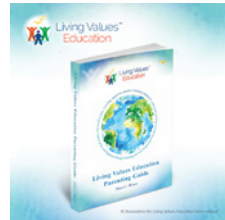





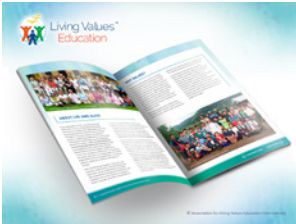








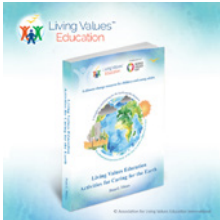


LVE FACEBOOK SOCIAL MEDIA PLAN (x13 countries)







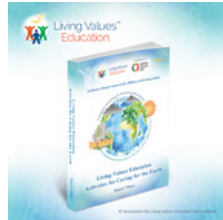
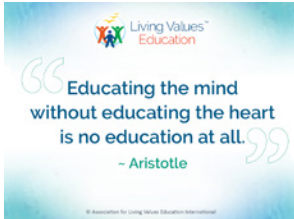


Date	Post Type	Copy	Content
FEBRUARY 2023			
Wednesday 1st February	Product Parenting Guide	<p>Living Values Education is about treating people in such a way that they feel loved, valued, respected, understood and safe, to grow toward their potential. This is particularly so for the way we treat children it sets the environment for their whole lives. The LVE Parenting Guide shares suggestions and activities to help parents help children, from toddlers to teens, use values to handle their challenges as well as to deal with the concerns of bullying and social media.</p> <p>See here for more information: livingvalues.net/lve-parenting-guide/</p> <p>#LivingValuesEducation #LVE #values</p>	
Thursday 2nd February	Event Optimist Day <i>LVE is feeling optimistic</i>	<p>Are you a glass-half-full or glass-half-empty kind of person?</p> <p>Some of us find it challenging to be positive all day, every day, which is why today is a chance to spend a day focusing on the positive things – inject some fun-fueled positivity into your life!</p> <p>Take a day off from all the troubles of the world, and instead enjoy the outdoors, relax with family and friends, celebrate positivity or simply take a break.</p>	
Friday 3rd February	Value #10 - Simplicity	<p>How has your week been? Did you look at things you do and think, “how can this be made simple?” Maybe it can’t, but unless we look at it we may never know. Try to give 10-15 minutes a day for the mind... To allow time to consider all aspects of life (career, relationships, health) and how we can make them simple, easy and natural.</p> <p>For more info visit from livingvalues.net/distance-self-reflection/</p> <p>#LivingValuesEducation #LVE #simplicity #grace #appreciation #values</p>	
Saturday 4th February	Teaser	<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>#LivingValuesEducation #LVE</p>	



<p>Sunday 5th February</p>	<p>Value #11 - Freedom 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"> 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 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. <p>livingvalues.net/distance-self-reflection/</p>	
<p>Monday 6th February</p>	<p>Value #11 - Freedom <i>LVE is feeling free</i></p>	<p>Do not seek for FREEDOM in some distant land, for everything already exists within your own body, heart, mind and soul.</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>#freedom #peaceful #values #LivingValuesEducation #LVE</p>	
<p>Tuesday 7th February</p>	<p>Product LVE eBrochure</p>	<p>The Association for Living Values Education International Brochure gives an overview of ALIVE, its vision, aims, and how the Living Values Education Approach can be used in a wide variety of settings. There are also introductions to our development courses, workshops, online offerings and resource materials.</p> <p>Download ALIVE eBrochure at livingvalues.net/making-lve-a-reality</p> <p>#LivingValuesEducation #LVE #values</p>	
<p>Wednesday 8th February</p>	<p>Event Webinar Info</p>	<p>JOIN US FOR TODAY'S WEBINAR! <i>(insert emojis)</i></p> <p>6pm - 7pm GMT (UK timezone) Zoom Details: Meeting ID: 922 2863 5131 Password: serenity</p> <p>See full details at: livingvalues.net/news-bytes/february-webinar</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 livingvalues.net/webinars or email uk@livingvalues.net.</p>	<p>Info to be supplied</p>

<p>Thursday 9th February</p>	<p>Product Langauges - Spanish</p>	<p>Living Values Education Latin America (Educación en Valores para Vivir América Latina) LVE presence in South America is increasing dramatically with some 9 countries supporting the DFT Course. As a result, we are Introducing our new range of LVE Spanish resources. The LVE Self-Reflection book and the LVE Values Activities book are the primary components of the Spanish DFT Course Level One. You can download our Spanish material at livingvalues.net/resources-in-other-languages</p>	
<p>Friday 10th February</p>	<p>Value #11 - Freedom Reminder</p>	<p>Inner freedom is experienced when I have positive thoughts for all, including myself. Always remember: "You are beautiful, inside and out." Please visit livingvalues.net/freedom for more info. #freedom #peace #values #LivingValuesEducation #LVE</p>	
<p>Saturday 11th February</p>	<p>Teaser</p>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW. No matter what role we are currently playing, whether it be child, parent, business person, employee, teacher, government official, retiree, whatever age, gender, nationality, spiritual belief, we all have one thing in common; a human requirement to meet our basic needs – to be Safe, Respected, Understood, Loved, Valued. Are these qualities fully present in your life now? 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</p>	
<p>Sunday 12th February</p>	<p>Value #12 - Unity Self-reflection</p>	<p>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 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/unity</p>	

<p>Monday 13th February</p>	<p>Value #12 - Unity Self-reflection <i>LVE is feeling connected</i></p>	<p>UNITY... Ask yourself, do you work together to achieve a common goal, or do you only do it 'your way'? How you can become more in Unified? #unity #together #values</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>Tuesday 14th February</p>	<p>Event Valentine's Day</p>	<p>Valentine's Day - A day to express LOVE. Whether it be romantic, friendship or admiration. Send your lover an invitation to unlock the heart. It doesn't have to be fancy. Perhaps a homemade card, freshly picked flowers, a home cooked meal, or the simply to say, "I love you". Whatever it is, just share the love.</p>	
<p>Wednesday 15th February</p>	<p>Product Climate Change Book</p>	<p>Embracing Values in our lives impacts directly on how we live on the planet. Rather than focusing on saving ourselves from the on-going damage of Climate Change – we could join together - a world community with a goal to change the way we live and start to give our world the opportunity to heal. Visit livingvalues.net/environment/ for more information.</p> <p>#ClimateChange #LivingValuesEducation #LVE</p>	
<p>Thursday 16th February</p>	<p>Quote</p>	<p>Something to consider: Do I trust and accept that life will present me with the challenges and opportunities that I truly need, as opposed to resisting what I have and complaining about how things could be different? #LivingValuesEducation #LVE</p> <p>Want to find out more? Download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/</p>	
<p>Friday 17th February</p>	<p>Value #12 - Unity Reminder</p>	<p>How has your week been? How UNIFIED were you with others? It takes so little to show kindness and include or assist someone, yet it can mean so much.</p> <p>#unity #together #values #LivingValuesEducation #LVE</p> <p>Want to find out more? Visit livingvalues.net/about-us/</p>	

<p>Saturday 18th February</p>	<p>Teaser</p>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>Values are a defining feature of our identity as human beings – guiding our choices, priorities, and the trajectory for our life.</p> <p>Join our 12 week course with a new Living Value each week, or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/. #LivingValuesEducation #LVE</p>	
<p>Sunday 19th February</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 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. <p>livingvalues.net/peace</p>	
<p>Monday 20th February</p>	<p>Value #1 - Peace Self-reflection <i>LVE is feeling connected</i></p>	<p>PEACE. You don't always need to be in control or have a plan. Sometimes you just need to breathe, trust, let go and see what happens. #values #peace #LivingValuesEducation</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>Tuesday 21st February</p>	<p>Product LVE Audio-Guided Meditations <i>LVE is feeling calm</i></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>Wednesday 22nd February</p>	<p>Product Climate Change Book</p>	<p>Our new LVE Climate Change Activities book for the three age groups – 3-7, 8-14, Young Adults – Caring for the Earth and Her Oceans book is dedicated with that objective – to bring awareness through engaging these carefully thought-out activities in our children and adults alike to stimulate action in our daily lives before it is too late. Get your free download at livingvalues.net/environment/ #ClimateChange #LivingValuesEducation #LVE</p>	
<p>Thursday 23rd February</p>	<p>Product Overview for Principals and Teachers to introduce LVE into schools</p>	<p>Are you thinking of introducing the Living Values Education experience in your school? We are here to help you. If bringing a greater focus on values in your school is important to you and the faculty of your school, please let us know. We can provide you with all the information and materials you need. Our Resources section has free materials available for download. 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 here how to make Values Education a practical reality in your school: livingvalues.net/making-lve-a-reality #LivingValuesEducation #LVE #values</p>	
<p>Friday 24th February</p>	<p>Value #1 - Peace Reminder</p>	<p>How was your week this week? More peaceful? Remember, peace begins with each of us. It is a calm and relaxed state of mind. To stay peaceful requires compassion and strength. #values #peace #LivingValuesEducation</p>	
<p>Saturday 25th February</p>	<p>Teaser <i>LVE is feeling excited</i></p>	<p>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/. #LivingValuesEducation #LVE</p>	

<p>Sunday 26th February</p>	<p>Value #2 - Love Interactive <i>LVE is feeling loved</i></p>	<p>Your Value to Live in for this Week is LOVE (<i>insert love heart emojis</i>) 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 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. <p>livingvalues.net/love</p>	
<p>Monday 27th February</p>	<p>Value #2 - Love Self-reflection</p>	<p>We can only learn to love by loving. LOVE is seeing the good in everyone, and wanting good things for them. Can you love more? #love #values #unconditionallove #LivingValuesEducation</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>Tuesday 28th February</p>	<p>Product Langauges - Spanish</p>	<p>With the expansion of Living Values Education into South America, we are now offering Audio files of the LVE Values Activities Level One book in Spanish. You can download our Spanish material at livingvalues.net/resources-in-other-languages</p>	