



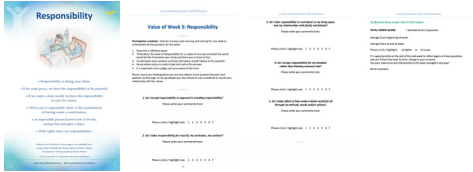

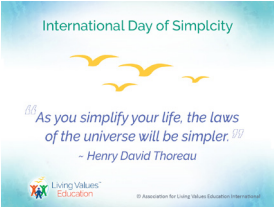





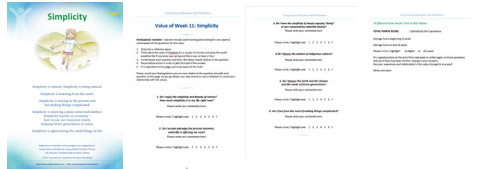
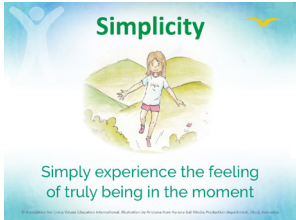
LVE FACEBOOK SOCIAL MEDIA PLAN *(x15 countries)*


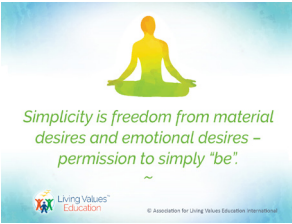

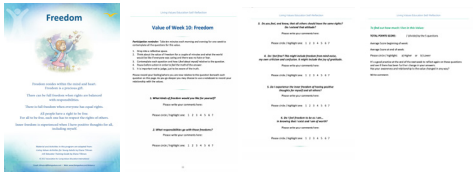



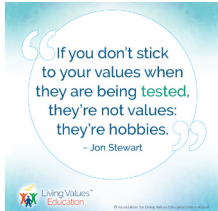

Date	Post Type	Copy	Content
JULY 2023			
Saturday 1st July	Teaser	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>Values are a defining feature of our identity as human beings – guiding our choices, priorities, and the trajectory for our life.</p> <p>Join our 12 week course with a new Living Value each week, or download the full 12 week self reflection booklet from livingvalues.net/distance-self-reflection/</p> <p>#LivingValuesEducation #LVE</p>	
Sunday 2nd July	Value #8 - Happiness Self-reflection worksheet	<p>Your Value to Live in for this Week is HAPPINESS. <i>(insert smiley face 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 HAPPINESS 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/happiness</p>	
Monday 3rd July	Value #8 - Happiness Self-reflection	<p>HAPPINESS... Values help people assess priorities and allow for active and preventive measure to take place at opportune moments. Happiness is earned through pure and selfless attitudes and actions.</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>#happiness #harmony #contentment #values</p>	
Tuesday 4th July	Product News item	<p>📰 CURRENT NEWS 📰</p> <p>Discovering the relationship with our values can become a life-changing experience. To rekindle the activities of LVE in Latin America, Belen connected different people from various countries in the region and started the journey with their values through the DFT course. 20 people from Argentina, Chile, Colombia, Costa Rica, Ecuador, Mexico, Peru, Puerto Rico, Uruguay, and Venezuela joined the adventure. Of which 18 have completed the 12-week First Level. Read some experiences so far at: https://livingvalues.net/current-news/lve-is-for-everyone-everywhere-no-exceptions</p>	


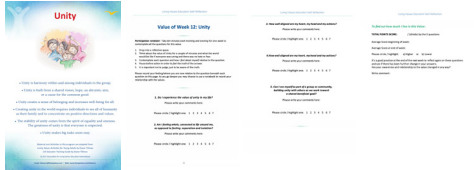
<p>Wednesday 5th July</p>	<p>Website AITC</p>	<p>For all ALIVE online Courses our Swiss NGO status offers International Certification on completion and evaluation of the assignments.</p> <ul style="list-style-type: none"> • Distance Facilitator Training – DFT • Distance Train the Educator Course - DTTEC • Distance Facilitator Refresh - DFR • Distance Community Study Group Facilitator – DSG • Living Values Education Model Schools - The Living Values Approach <p>Find out more at: https://livingvalues.net/distance/</p>	
<p>Thursday 6th July</p>	<p>Event Webinar - Save the Date</p>	<p>This months webinar is ‘Self-leadership in Learning – embedding values in purposeful learning experiences’ with Speaker Professor Ruth Crick. Join us on July 12th for this informative event. For more information you can visit https://livingvalues.net/current-news/july-2023-webinar-self-leadership-in-learning</p> <p>If you would like to stay up-to-date with upcoming events, simply subscribe to our website at livingvalues.net</p>	
<p>Friday 7th July</p>	<p>Value #8 - Happiness Reminder</p>	<p>How has your week been? Every morning did you choose to nourish yourself with a helping of HAPPINESS? It can make difficult things easy and heavy things light.</p> <p>Want to find out more? Visit livingvalues.net/about-us/ #happiness #harmony #values</p>	
<p>Saturday 8th July</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>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 9th July</p>	<p>Value #9 - Responsibility Self-reflection worksheet</p>	<p>Your Value to Live in for this Week is RESPONSIBILITY.</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 RESPONSIBILITY 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/responsibility</p>	

<p>Monday 10th July</p>	<p>Value #9 - Responsibility Self-reflection</p>	<p>RESPONSIBILITY... A responsible person fulfills the assigned duty by staying true to the aim. Duties are carried out with integrity and a sense of purpose. As a responsible person, I have something worthwhile to offer and so do others. How responsible are you?</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>#Responsibility #love #values #LivingValuesEducation #LVE</p>	 <p>Responsibility</p> <p>When one is responsible there is contentment of having made a contribution</p>
<p>Tuesday 11th July</p>	<p>Event Simplicity Day (12th July)</p>	<p>Tomorrow is Simplicity Day - advocating a life of simplicity. With the world's current situation of rising inflation rates and costs of living this years theme is "Look for the bare necessities, the simple bare necessities". Try to avoid spending on frivolous purchases, and instead consider helping a family member or neighbour who are in need.</p>	 <p>International Day of Simplicity</p> <p>As you simplify your life, the laws of the universe will be simpler.</p> <p>- Henry David Thoreau</p>
<p>Wednesday 12th July</p>	<p>Event Webinar Info <i>LVE is feeling excited</i></p>	<p>JOIN US FOR TODAYS WEBINAR!</p> <p>'Self-leadership in Learning – embedding values in purposeful learning experiences' with Speaker Professor Ruth Crick</p> <p>6pm - 7pm BST (UK timezone)</p> <p>Zoom Details: Meeting ID: 922 2863 5131 Password: serenity</p> <p>See more details at: livingvalues.net/news-bytes/may-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>Living Values Education</p> <p>Join our webinar today!</p> <p>"Self-leadership in Learning" - Embedding values in purposeful learning experiences with Professor Ruth Crick Wednesday 12th July 2023 6pm BST (UK time)</p>
<p>Thursday 13th July</p>	<p>Testimonial</p>	<p>TESTIMONIAL - Rekindling of LVE in Latin America</p> <p>"It has really been a new experience from the human point of view.... In all the workshops of personal growth, self-evaluation, and personal development that I have taken... This has been the best because it has made me more aware of who I am, and I am able to see others with more humility, as well as to how to see this human experience in a much simpler and easier way! Observing and enjoying EVERYTHING around me... I also learned that Love is the most powerful feeling and transforms humanity.... Because our source is love.... And if we are ALL well integrating each value into our lives we will make a Better World. A thousand thanks for such a beautiful contribution! Congratulations!" ~ Francelina Fuentes, Venezuela</p>	

Friday 14th July	Value #9 - Responsibility Reminder	How has your week been? Did you take responsibility for yourself, your attitudes, and your actions? Were you responsible? #responsibility #LVE #values Want to find out more? Visit livingvalues.net/about-us/	
Saturday 15th July	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/ . #LivingValuesEducation #LVE	
Sunday 16th July	Value #10 - Simplicity Self-reflection worksheet	Your Value to Live in for this Week is SIMPLICITY. Living Values Self Reflection – So simple, so revealing... 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 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/simplicity	
Monday 17th July	Value #10 - Simplicity Self-reflection	SIMPLICITY. Ask yourself: Wouldn't it be nice if we could just take some time to keep things simple? To winnow life down to the bare essentials and hold onto it like the precious thing it is. Explore more on the worksheet to discover the level of SIMPLICITY in your life. Want to find out more? Visit livingvalues.net/about-us/ #simplicity #Values #LivingValuesEducation	
Tuesday 18th July	Website Country Reports	🇺🇸🇨🇦 Americas has just released their latest Country Report for 2023. Want to find out how they are using Living Values Education in their country? You can read their latest report here at: https://livingvalues.net/country-reports/#americas	

Wednesday 19th July	Testimonial	<p>📄 TESTIMONIAL - Rekindling of LVE in Latin America 📄</p> <p>“This has been very enriching, and I feel that they are qualities that I have discovered in me; and that this potential Living Values facilitates the spiritual endeavor that I committed myself to 12 years ago and to move forward in spiritual service to give others peace and happiness.” ~ Irene Artavia, Costa Rica</p>	
Thursday 20th July	Did you know	<p>The primary purpose of the online familiarization is to acquaint new country representatives, and to encourage them to demonstrate a full understanding of ALIVE and LVE with confidence, and in the best way possible.</p> <p>📄 Interested in joining us? Contact: distance@livingvalues.net</p>	
Friday 21st July	Value #10 - Simplicity Reminder	<p>How did your value go this week? Did you simplify your life? Did it make a difference? Did you let go of all of life's complications and just live in a day... #simple?</p> <p>For more info visit from livingvalues.net/distance-self-reflection/ #LivingValuesEducation #LVE #simplicity #appreciation #values</p>	
Saturday 22nd July	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>	
Sunday 23rd July	Value #11 - Freedom Self-reflection worksheet	<p>Your Value to Live in for this Week is FREEDOM 📄</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 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 24th July</p>	<p>Value #11 - Freedom Self-reflection</p>	<p>FREEDOM... A sample question to consider - "Do I feel freedom to be as I am... in knowing that I exist and I am of worth?"</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 #values #LivingValuesEducation #LVE</p>	
<p>Tuesday 25th July</p>	<p>Product Free download overview</p>	<p>As we are continuously adding more resource material, support information, books, values promotional material, etc., to the website it seems appropriate to show a summary of the current Living Values aspects available for FREE Download. You can grab a copy of this overview at: livingvalues.net/resources/</p> <p>Please feel welcome to use all the aspects presented to encourage the expansion of Values Awareness and the building of a values-based atmosphere in your work, school and home environment. Please share with friends and colleagues ☺</p>	
<p>Wednesday 26th July</p>	<p>Quote Guides</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? Visit our website today to find out more: livingvalues.net/values/</p>	
<p>Thursday 27th July</p>	<p>Testimonial</p>	<p>☑ TESTIMONIAL - Rekindling of LVE in Latin America ☑</p> <p>"My experience has been that no matter how much you think you know, you will never stop learning and unlearning, each value exercise I chose gave me the opportunity to go deep within myself, how I saw or understood the value, one thing is to understand theoretically, but very different, when you confront what you think, say and act. Values are coherent, because you do not learn with only theory, which helps you understand, but the experience leads you to do and that generates a change of attitude, a change of thinking and acting." ~ Luz Marina, Colombia</p>	
<p>Friday 28th July</p>	<p>Value #11 - Freedom Reminder</p>	<p>A sample question to consider - What does Freedom mean to me? There is a huge amount of freedom that comes to you when you take nothing personally.</p> <p>Want to find out more? Visit https://livingvalues.net/freedom</p> <p>#freedom #LVE #values</p>	

<p>Saturday 29th July</p>	<p>Teaser</p>	<p>OUR VALUE FOR THIS WEEK STARTS TOMORROW.</p> <p>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?</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/. #LivingValuesEducation #LVE</p>	
<p>Sunday 30th July</p>	<p>Value #12 - Unity Self-reflection worksheet</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"> 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. <p>livingvalues.net/unity</p>	
<p>Monday 31st July</p>	<p>Value #12 - Unity Self-reflection <i>LVE is feeling connected</i></p>	<p>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.</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</p>	