

## Background

Writing a promise is easy. Keeping a promise is much harder. There are often many steps and barriers to successfully carrying out a promise. To help we developed a Promise Planner. The Promise Planner is a natural extension of the Promise Card and serves as a guide for contemplation to help account for all of the things that might arise when trying to complete a promise.

The Promise Planner is a one-page document that is broken into four main areas or steps for contemplation when writing a promise.

## Purpose

Use this guide to begin the practice of using a Promise Planner to assist with writing a Promise Card.

## Materials

- Promise Planner
- Promise Card

## Program Steps

Complete a Promise Planner

- Step 1: Draft wording and timeline
- Step 2: Consider factors involved in keeping this promise
- Step 3: Plan your promise
- Step 4: Write a Promise Card

Share with a friend or a colleague

## Sample Script

When you are ready to begin use this sample script to guide the process.

**Explain:** "We make hundreds of promises each day. When we say we are going to do something that is a promise.

**Ask:** "Think through the last 24 hours. What did you say that might have been heard as a promise? Did you really mean it?"

**Promise Planner:**

**Step 1:** "Think about a promise you want to make. Write a draft—the wording doesn't have to be perfect."

**Step 2:** "Think about external factors or barriers that might impact the completion of this promise; i.e. weather, money, resources, etc. "

"Think about internal factors that may impact as well, i.e. motivation, time, desire, etc."

**Step 3:** "How will you keep this promise? Write out the steps you will need to take to keep this promise."

**Step 4:** "Write your promise on a Promise Card."

**Share:** "Take some time to share this process and your promise with a friend or colleague."

**Wrap-Up:** "You just completed your first Promise Planner. Use this process as a guide to help you think through your promises in the future."

## Call to Action

"We share our stories for a single purpose: to encourage others to make and keep promises for the betterment of humanity. We are asking you to make a promise."

-Alex Sheen

Use the Promise Planner as a tool for action. Before you know it the process of going through the Promise Planner will become habit.

As Alex says, "Write down your commitment. Fulfill your promise. Others will see the adversity of your journey. When they ask you why you kept going when others would have quit, stare them right in the eye and say...because I said I would."

## Sharing

Part of the inspirational nature of *because I said I would* revolves around sharing. Take a picture of your Promise Card and/or Promise Planner and tag us:



Or share your story at [becauseisaidiwould.com](http://becauseisaidiwould.com)

because  
I said  
I would.

Name: \_\_\_\_\_

# Promise Planner

## Draft word choice for your promise:

I will...

because I said I would.

FINAL WRITTEN PROMISE  
CARD GOES HERE.

**Start date:** \_\_\_\_\_ / \_\_\_\_\_ / 20\_\_\_\_  
Month Day Year

**Completion date:** \_\_\_\_\_ / \_\_\_\_\_ / 20\_\_\_\_  
Month Day Year

## Other parties involved:

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

Name: \_\_\_\_\_

## Possible barriers to success:

- Yes No  
  Knowledge / talent / experience
- External party cooperation
- Personal learning curves / possible mistakes
- Traffic / transportation / weather
- Loss of motivation

- Yes No  
  Forgetfulness
- Resources / funding
- Equipment / supplies failure
- Lack of adequate time / poor time estimates
- Arising priorities or conflicting emergencies
- Other(s) \_\_\_\_\_

## I commit to these best practices:

- Yes No  
  Calendaring tasks
- Accountability partner(s): \_\_\_\_\_
- Checklist(s)

- Yes No  
  Written communication with all parties
- Back up plan(s)
- Motivators: \_\_\_\_\_

## Actionable steps (check as completed):

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_
- 4. \_\_\_\_\_
- 5. \_\_\_\_\_

Completed     Qualifies for Achievement Badge