

Three **new videos** that could help your New Year's Resolution.

Dear Alex,

Many people made a New Year's Resolution at the beginning of 2018. Did you? If so, it's possible that your commitment has already hit some roadblocks. Promises are difficult to keep, but we have learned some lessons that might be helpful in your journey!

We just released three new videos that give tips and tricks on how to make promises easier to keep! Watch these videos on YouTube from your phone!



Predict the point of no return for a promise and you may have a chance to get your plan back on track! What is the point of no return for your promise? What can you do to change your point of no return? Watch this video to dive deeper into this subject: <https://youtu.be/gttmuKfXPhs>

The Power of Checklists:

The Incredible Impact of the Obvious Tool



What can heart surgery teach us about reaching our goals? Is it possible that one of the strongest tools in healthcare is just a piece of paper? Watch this video to hear about some very interesting research behind checklists:

<https://youtu.be/ZAm6xv8xMIA>

The Stress of Promise Keeping:

Five Tips To Manage Stress



The more promises you make, the more work you have to do. Commitment can be very stressful. If we don't manage the stress, we can end up angry or just give up all together. Watch this video for five tips on how to manage the stressful life of keeping promises: <https://youtu.be/dujdkbguwIQ>

We are hiring!

Employment Opportunities

We have four full-time [career positions](#) open at *because I said I would* right now. If you're ready to move to Cleveland, Ohio, let us know...

- [Vice President of Chapters](#)
- [Chief Development Officer](#)
- [Motion Graphics Designer](#)
- [Director of Social Marketing](#)



You can see the profiles of our current staff [here](#). Oh, and we also put [our cats and dogs](#) on our website because I'm writing this email really late at night and I think it's a good idea to keep that link right where it is.

Pre-Order the Book

A collection of promise stories...

8.42 million Promise Cards have been distributed to over 153 countries. After 5 years, we have decided to take the message to print. In late 2018, *because I said I would* will release our first ever book.

Pre-order before March 31st and get 15% off and other perks!
[Learn more here.](#)

Pre-order the book

Coming Late 2018

Special Pricing For
a Limited Time Only!



[Click here to pre-order your copy!](#)

becauseisaidiwould.com

