisions and actions.</li> <li>• Maintain your own personal integrity.</li> <li>• Keep your word once given.</li> <li>• Use honesty to encourage.</li> </ul> <p><a href="http://livingvalues.net/honesty">livingvalues.net/honesty</a></p>	
<p>Friday 14th October</p>	<p><b>Teaser</b> World Values Day</p>	<p>Moving towards WORLD VALUES DAY 2022, 20th October and continuing this year's theme of 'Community', Living Values Education is pleased to be contributing our new 'LVE Parenting Guide' written by Diane Tillman.</p> <p>While we cannot send free books on WVD we would like to offer parents around the world the opportunity to receive a FREE download version from our website - <a href="http://www.livingvalues.net/parents">www.livingvalues.net/parents</a> - during a period of 30 days, commencing on World Values Day.</p> <p>In the meanime, for those who would like a hard copy, this 300 page "LVE Parenting Guide" written by Diane Tillman is also available to purchase from Amazon.</p> <p>#WVD #WorldValuesDay #LVE</p>	
<p>Saturday 15th October</p>	<p><b>Event</b> World Students Day <i>LVE is feeling positive</i></p>	<p>Today we celebrate 'WORLD STUDENTS DAY' <i>(insert book, grad hat emojis)</i></p> <p>Real education enhances a man's dignity and enhances his 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.</p>	

<p>Sunday 16th October</p>	<p><b>Value #8 - Happiness</b> Interactive worksheet</p>	<p>Your Value to Live in for this Week is HAPPINESS. Living Values Self Reflection – So simple, so revealing... You can explore the questions on the worksheet to discover the level of Happiness in your life.</p> <ol style="list-style-type: none"> <li>1. Drop into a reflective space.</li> <li>2. Think about the value of HAPPINESS 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/happiness">livingvalues.net/happiness</a></p>	
<p>Monday 17th October</p>	<p><b>Value #8 - Happiness</b> Self-reflection</p>	<p>Your Value to Live in for this Week is HAPPINESS. Happiness is the most important experience we want for those we love, including ourselves. We always want to be happy and have those around us be happy in whatever endeavor we take on. We need happiness in our lives for many more reasons than just feeling good occasionally.</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>#happiness #harmony #LVE #values</p>	
<p>Tuesday 18th October</p>	<p><b>Product</b> <i>LVE is feeling excited</i></p>	<p>Living Values Education Values Bookmarks are now available for FREE download at <a href="http://livingvalues.net/resources-bookmarks/">livingvalues.net/resources-bookmarks/</a></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>Wednesday 19th October</p>	<p><b>Teaser</b> World Values Day</p>	<p>Tomorrow is our special day – World Values Day! <i>(insert clapping hands)</i></p> <p>In celebration of World Values Day 2022, and continuing this year's "Community" theme, Living Values Education is pleased to be contributing our new 300 page "LVE Parenting Guide" written by Diane Tillman - for FREE!</p> <p>We are offering parents from around the world the opportunity to receive a FREE download copy via our website - <a href="http://livingvalues.net/values-for-parents/">livingvalues.net/values-for-parents/</a> - for a limited time only!</p> <p>#WVD #WorldValuesDay #LVE</p>	

<p>Thursday 20th October 2021</p>	<p><b>Event</b> World Values Day</p>	<p>IT'S OUR SPECIAL DAY – HAPPY WORLD VALUES DAY! <i>(smiley &amp; globe)</i></p> <p>In celebration of World Values Day 2022, and continuing this year's "Community" theme, Living Values Education is pleased to be contributing our new 300 page "LVE Parenting Guide" written by Diane Tillman.</p> <p>Until 7th November, we will continue to offer parents from around the world the opportunity to receive a FREE download copy via our website - <a href="https://livingvalues.net/values-for-parents/">https://livingvalues.net/values-for-parents/</a></p> <p>Happy World Values Day and have a WONDERFUL day! <i>(sun emoji)</i></p> <p>#WVD #WorldValuesDay #LVE</p>	
		<p>IT'S OUR SPECIAL DAY – HAPPY WORLD VALUES DAY! <i>(insert clapping hands)</i></p> <p>Reflect for a moment on the world your heart longs for.... How might the values of peace, love, respect, honesty, cooperation and freedom create a social fabric of harmony and change?</p> <p>Climate Change is no longer coming, it is here now and the majority of the seven billion people on the planet are aware to varying degrees.</p> <p>Our goal is to affirm our Values and stimulate positive action in our daily lives, to change the way we live, and start to give our Earth and Her Oceans the opportunity to heal – before it is too late.</p> <p>In celebration of World Values Day 2022, we are offering everyone from around the world the opportunity to receive a FREE download copy of our Climate Change and Values Book. Simply head to our website - <a href="https://livingvalues.net/download#climate">https://livingvalues.net/download#climate</a></p> <p>#WVD #WorldValuesDay #LVE</p>	
<p>Friday 21st October</p>	<p><b>Value #5 - Happiness</b> Reminder</p>	<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>At LVE we have dedicated a book specifically to how Happiness can be made present in your workplace/business.</p> <p>Check it out at: <a href="http://www.livingvalues.net/current-news/living-values-in-business-for-owners-managers-employees">www.livingvalues.net/current-news/living-values-in-business-for-owners-managers-employees</a></p>	
<p>Saturday 22nd October</p>	<p><b>Teaser</b></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>Want to find out more? Self reflection – a personal development begins tomorrow!</p> <p><a href="http://livingvalues.net/self-reflection">livingvalues.net/self-reflection</a></p>	

<p>Sunday 23rd October</p>	<p><b>Value #9 - Cooperation</b> Interactive worksheet</p>	<p>Your Value to Live in for this Week is COOPERATION. 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 COOPERATION 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/cooperation">livingvalues.net/cooperation</a></p>	
<p>Monday 24th October</p>	<p><b>Value #9 - Cooperation</b> Self-reflection</p>	<p>Your Value to Live in for this Week is COOPERATION. Great things are done by a series of small things that are bought together. A sample question to consider: Do I welcome the ideas and preferences of others? 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> #cooperation #unity #values</p>	
<p>Tuesday 25th October</p>	<p><b>Quote</b></p>	<p>Being both soft and strong is a combination very few have mastered. Allow yourself to be silent and patient, waiting for truth to reveal itself. It's not weakness to be patient and calm during turbulence, it's wisdom in action. #harmony #values</p>	
<p>Wednesday 26th October</p>	<p><b>Event</b> Sustainability Day</p>	<p>26th October is Sustainability Day... What better time to practice cooperation! Recycling is an important component to maintaining a sustainable environment (<i>insert recycle emoji</i>) We recycle so future generations have the energy and resources they need to sustain a happy and healthy planet. Also, it takes less energy to recycle items than it does to create them brand new, and it brings people together who share similar values. Plus, the good news is, anyone can participate! Start recycling today!</p>	
<p>Thursday 27th October</p>	<p><b>Product</b> Values Posters</p>	<p>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. LVE have materials for businesses that can help you discover the simplest ingredient... The one value that will bring success to your business. Download your FREE copies at <a href="http://livingvalues.net/downloads">livingvalues.net/downloads</a></p>	

Friday 28th October	<b>Value #9 - Cooperation</b> Reminder	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. Perhaps you would like to contribute? Add your thoughts in the comments below...	 <p>By staying aware of my values, I can give cooperation.</p> <p>Living Values™ Education © Association for Living Values Education International</p>
Saturday 29th October		<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>. #LivingValuesEducation #LVE</p> <p>Does becoming a Living Values accredited facilitator interest you? It starts right here with the Value for the week – email: <a href="mailto:distance@livingvalues.net">distance@livingvalues.net</a></p>	 <p>Living Values™ Education Peace Respect Love Tolerance Honesty Happiness Responsibility Simplicity Humility Cooperation Freedom Unity © Association for Living Values Education International</p>
Sunday 30th October	<b>Value #10 - Simplicity</b> Interactive worksheet	<p>Your Value to Live in for this Week is SIMPLICITY. 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 31st October	<b>Value #10 - Simplicity</b> Self-reflection	<p>Your Value to Live in for this Week is SIMPLICITY.</p> <p>To be simple is to return to what is real, natural &amp; 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>If this sounds like something you would like to look into further join our 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> Please visit <a href="http://livingvalues.net/simplicity">livingvalues.net/simplicity</a> for more info. #simplicity #appreciation #values</p>	 <p>Simplicity Simplicity is staying in the present and not making things complicated.</p> <p>© Association for Living Values Education International. Reprinted by permission from Living Values Education International. Page 12 of 26</p>
NOVEMBER 2022			