

because I said I would.

## A Gift Named Roswell

It wasn't easy but Mike's parents scraped together enough money to give him a gift that would change his life. They bought him a car.



(Mike's parents)

"The driver's seat was broken and wouldn't sit up right. I had to prop it up with a milk carton. My niece said the dome light looked like an alien so I named it Roswell", Mike said.

It wasn't pretty but it got the job done. It was exactly what he needed.

"8 years ago, I was at my absolute bottom. I'd lost my job and because of that I lost my apartment. I ended up living with my brother and his family in an extra bedroom. I felt like a waste of space, like I was going nowhere. I had no car, no motivation to do anything."

Around the same time, by chance, Mike found a *because I said I would* Promise Card. He decided to fill it out. It read: "By my 30th birthday,

I'm going to start making some significant positive changes in my life". What his parents or friends didn't know was that Mike had a secret. If by his 30th birthday he broke this promise, Mike was going to kill himself.

There is a quote credited to Cora L. V. Hatch that states: "We cannot direct the wind but we can adjust our sails".

In this case Roswell was the boat, and with the support of his family, Mike found the strength and determination to make the proper adjustments to the sails of his life. Those adjustments have recently guided him to a job that he loves and a newly purchased house. Thankfully he never fulfilled the secret promise that would have made it impossible for him to experience the life he lives now.

"A decade ago I had no hope. Today I have a home. The moral of the story, I guess, is don't ever for a second think you're hopeless. There is always hope. Always."

[CLICK HERE FOR MORE PICTURES AND A FOLLOW UP ABOUT THE STORY](#)

## 3 Time Management Tips

Keeping your commitments and promises takes careful planning. In fact, just planning your everyday can be stressful if you don't use some form of a calendar. If you're tired of worrying or feel stressed out trying to manage your daily routines and commitments, we want to **give you** some simple tips to help you reduce stress, be more timely and improve the overall flow of your day.

**Here are 3 TIPS on how to better utilize your calendar:**

### **1. Don't forget the hidden calendar moments!**

Most people just calendar meetings themselves. The hidden calendar is all the things you have to do to prepare for those meetings. If you don't calendar that preparation, you're more likely to break a promise.

For example, if you are going to take your mother to her 9am physical therapy appointment, you may not want to only calendar the appointment itself. You also should consider calendaring the hidden moments around the appointment.

## Example of detailed calendar

Good

8:30am - 9:00am  
Drive mom to physical therapy

Better

6:50am - 7:50am  
Wake up and get ready

7:55am - 8:15am  
Drive to pick mom up  
(15 minute commute)

8:20am - 8:55am  
Drive mom to physical therapy  
(20 minute commute)

[CLICK HERE FOR THE NEXT TWO TIPS](#)

## Schoolwide Impact Program

Alex Sheen has shared his story and the *because I said I would* movement with over 150,000 students around the country. Imagine if after every school assembly we could provide educators and their students with sustainable curriculum (pre and post assembly) designed to leave a deeper impact on students and create pathways to better character education?



*Students at Rice Independent School District in Texas prepare to listen to Alex Sheen and because I said I would.*

Well, that's about to change. As a supporter of our organization we want you to be the first to know that we are expanding our impact with this new **Schoolwide Impact Program**.

Research shows that schools that employ programs like these have fewer incidences of disciplinary referrals, suspensions, and truancy. The positive environment that it brings to schools increases attendance and brings about a significant improvement in academic performance.

These user friendly packets are a series of plug and play lesson plans to help educators with this process. All that's missing is YOU and your students.

[CLICK TO LEARN MORE & DOWNLOAD THE SCHOOLWIDE IMPACT PROGRAM](#)

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**Do you want to help us reach more students?**

**100% of your donation** goes directly to our charitable programs. Not a penny of your support is bogged down by administrative expenses.

**How?**

All of our organization's overhead expenses are covered by our Founder's speaking engagement fees. Many influential speakers keep their speaking fees as personal income, but Alex ensures that all of his earnings are given to charity. We promise that your support will be used to purchase supplies and equipment for community-based volunteer projects, character education materials for kids and other essential programming costs.

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