

# LiveUp™

## Do you want to make a difference?

Grades, work, friends, dating. You've got a lot going on. And on top of it all, you're expected to have the confidence to handle it all. We're here to help, so you can finally ask your crush out, go for that part-time gig, or do whatever else you've always wanted to do. Live up to your potential and start the journey to make a positive difference in your life and the lives of others.

ABOUT US OUR PARTNERS OPPORTUNITIES



# This is LiveUp

## How it works

1

### Explore Topics

Maybe job searching comes easily to you, and you'd rather spend time prepping for college. That's cool with us. We cover all types of topics, from School to Happiness, giving you plenty of activities to explore.

2

### Choose Activities

Our activities push you as far as you want to go. Not comfortable posting a selfie? No worries. Ready to collaborate with a friend? Go for it. We give you the opportunity to pick and choose activities. We'll even reward you along the way.

3

### Inspire Others

LiveUp isn't just about you, or us – it's about inspiring others. We encourage everyone to post their stories of bravery and kindness. Whether it's of a friend, family member or stranger, we all have a memory that's meant to be shared.

Join LiveUp™ today!

SIGN UP NOW



# COURAGE

## Our Story

There are six values embodied in the Medal of Honor; Courage, Sacrifice, Commitment, Integrity, Citizenship, and Patriotism. These values inspired us to start LiveUp with the goal of helping teens improve their lives and the lives of others.

MORE ABOUT US

## Opportunities

We designed our activities to push you out of your comfort zone. They'll take some effort, but the rewards you can earn make it all worthwhile – opportunities like college scholarships, tickets to see your favorite sports team, and more. Hit enough points, and you're eligible.

SEE OPPORTUNITIES



## Our Partners

We've got to give it up for our loyal partners, helping us inspire others every day.

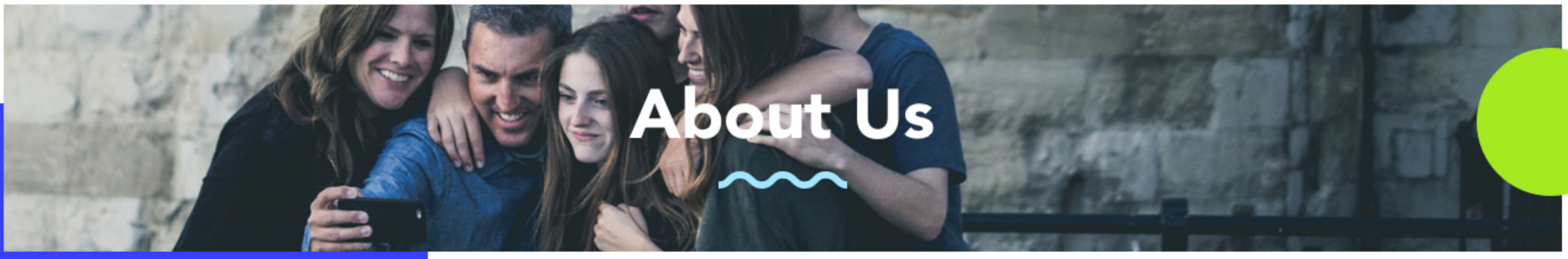
SEE OUR PARTNERS

## Our Voices

Read stories of everyday acts of kindness and courage, written by teens just like you, who've completed our confidence-building activities.

SEE ALL STORIES





## Our Story Starts With A Medal

3,496 – that’s the number of people who’ve been awarded the Medal of Honor. 3,496 out of 43 million who’ve served in the U.S. military since the Civil War.

What is the Medal of Honor? It’s the highest military honor a Soldier, Sailor, Airman, Marine, or Coast Guardsman can receive for valor beyond the call of duty in combat. The Medal of Honor is the only military award that’s presented to Recipients by the President of the United States on behalf of Congress.

Those who wear it certainly earned it. They put others first, in order to save their lives.

Though their stories vary, they all share something in common: the core values of the Medal of Honor.



## Our Core Values

### Courage

Challenging ourselves to always make brave and good choices

### Sacrifice

Choosing responsibility over activities that just serve ourselves

### Commitment

Holding ourselves accountable for what we do and say

### Integrity

Standing up for our beliefs whether they’re popular or not

### Citizenship

Showing consideration for everyone in our community

### Patriotism

Improving our community and inspiring others to do the same



## The Foundation

The Medal of Honor Recipients believe that you also possess these qualities – and it’s up to you to bring them out.

Recipients work with the Foundation to inspire and educate Americans on these values, through outreach, the Character Development Program, and LiveUp.

✉ [INFO@THEMEDALOFHONOR.COM](mailto:INFO@THEMEDALOFHONOR.COM)

🔗 [THEMEDALOFHONOR.COM](http://THEMEDALOFHONOR.COM)

## Our story continues with you

Now it’s your turn to find your inner leader. Become a part of LiveUp, to improve your life and the lives of others.

Our free teen program transforms topics relevant to you into self-guided activities, based on of the Medal of Honor’s values.

Are you ready to LiveUp?

[GET STARTED](#)



Where do you want to go now?

[Our Voices](#)

[Sign Up](#)



We designed our activities to push you out of your comfort zone. They'll take some effort, but the rewards you can earn make it all worthwhile – opportunities like college scholarships, tickets to see your favorite sports team, and more. Hit enough points, and you're eligible.



## Campus Visits and Scholarships



College is a big deal. It's where you'll spend the next four years working toward a career, making friends and lots of memories. How will you know if the school you pick is the right fit? Our Campus Visits opportunity includes an all-expenses-paid trip to your college of choice, while our scholarship covers the cost of housing and textbooks. If you've got the points, you can apply for both.

## Medal of Honor Events



Our activities were inspired by the Medal of Honor's core values: Courage, Sacrifice, Commitment, Integrity, Citizenship, and Patriotism. Wouldn't it be cool to learn a little more about them? The Congressional Medal of Honor Foundation will fly you out for Medal of Honor Day. Or you could use your points to treat your school to a Q&A with a Medal of Honor Recipient.



## Swag and Sports Events



Maybe you'd rather spend your points on something you've been meaning to replace, like headphones or a laptop. We've got those, and hundreds of other awesome items in our Swag Shop. Crazy about sports? Grab your closest friends and go see your favorite soccer or basketball team, with tickets on us.

Where do you want to go now?

[Our Voices](#)

[Sign Up](#)

Welcome back Chris!

@cwalsh16  
**Level 5** 23,250 Points  
 +1,500 Pending Approval

[EDIT PROFILE](#)

Leaderboard		
457	cwalsh16	23,250 pts
1	troy_g17	119,600 pts
2	amy1234	118,300 pts
3	katie_dunn_94	115,250 pts



- Respect
- Confidence
- Connection
- School
- Job
- Health

See what others have posted

FILTER BY

### Cooking Matters

HEALTH

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[READ MORE](#)

cwalsh ❤️ 325 | ...

### I Walk a Lot

HEALTH

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### Eat Your Fruits, Eat Your Veggies!

HEALTH

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amy1234 ❤️ 325 | ...

### Cooking Matters

HEALTH

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troy\_g17 ❤️ 325 | ...

### Water Is Life

HEALTH

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### I Walk a Lot

HEALTH

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### Cooking Matters

HEALTH

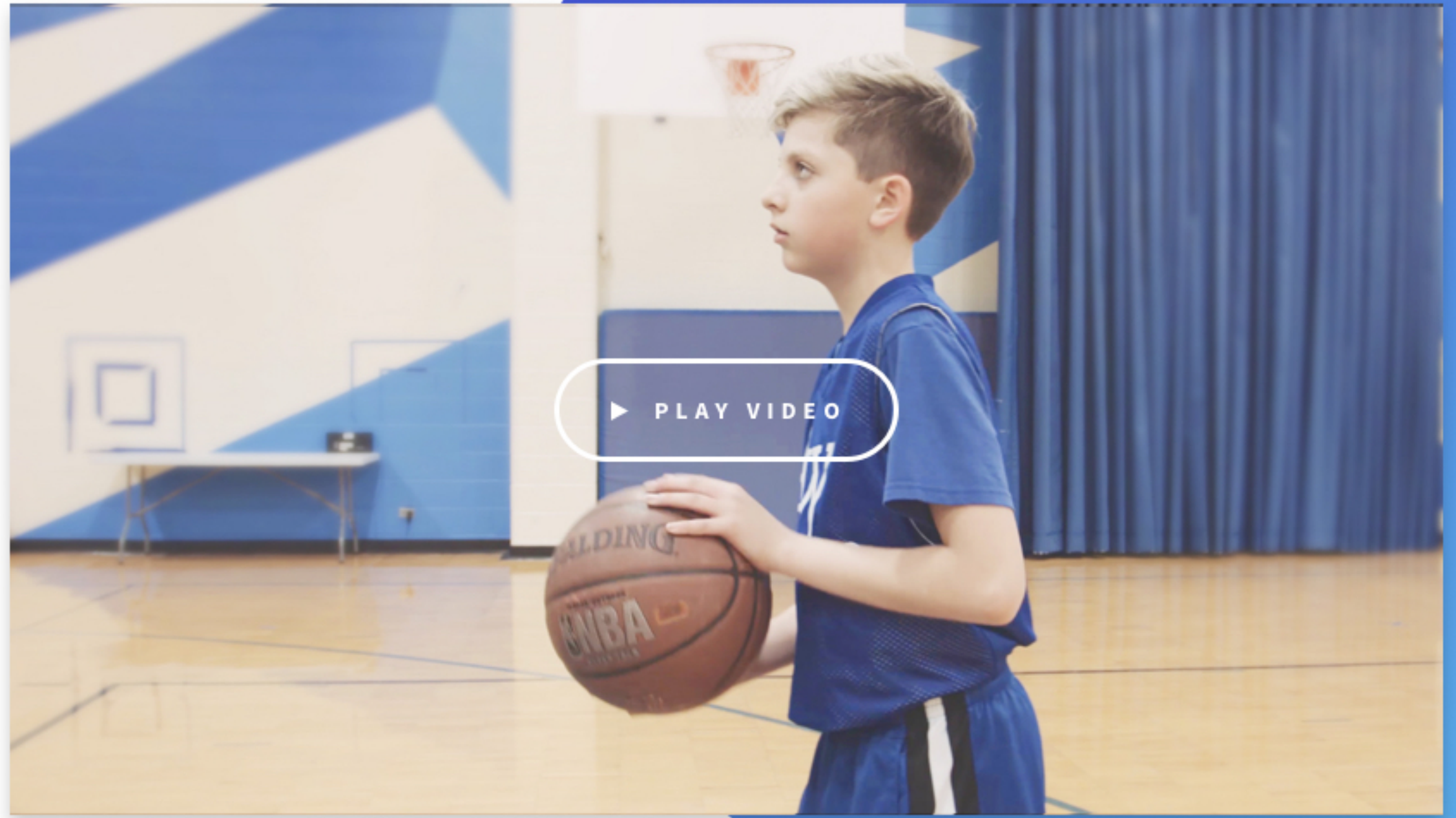
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[READ MORE](#)

< BACK

# Confidence

Asking your crush out. Trying out for the lacrosse team. Speaking up in class. All of these things take confidence. And confidence takes practice. We designed activities under this topic to boost positive thoughts about yourself.



## Activities

LOW

MEDIUM

HIGH

**I Rock! - 500 pts**  
What rocks about you?

SEE ACTIVITY



**I Helped Out - 500 pts**  
When did you help out and what did you do?

COMPLETED  
Approved



**My Mantra - 500 pts**  
What's your personal mantra?

COMPLETED  
Pending

**Leading With Courage - 500 pts**  
Tell us about a leader who you look up to in your community.

SEE ACTIVITY

**Proud Of This - 500 pts**  
What have you done lately that you're proud of?

SEE ACTIVITY

See what others have posted

FILTER BY

### Proud Of This

CONFIDENCE

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READ MORE



sarah\_williams

325 | ...

### I Helped Out

CONFIDENCE

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READ MORE



katie\_dunn\_94

62 Views | 325 | ...

< BACK TO CONFIDENCE

# Give Back

3,000 Points

★ Commitment, Sacrifice, Citizenship

## INSTRUCTIONS

Giving back not only helps others out – it helps you out, too.

Find a long-term volunteer commitment – one that you can commit at least 6 hours to. You could try a local animal shelter or maybe a hospital. Create a 2-minute reflection video after one of your volunteer days, sharing how your volunteering is going. Once you’ve completed all 6 hours of volunteer work, write a 500-word essay on your experience.

How did it make you feel to give back? What did you enjoy the most? What was the hardest part? How did your service better your community and country?

Post for everyone to see. Hashtags: #GiveBack #LiveUp

## REQUIREMENTS

- 2 minute reflection video following one volunteer day
- 500-word essay on:
  - Where you volunteered
  - How it made you feel to give back
  - The hardest part of your experience
  - How your service made your community/country a better place
- Completed Service Form of 6 volunteer hours (with adult signature)



## DOWNLOAD SERVICE FORM

## RESOURCES

[Browse through all volunteer opportunities](#)



## Submit Your Post



Enter or paste your text here

6 of 500 Words



+ UPLOAD IMAGE/VIDEO

✓ SERVICE FORM x

SUBMIT

Show this post on the LiveUp feed

