

New podcast series for 2019...

Because I said I would: The Podcast has officially launched! The first three episodes of the series are available right now. Then, new episodes are releasing every month for the next five months. Subscribe to our podcast series on [Apple Podcasts](#), [Stitcher](#), [Spotify](#) or [Google Play](#).

[Ep 1. Alex and The Yupik People: Child Protection in the Alaskan Wilderness](#)

The first official *because I said I would* podcast episode features an interview with a gentleman named Alex, a former Forensic Investigator for Child Protective Services (CPS) in rural Alaska. There, he served the impoverished but resilient population of the native Yupik people for nearly 14 years. One day, Alex found himself in a physical altercation at a meth lab that necessitated a promise to his son.

[Ep 2. Girl in the Hallway: Laura's Addiction in the UK](#)

This episode features the harrowing life story of Laura, a mother of two from England. As a kid in school, one incident in the hallway seemed to push over a domino that would keep falling for the rest of Laura's life. Her promise is a journey through the perils of what happens when you open the door for substance abuse... and when a kid has to walk through that door with you.

[Ep 3. Almost There: In the Shoes of Homelessness](#)

This episode features an interview with Derek, an accomplished entrepreneur and activist, determined to better the lives of those around him. The seed for Derek's promise was planted when he was a homeless young man moving to and from shelters with his mother. This seed would eventually blossom into a major life event that would alter his future and inspire a 400 mile journey to our nation's capital.

**Warning: some content in these episodes may be difficult and disturbing to listen to. If you have children, they may want to sit this one out.*

the podcast.



because I said I would.
becauseisaidiwould.com/theodcast

[Listen to the first 3 episodes!](#)

New Year's Promise Generator

What is your Promise for 2019?

As we enter a new year, sometimes it's difficult to think about the kind of Promises that you would like to make. There are a lot of areas in our lives that could use more commitment and accountability and the Promise Idea Generator is a tool to help make that process easier.

After you download the PDF, Consider the categories and write down your ideas. Afterwards, take some time to develop your new Promise for the new year.

New Year's Promise Idea Generator

A **Promise idea generator** is an easy way to look at different areas in life that have potential for making a Promise. This contemplation exercise will help spark ideas prior to the process of communicating or committing to a Promise. Each box is an opportunity to list ideas in that category that might spark an idea for a Promise. There are some traditional resolutions listed and some non-humanitarian goals. Read through the categories. Take some time to contemplate and start listing!

Traditional New Year's Resolutions <ul style="list-style-type: none">• Stop smoking• Lose weight• Spend more time with family and friends• Learn something new• Read more• Stop/reduce drinking alcohol• Eat healthier• Manage stress better• Improve relationship• Improve procrastination <small>Combined list from Harris Interactive Poll (2012) & Nielsen research (2015)</small>	Things you have started but not finished	"Bucket List"	Helping others
		Accomplishments by others that interest you	Improving yourself
Non-humanitarian <ul style="list-style-type: none">• Make more money• Get a new job• Travel more• Convince your girlfriend to let you have one more dog.		<small>© 2018 because I said I would™</small> because I said I would.	

[Download your free promise idea generator](#)

the book.

The book is officially available.

Alex is often asked to smile in pictures. Although he usually does, sometimes he doesn't always feel like it. Keeping promises isn't always fun, but keeping this one apparently was :o) Alex promised to finish this book in 2018 and he's happy to share it with the world today.

The book officially releases today and is available on [Amazon](#), [Walmart.com](#) and over 200 [Barnes and Noble](#) locations. But we have a special 24 hour flash sale for our supporters who order directly from our website in the next 24 hours...

**Save 25% by using code:
FLASH25**

There is no quantity limit for this sale.



[Order your copy in the next 24 hours and save 25%](#)

Chapters

Four new high school chapters in Texas launching this month!

The superintendent of the Comal Independent School District saw a *because I said I would* presentation in 2018 and wanted to bring high school chapters to his schools. As a result, starting in January 2019, we are excited to announce the launch of our new Texas chapters:

- Canyon High School in New Braunfels, TX
- Canyon Lake High School in Fischer, TX
- Smithson Valley High School in Spring Branch, TX
- Memorial Early College High School in New Braunfels, TX

The picture below features the student leadership teams from the new Texas Chapters. The teams participated in training (led by our Director of Chapter Programs and Training, Chris Smithhisler) which is held prior to the launch of every chapter. This introduced the students to their respective roles and how they will lead character education workshops and volunteer projects at their local chapter.

[Donate today to help fund our next high school chapter](#)



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