

## The 7 Elements of the *because I said I would* Philosophy.

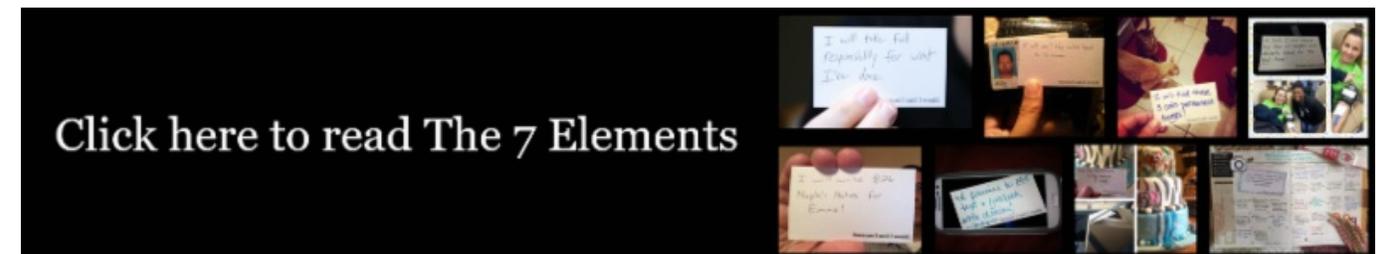
To those who believe in the importance of a promise,

**I have spent the last three years of my life** attempting to understand the importance of a promise. With over 4 million promise cards distributed, I have had the privilege of meeting thousands of our supporters from around the world. It has been a distinct honor to hear their stories of commitment and to share them with the movement and the world.

**Shaped by these experiences**, I have been working to develop a set of guiding principles for the *because I said I would* movement. It is important that we state our values and make a sincere attempt to live by them. It is also critical that these ideas account for the realities of life. That is why I have spent hundreds of hours researching factors that impact a promise, including time management, perception, memory, human motivation and other topics. All of these thoughts have finally come together.

**Today, we announce the release of The 7 Elements of the *because I said I would* Philosophy.** These principles embody our beliefs, our intentions and our hopes. Like us as individuals, these ideas are not without flaws. That is why we are opening up The 7 Elements to a one year review process. Read the ideas, reflect on your personal experiences and provide us feedback:

<http://becauseisaidiwould.com/philosophy>



Thank you for helping us help the world.

Best regards,

Alex Sheen  
Founder, *because I said I would*.

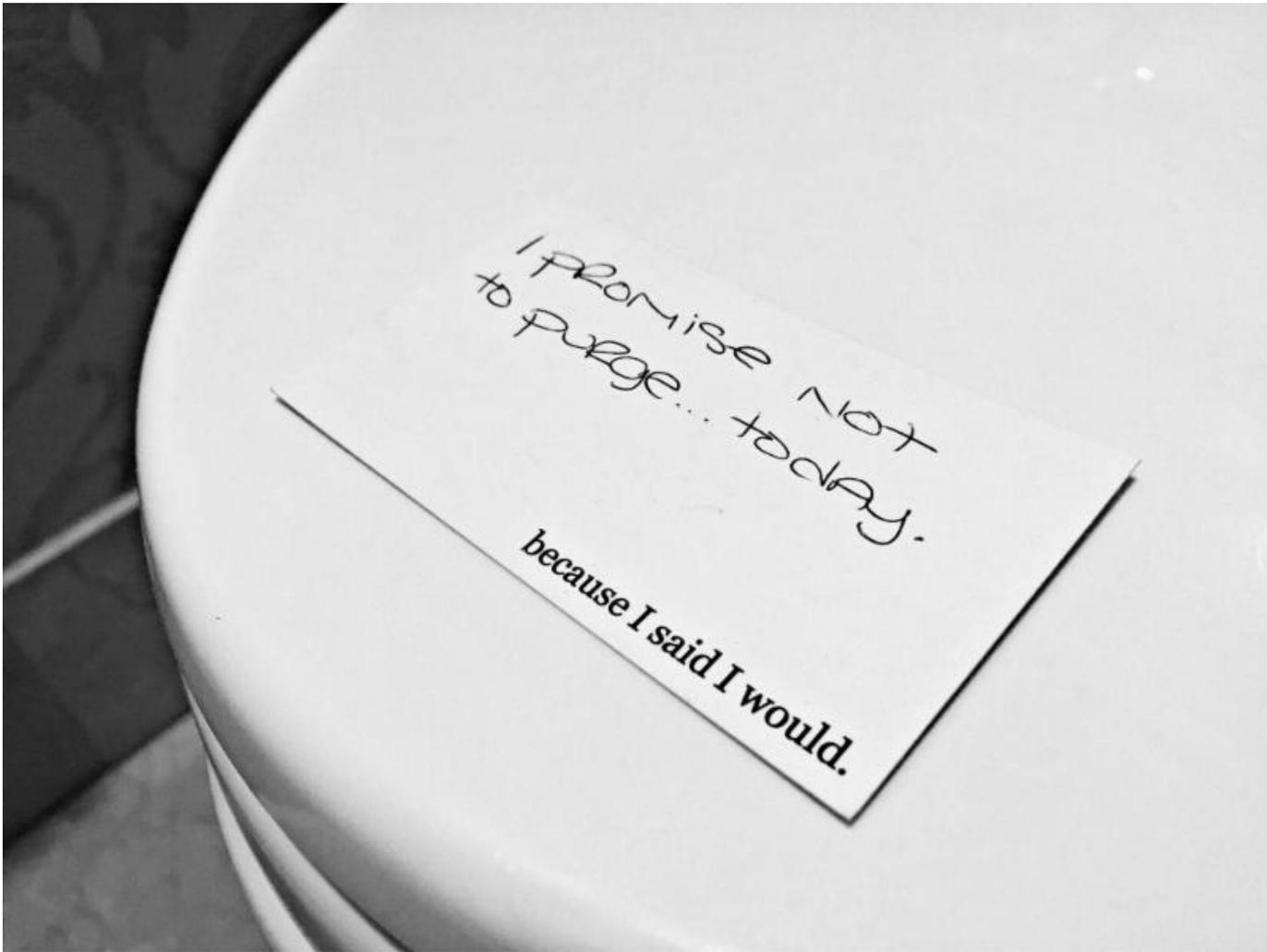
## Promise story

### ***"Something I have never shared with anyone..."***

"I struggle heavily with an eating disorder (something I have never shared with anyone, not even my live-in boyfriend of 2 years.) I've mastered the "art" of silent purging, and do so almost daily. I always tell myself "This is the last time... tomorrow I stop." but I never follow through. It's a constant battle. Perhaps promising to never do it again is too much, but I made a promise to myself today that I wanted to share with everyone I have ever been able to hear. I will keep this promise to myself today."

With you, one I have never been able to honor. I will keep this promise to myself today.

Posted anonymously.



**What's your promise story?** Share your card and inspire people around the world:  
<http://becauseisaidiwould.com/yourpromisestory>

## because I said I would Chapters

### Updates on Echo locations

- **Denver, Colorado:** An Echo Leader has been selected for the city of Denver. His name is Nate Thompson and we are actively working with Nate to select a date and location for the first meeting. If you are interested in being part of this city's Chapter, [apply here](#).
- **Cleveland, Ohio:** The first meeting for the Cleveland Chapter is on May 4th from 6:30-8:30pm. Space is limited. [RSVP here](#).
- **Tampa, Florida:** The first meeting for the Tampa Chapter is on May 10th from 6:30-8:30pm. Space is limited. [RSVP here](#).
- **Columbus, Ohio:** We are actively searching for an Echo Leader for this chosen city and are planning on hosting a recruitment event for members. If you would like to help, please email [Parker@becauseisaidiwould.com](mailto:Parker@becauseisaidiwould.com).

**If you're interested in starting a *because I said I would* Chapter** in your town, learn

If you're interested in starting a *because I said I would* Chapter in your town, learn more here: <http://becauseisaidiwould.com/echo>. We have had some positive conversations with individuals in San Diego and Atlanta, but those discussions are preliminary at this point. Funding is still available for two more undetermined Chapter locations.

## Announcements

### Career Opportunities

**We are actively recruiting** for three full-time positions located at our Cleveland, Ohio headquarters:

- [Chapter Program Manager](#)
- [Web Developer](#)
- [Executive Assistant to the Founder](#)

**Join our unique team** of individuals, including Colonel Parker Schenecker (27 years in the U.S. Army), Katie Spotz (Youngest person to row across the Atlantic Ocean), Alex Sheen (Founder of *because I said I would*) and many others.



**We need a range of seasoned professionals and aspiring talent** to fulfill our mission. If you are qualified for one of our positions and are good with your promises, we encourage you to apply today. We also encourage you to share the link below with your friends and family who might be looking for this type of career opportunity.

**Learn more:** <http://becauseisaidiwould.com/openings>

### Spring Sale to benefit the cause

**All Tri-Black Tank Tops** are on sale for just \$13.00! Each purchase of any tank top will also include *one free wristband* (a \$3 value)! Note: wristband will not appear in your cart but we will include it in your shipment.

**The sale will run** from March 25th to March 31st! Just use coupon code "**Spring2016**" at checkout.

All orders of \$40 or more will ship for free anywhere within the US! No coupon code needed for free shipping.

Also check out [our new 3/4 Sleeve Shirt!](#)



**Tanks only \$13.00!**

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