

A PROMISE STORY

Hey Alex! My name is [REDACTED] but people call me Swat. I know you are a very busy man but I really hope you get a chance to read this! I am currently in a rehabilitation center in San Antonio, Texas. In one of my groups, they showed us the video on Ted Talk about Because I said I would. I have a story of my own but it's nothing special. But I was giving another chance in life. I want to help people as well. I want to inspire people with whatever I can and I want to help others any way possible. I recently had a life changing event which is I tried to commit suicide after being rapped 3 times so far in my life. I am 23 years old and I couldn't take the pain anymore. So I decided to get drunk and drive my car off a bridge when that didn't work I got out of my car and jumped 65 feet off the bridge. I have no injuries, no fractures and no internal bleeding. I am running, lifting and everything! I am also part of the military and currently active duty! I serve in the Marine Corps! Your Promise Cards inspired me more than you know! So if you ever need help with helping others! Please please contact me! I am currently active duty so don't know how much I would be able to help. I am currently stationed in [REDACTED]! But I will try my best to help you help others! My personal number is [REDACTED] Please let me know if I can help you in any way!

Alex received this message earlier this month. September 4th, 2019 will mark the **seventh anniversary** of *because I said I would*. Alex has been receiving messages like this since that day. He remains committed to the betterment of humanity through promises made and kept. We hope you are as well.

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