

Minimum sentence: 12 years



The minimum sentence at Pendleton Correctional Facility is 12 years. There is a *because I said I would* Chapter inside this state prison. Inmates participate in Character Development Workshops and make promises to help others in need through volunteerism. When the moment comes for them to reintegrate into society, we hope that their lessons in self-control and compassion will prevail. The inmates recently had some feedback about their time as *because I said I would* chapter members:

*"You can pretend to care, but you can't pretend to show up." Thank you so much for allowing me to be a part of your non-profit organization. I have kept the promise of **writing my 3 year old son in a journal every day.** I am currently out of communication with his family, and this journal will show that I care about him.*

“If you want things you never had, you have to do things you never done.”** I recently made a promise to my family that I will stay out of trouble while I’m incarcerated. Now, I’m a firm believer of the saying “actions speak louder than words” so I took it upon myself to stay busy and further my education while imprisoned. Big shout out to Alex Sheen. I promise to keep fulfilling the promises I make **BECAUSE I SAID I WOULD.

Since I have joined this Chapter I have been working on myself when it comes to making and keeping promises. I am more aware of what I can and am willing to do. I have been able to become someone other people can depend on. I have made and have been able to keep the following promises:

- *To stop using foul words*
- *Telling people how I feel, **instead of holding onto resentment***

I really like this movement and life skills that I receive from this Chapter.

Thank you to all of our donors who are making our programs in correctional facilities possible. Character education can play an important part in preventing future crimes. You are challenging these inmates to choose a better path and equipping them with the skills they need to make a positive change.

At the same time, we do not want to ignore the fact that the *because I said I would* movement is full of people who have been the victims of terrible crime and violence. There is a range of perspectives on forgiveness, and to be honest that is not what this program is about. This is about trying to build a society where hatred and greed cannot find a place to survive.

If you would like to help support character development programming in corrections, please visit becauseisaidiwould.com/donate. If you are interested in bringing our programming to a prison or juvenile detention center, please email our Vice President of Chapters: sherry@becauseisaidiwould.com

High School Chapters

Chapter Applications Due Soon!

Application deadline for *because I said I would* High School Chapters is fast approaching! If your school is interested in starting a Chapter, act now-- time is running out! We are still accepting applications for 7 more high schools in the United States who want to join the growing movement of official *because I said I would* chapters.

Express interest in starting a chapter here:

becauseisaidiwould.com/chapterinterest



Tips

I don't have to...I get to...

"I think about promises probably more than any one person should. In all of what I have heard and discussed, there is a particular tactic that has been incredibly helpful for me when I'm losing motivation. It came from a gentleman who spoke to me after a speech in Akron, Ohio. He said he heard it from another author or speaker (I wish I could find its origin, but my search didn't seem to point to one source).

Anyhow, here it is: When you're losing motivation, tell yourself *"I don't have to....I get to."*

- **I don't have to wake up early** to let my dog out...I still get to still be with her. She's getting old. She has diabetes. I am going to miss her when

she's gone. I get to still be with her.

- **I don't have to go volunteer...** I get to help change someone's life. In a world where so much of what we do can feel meaningless, I get to have a moment where my time on this earth is being used for something good.
- **I don't have to go to the gym...** I get to strengthen my body while I still can. One day I could look back and wish I would have taken better care of myself. I still get the opportunity to use what youth I have left.

I don't have to do anything. I get to."

[-Alex Sheen, Founder](#)

For more tips and tricks on getting better at keeping promises, consider following our [Facebook page](#).

Also, secret announcement (because a lot of people aren't going to read this far down): We have a new animated YouTube series coming out this May. It will focus on the habits and tactics that could help you with your promises. Subscribe to our YouTube channel now to stay in the loop:

[Youtube.com/becauseisaidiwould](https://www.youtube.com/becauseisaidiwould)

Need an event speaker?

Speaking fees go to charity...

Alex Sheen, Founder of *because I said I would*, has given over \$2.7M in speaking engagement fees to our charity in the past 3 years alone. In fact, 100% of his speaking fees come to us directly.

Alex's support for the adolescents and inmates in our programs isn't a show. He cares and he knows that talk is cheap. He is willing to sacrifice to ensure the growth of our impact. If you want to help him in this mission and you know of an event that is looking for a keynote speaker, we would love to hear from you. Tell us more about your event here:

becauseisaidiwould.com/alexsheen



because I said I would: The Podcast

**Six episodes live right now.
New episode on May 1st.**

A single promise can change a life forever and every promise has a story. Hosted and narrated by Founder, Alex Sheen, the first season of *because I said I would: the podcast* will feature 8 compelling episodes featuring interviews with people around the world. You will hear the dramatic stories of promises they have made, kept and even broken.

becauseisaidiwould.com/thepodcast

[Also available on Apple Podcasts](#)



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