



Second Meeting

You may ask yourself, “What’s the value in attending chapter Meetups?” Dr. Gail Matthews, a professor in the Department of Psychology at Dominican University found that if you check in weekly with a friend about your goal you are 70% more likely to accomplish that goal. Chapters are an important component of *because I said I would* because it offers you accountability in fulfilling your promises. Your commitment to attending chapter Meetups is a big step to ensuring you accomplish your goals and fulfill your promises.

Promise:

I will attend two consecutive Meetups.

Element of Honor:

Accountability

I must be willing to accept personal responsibility for what I have done and what I have failed to do – both in what is good and what is not. Accountability helps me understand that my decisions have consequences. I help hold others accountable, but before I become too upset with the broken promises of others, I remember that I too have weakness.

Action Items:

- RSVP for next two Meetups via the website.
- Schedule the Meetups in your calendar along with travel time.
- Attend two Meetups.

Verification:

Complete Badge [Verification Form](#) (located on website) which should include a picture of the Meetups scheduled on your calendar.

Approval:

Badges will be verified and approved for presentation quarterly.

**because
I said
I would.**

I’m inspired to...

*“It’s not hard to make decisions when you know what your values are.”
Roy E. Disney*