

"Dig deep within and find the courage..."



"NEVER give up what you want most for what you want now!! This took me over a year of consistency and anyone struggling right now with not seeing results please listen; results don't happen over night or even a few weeks for most people. It happens over a long period of time, be patient with yourself and believe in the process! Drink your water, stick to your eating plan, exercise regularly and keep it consistent. Writing it down and taking a ton of pictures helped me through my ups and downs.

There will be tears, there will be sore muscles and moments when you feel like you're missing out or doing it for nothing but **YOU'RE NOT!** I know first hand what its like to be discouraged & tempted to quit... but please, do yourself a favor and stay strong, dig deep within and find the courage to stick to it for **YOU!** You deserve everything you've wished or hoped for... whether its fitting into a paid [pair] of pants, being able to keep up with you kids or getting off medication—it **WILL** be worth it if you stick to your plan!

The feeling of accomplishment and knowing you decided your journey and didn't let anybody stop you is humbling and if I can help everyone I will. Accountability has been a huge part in my success, putting myself out there and sharing my story keeps me inspired that someone, somewhere decided to live because of me...depression, hopelessness and feeling ashamed is NOT worth your happiness or quality of life. Get out there and create your future...believe you can and you will!"

Posted by Shawna.

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[Share YOUR promise story with us.](#)

Local Chapters

CLE member picks up trash, 24 hours straight

The Cleveland chapter of *because I said I would* made a unified promise to clean up street trash on July 16th, 2016. People committed to cleaning trash for 1, 2 or 3 hours.

One of our members took that a bit further. He stayed with the team for their 3 hours... then picked up litter for another 21 hours (only stopping to use the restroom, eat and move to a spot with more trash).

This promise made it to "Most Viral" on Imgur and appeared on a couple local news stations. See pictures and the full story of what happened:



becauseisaidiwould.com/24hoursoftrash

Speaking in Cleveland, Columbus, Tampa & Denver

Because I said I would receives hundreds of speaking engagement requests a year from around the world. With chapters already started in [Cleveland](#), [Tampa](#) and [Denver](#) (Columbus later this year), we want to target these areas more specifically in the next 9 months.

Do you know of an event in one of these areas that should hear the *because I said I would* message? Request a speaking engagement and help us grow the impact of our local chapters!

[Request Alex for a speaking engagement](#)



Request a speaking engagement

Character Education

Free teacher kits: Apply today!

Too often teachers have to reach into their own pockets to buy supplies for their students. This can be especially true in character education where budget is limited.

We are offering over \$2,000 in *because I said I would* teacher kits at no cost. The deadline to apply for these free kits is August 15th, 2016.

Read more about the contents of the kit and the selection process here:

becauseisaidiwould.com/teacherkits



Apply for a FREE Teacher Kit!

Career Opportunities

Looking for more than a paycheck?

We are a nonprofit organization seeking to change the course of human history for the better. Our team is actively building programs that we believe have a chance to do just that. The next step in our vision as an organization requires more staff. We currently have four full-time positions open for immediate hire:

- [Vice President of Chapter Programs](#)
- [Director of Recruiting, HR](#)
- [Senior Web Application Developer](#)
- [Chapter Impact Associate](#)

Apply today by emailing your resume and cover letter to HR@becauseisaidiwould.com.
[Click here to learn more](#)

becauseisaidiwould.com

