

Calendars Rule



Making promises is easy. Keeping them is another story. One of the best tools to help maintain commitments is the calendar. Alex Sheen, Founder of *because I said I would* made a video about how he manages his calendar and gives five calendaring pro tips. Take the calendar challenge and see how you can be better by using a calendar.

Promise:

I will use a calendar, either electronic or paper, to schedule my life for a minimum of 30 days.

Element of Honor:

Accountability

I must be willing to accept personal responsibility for what I have done and what I have failed to do – both in what is good and what is not. Accountability helps me understand that my decisions have consequences. I help hold others accountable, but before I become too upset with the broken promises of others, I remember that I too have weakness.

Action Items:

- Schedule time to watch the [Calendaring video](#).
- Choose the calendar method that works best for you, i.e. electronic format like google calendar or a paper weekly/daily calendar.
- Spend 30 minutes on Sunday or Friday late afternoon scheduling your next week.
- Use a calendar for 30 days.

Verification:

Complete Badge [Verification Form](#) (located on website) which should include a screenshot of your calendar for 30 days.

Approval:

Badges will be verified and approved for presentation quarterly.

**because
I said
I would.**

I'm inspired to...

*"It's not hard to make decisions when you know what your values are."
Roy E. Disney*