

New Personal Development Video Series!

Promises are hard to keep, but there are habits and tactics that can help make it easier. *Because I said I would* has developed a brand new video series dedicated to personal development topics. To celebrate the launch of this animated series, we have released not one, but two videos that are live and viewable RIGHT NOW!

1.) [Broken Promises & Human Memory: How Forgetfulness Impacts Relationships](#)

Four reasons our memories fail us. How false memories affect our everyday lives and our ability to keep promises. Overcome the barriers that memory creates in keeping promises.



2.) [Limiting Beliefs: How to Stop Negative Thinking & Self-Fulfilling Prophecies](#)

Three strategies to overcome negative thinking. Investigate the four types of limiting beliefs in this personal development video. Research-supported best practices in keeping promises.



New videos are going to be released monthly for several months, so [subscribe to our YouTube channel](#) today. Thank you to all of our donors who helped make this video series possible. Educators and youth leadership programs around the world use *because I said I would* character education materials to reach thousands of kids. The generosity of our donors make it possible to offer much of this content at absolutely no cost.

The Founder's Message

Alex Sheen Delivers Ohio University Commencement Speech

26,000 attendees heard the Founder of *because I said I would* share a funny, honest and inspirational message to Ohio University's graduating class this May. Alex is a proud alumni of Ohio University and his father watched him walk across that same stage in 2007. [Watch Alex's speech](#) and let us know what you think in the comments section on YouTube.

[Invite Alex to speak at your event](#)



Programs

State Prison in Ohio Adopts *because I said I would*

This month our staff led a training session with 30 inmates at Lorain Correctional Institution, a state prison in Ohio. Inmates will participate in character development programming over the course of six weeks.

It's important to note that this prison is a reception and distribution center for the northern half of the state. When inmates enter prison, they come here first for a short period of time before they are sent to another prison to serve the length of their sentence. That means that around half of all new prisoners in the State of Ohio will go through *because I said I would* programming.

We are working on a new part of our website that will share more information about our programs in corrections and look forward to sharing that information with the movement. By reading our newsletters, you hear of these developments first!



Promise Stories

"A Bomb is Like an Onion"

This strange and unsettling sentence is the unfortunately fitting title to the latest episode of the *because I said I would* Podcast series. In this episode, Alex speaks with Bob, a retired Fire Paramedic from Boston. He recounts the harrowing and tragic events that occurred on April 15, 2013, the day of the Boston Marathon Bombing.

Did you know that there are six other episodes of the Podcast live right now?

[Ep 7. A Bomb is Like an Onion: Bob's Commitment Is Tested at the Boston Marathon](#)

[Ep 6. Famous Father: Bridget's Last Promise to Her Dad](#)

[Ep 5. Give Him a Strong Name: Brittany and Her Boy](#)

[Ep 4. Sabrina and the Storm: A Family's Journey Through Natural Disaster](#)

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

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

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

All episodes available on [Apple Podcast](#), [Spotify](#), [Stitcher](#) and [Google Play](#).

becauseisaidiwould.com



Copyright © %%current_year_YYYY%%. All rights reserved.

because I said I would., 20525 Center Ridge Rd. Suite 500, Rocky River, OH 44116

[unsubscribe from all emails](#) [update subscription preferences](#)