



Making promises is easy. Keeping them is another story. The calendar is one of the best tools to help manage and maintain commitments. It is even better than the Promise Card itself. Yes, we mean that. In [this brand new video](#) from *because I said I would*, we explain...

1. **How to** use a calendar effectively
2. **Five tips** that can help you keep your promises
3. **The life benefits** of an accurate personal calendar

[Click here to watch the video now](#)

This is the first video in a series of videos that will highlight practical and thought-provoking ideas in the world of promises. Emotions and motivation are simply not enough. If we want to truly better humanity and change the world, we must plan, prepare and act. We would love to hear your feedback about this new video style and approach. Post your comments to our [Facebook wall](#) or on our [YouTube channel!](#)

A Promise Story

Woman breaks promise to donate kidney.

One of our supporters made a promise to donate her kidney to a dying man. She backed out at the last minute.

This is the story in her own words. It's an incredibly moving reflection on the importance of a promise...and the story ends the way we hoped it would.

[Read her story and see the pics.](#)



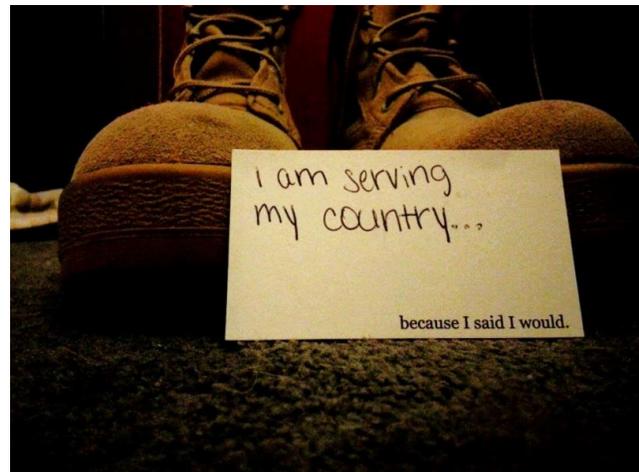
"He could have had all that time back with his kids."

Announcements

In honor of the fallen.

Serving your country requires tremendous sacrifice. The oath of enlistment is a difficult promise to make and an even harder promise to keep.

In celebration of Memorial Day in the United States, we are fundraising on behalf of Hope For The Warriors, a fellow nonprofit organization who provides comprehensive support programs for service members, veterans and military families.



Our movement hopes for peace, but until that day comes we must take care of those who serve. 100% of the proceeds from our online merchandise sales will be donated to Hope For The Warriors (May 26th through May 30th).

No promotional code required: <http://store.becauseisaidiwould.com>

Exclusive: One-on-one with the Founder

Enter for a chance to win a personal one-hour leadership training video call with Alex Sheen, the Founder of *because I said I would*.

Alex is one of the world's leading experts on promises and commitment. This is a once-in-a-lifetime chance to ask him your questions directly.

[Click here to enter](#)



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