


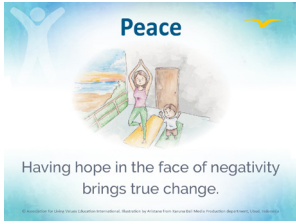

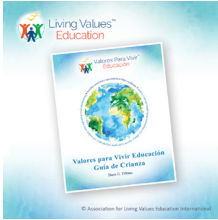







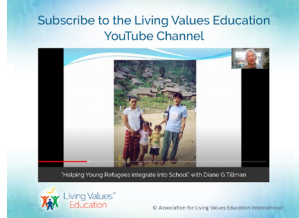
LVE FACEBOOK SOCIAL MEDIA PLAN (x15 countries)


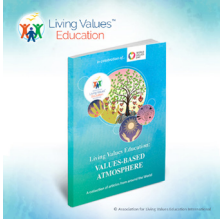




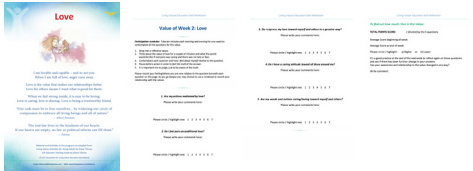



Date	Post Type	Copy	Content
AUGUST 2023			
Tuesday 1st August	Website Country Reports	<p>📄📄📄📄 The Philippines have just released their latest report. Want to find out how they are using Living Values Education in their country? You can read their latest report here at: https://livingvalues.net/philippines</p> <p>Each of the 45 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>Also, be sure to search for your country's Facebook page, like 📄📄 and 📄📄 follow 📄📄</p>	
Wednesday 2nd August	Training Centre	<p>'Distance Comes of Age' with renewed dynamic in the form of the LVE International Training Center, a focus place for the new LVE Online programmes that are being offered through the participating country LVE Associates and Focal Points and now through Zoom online meetings.</p> <p>The first, and very successful, Distance 2-day Train-the-Educator (DTTEC) was held on 18-19 July to 40 values teachers from schools in the Philippines in conjunction with the LVE Focal Point in that country with more Courses scheduled for August & September. Find out more at: https://livingvalues.net/distance/</p>	
Thursday 3rd August	Testimonial	<p>📄 TESTIMONIAL - LVE in South Africa 📄</p> <p>"It's a life transformation experience which has made me rediscover myself as to 'Who I Am.' It gives me new perspectives to face challenges and limitations in my day to day life in a positive way. Growing with LVE by applying the same knowledge in a practical way has helped me grow personally, evaluating the importance of self reflection and self valuation of each value in my life.</p> <p>"Today I am more conscious and aware of my actions and reactions. The changes it has brought about in me has positively impacted the family. Doing this course was one of the best decisions as it has made me more peaceful , compassionate and understanding. The new me has motivated me to help my community, peers and others to make the world a more peaceful, accepting and loving place."</p> <p>~ Shweta, South Africa - referring to her recent DFT course experience</p>	

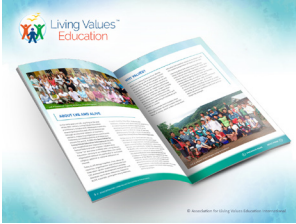
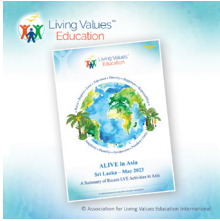

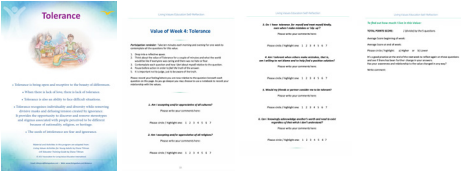
<p>Friday 4th August</p>	<p>Value #12 - Unity Reminder</p>	<p>UNITY. A sample question to consider: “Can I see myself as part of the greater community, as opposed to holding myself apart in some way?” Want to find out more? Visit livingvalues.net/unity</p>	
<p>Saturday 5th August</p>	<p>Teaser</p>	<p>OUR 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 6th August</p>	<p>Value #1 - Peace Self-reflection worksheet <i>LVE is feeling peaceful</i></p>	<p>Your Value to Live in for this Week is PEACE (<i>insert dove emoji</i>) Living Values Self Reflection – So simple, so revealing... 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. livingvalues.net/peace</p>	
<p>Monday 7th August</p>	<p>Value #1 - Peace Self-reflection</p>	<p>PEACE... When you meet someone behaving in a negative way, make an extra effort to offer them a supportive environment. By applying hope and showing how much you believe they can reach their true potential, you help them to change the way they respond to negative situations. Help make a positive change. 🕊️🕊️🕊️ 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. #values #peace #LivingValuesEducation</p>	


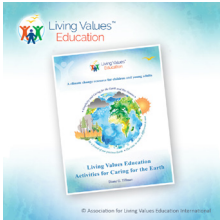

<p>Tuesday 8th August</p>	<p>Training Centre</p>	<p>The LVE Study Group is a great way to bring people together for a fun evening exploring and discovering their values while making new friends. Living Values is set to emerge in eleven Spanish-speaking countries in South America with 20 Distance Facilitators Study Group participants graduating from a 15-week Online Study Group Course.</p> <p>The Graduates, from 11 different Spanish-speaking countries participating in the weekly Study Group were facilitated by ALIVE's South America, Mexico and the Caribbean Regional director, Belen Maggiolo.</p>	 <p>Community Study Groups are a unique way to make like-minded friends and build honest relationships.</p> <p><small>Living Values Education © Association for Living Values Education International</small></p>
<p>Wednesday 9th August</p>	<p>Product Parenting Guide - Spanish Edition <i>LVE is feeling excited</i></p>	<p>The LVE Parenting Guide is NOW AVAILABLE in Spanish!</p> <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 our children as 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/resources-in-other-languages/</p> <p>#LivingValuesEducation #LVE #values #parenting</p>	 <p><small>Living Values Education © Association for Living Values Education International</small></p>
<p>Thursday 10th August</p>		<p>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. It is okay to take a break, to breathe and slow down.</p> <p>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.</p>	 <p>The art of getting along well with others is to create harmony.</p> <p><small>Living Values Education © Association for Living Values Education International</small></p>
<p>Friday 11th August</p>	<p>Value #1 - Peace Reminder <i>LVE is feeling peaceful</i></p>	<p>Living together in peace is all about accepting differences and having the ability to listen to, recognize, respect and appreciate others, as well as living in a peaceful and united way. Imagine what the world would be like if everyone was caring and there was no hate or fear.</p> <p>#peace #forgiveness #values #LVE</p>	 <p>Peace and forgiveness is complete only when you forget the wound.</p> <p><small>Living Values Education © Association for Living Values Education International</small></p>

Saturday 12th August	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/. #LivingValuesEducation #LVE</p>	
Sunday 13th August	Value #2 - Respect Self-reflection worksheet	<p>Your Value to Live in for this Week is RESPECT.</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 RESPECT 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/respect</p>	
Monday 14th August	Value #2 - Respect Self-reflection <i>LVE is feeling curious</i>	<p>Consider this: Do you have respect for yourself? How often do you hear yourself say, “I can’t”, “I’m not able” or “I never will”? Can you identify self-limiting beliefs you have about yourself? Can you then challenge them and say: “I can”, “I’m able”, “I will”?</p> <p>Choose self beliefs that work for you, beliefs that give you a chance to succeed.</p> <p>Want to find out more? Visit livingvalues.net/about-us/</p>	
Tuesday 15th August	Product LVE You Tube channel	<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 www.youtube.com/c/LivingValuesEducation and click the ‘Subscribe’ button</p>	

<p>Wednesday 16th August</p>	<p>Product Focal Point</p>	<p>GET INVOLVED!</p> <p>We encourage you to consider joining in Living Values Education activities in one of the 45 or so countries where there is an ALIVE Associate or Focal Point for Living Values Education. If you believe in the importance of values as the foundation of life and society and the special place that they should have in education and would like to take some time out for yourself, or volunteer some time or support for others, then please get in touch! Contact: membership@livingvalues.net</p>	
<p>Thursday 17th August</p>	<p>Product 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>** Download your free copy at: livingvalues.net/about-lve/</p> <p>It offers different perspectives from different teachers, trainers, practitioners and parents as they share their thoughts and experiences with LVE.</p>	
<p>Friday 18th August</p>	<p>Value #2 - Respect Reminder</p>	<p>"We can develop self-respect by being humble with ourselves and fully accepting and loving the value of humility, becoming really comfortable with humility because then we develop wisdom and automatically see the respect that others deserve. We recognise their innate worth. Having respect for yourself gives great confidence." ~ Paula Bundell, Brisbane, Australia 2010</p>	
<p>Saturday 19th August</p>	<p>Teaser</p>	<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/. #LivingValuesEducation #LVE</p>	

<p>Sunday 20th August</p>	<p>Value #3 - Love Self-reflection worksheet <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 21st August</p>	<p>Value #3 - 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 22nd August</p>	<p>Testimonial</p>	<p>📄 TESTIMONIAL - LVE in South Africa 📄</p> <p>"I was exposed to the Living Values books a couple years ago, and found them to be a very interesting read. Thereafter I did the online Distance Facilitator training course, and I was captivated by the Living Values Concept. I found the 'Real me' through the 12 week Self – Reflection program. I felt like there is so much more to life than what we do in our daily routine! I found my Self Respect, I realized that Love is all it takes to make things come right. I felt like a 'New Me' had taken birth and was ready to explore life with a totally different perspective. Values and discipline in people have always inspired me, but now I know how to use them correctly. Living Values taught me that our core values are – 'Peace, Respect and Love'. And how we had forgotten our very own selves in this chaos called Life. But now through the learning of this profound knowledge, Life can be as beautiful as we want.</p> <p>"I am now so excited to bring this knowledge forward to my peers and the communities that surround me. I sincerely hope it helps everyone I connect with and brings out the best in them, as it did to me!"</p> <p>~ Toral Shah, South Africa</p>	
<p>Wednesday 23rd August</p>	<p>Quote</p>	<p>We choose our life every day, at every step... consciously or unconsciously. Choice is the key word. We can always choose differently. #LivingValuesEducation #LVE #chooselife</p>	

<p>Thursday 24th August</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. #LivingValuesEducation #LVE #values Download ALIVE eBrochure at livingvalues.net/resources/</p>	
<p>Friday 25th August</p>	<p>News Item Regional Asia Gathering Conference <i>LVE is feeling excited</i></p>	<p>To bring attention to the Living Values activities in the Asia region, and to welcome Sri Lanka into the LVE Family, a small booklet has been brought together by main regional participants in the expansion of Values Awareness in their country. To view the exciting accomplishments underway, download your FREE copy of the 'ALIVE in Asia Regional Gathering 2023' booklet at https://livingvalues.net/download/#asiagathering</p>	
<p>Saturday 26th August</p>	<p>Teaser</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? Join our 12 week course with a new Living Value presented each week. The first Value starts tomorrow... It may hold the answers you've been searching for! #LivingValuesEducation #LVE</p>	
<p>Sunday 27th August</p>	<p>Value #4 - Tolerance Self-reflection worksheet</p>	<p>Your Value to Live in for this Week is TOLERANCE. Living Values Self Reflection – So simple, so revealing... 1. Drop into a reflective space. 2. Think about the value of TOLERANCE 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/tolerance</p>	

<p>Monday 28th August</p>	<p>Value #4 - Tolerance Self-reflection</p>	<p>A sample question to consider: “Can I knowingly acknowledge another’s worth and need to exist regardless of that which I don’t like or understand?” What is the level of TOLERANCE in your life?</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 Reflections, there’s a new value each week.</p> <p>Please visit livingvalues.net/distance-self-reflection/ for more info.</p> <p>#tolerance #LivingValuesEducation #LVE #values</p>	 <p>Tolerance</p> <p>Tolerance is mutual respect through mutual understanding.</p>
<p>Tuesday 29th August</p>	<p>Product Climate Change Book</p>	<p>“LVE Book Climate Change – Caring for the Earth and her Oceans”</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>Living Values Education</p> <p>Living Values Education Activities for Caring for the Earth</p>
<p>Wednesday 30th August</p>	<p>Quote</p>	<p>We should focus more on our positive qualities. Whenever we use our positive traits in a conscious way, these traits will begin to appear more in our lives. A positive vision in ourselves is to move towards inner perfection.</p> <p>#innerbeauty #LivingValuesEducation #LVE #values</p>	 <p><i>Beauty is an inside job. Make your heart the most beautiful thing about you.</i></p> <p>Living Values Education</p>
<p>Thursday 31st August</p>	<p>Product LVE Model School</p>	<p>For whole schools who aspire to become a Living Values Education (LVE) Model School, the criteria is engaged to help them adhere to the model. We offer guidelines for schools to implement the Living Values Education Approach most effectively, with maximum benefit to students, teachers, and the school community. Those schools seeking to add a new dimension to both faculty and student body are able to see immediate effects of the LVE Approach when Values Awareness becomes the benchmark for whole school behaviour.</p> <p>Through LVE International Training Centre - ITC, we provide education training packages for teachers, administrators and LVE educational resources, books, display materials, evaluation and innovative inter-student mentoring programmes.</p> <p>Want to find out more? Visit livingvalues.net/model-schools/</p>	