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June Newsletter

because I said I would.

## Benjamin's Haircut

**“At first, people asked me, ‘Do you have cancer?’ ‘I said, ‘No, I actually just donated.’ At the beginning, it was good because I was in elementary school and everyone is nice and kind. But when I got into middle school and I did it again, some kids started making fun of me.**

**But I realized that I’m doing something good. It doesn’t matter what they think.”**

-Benjamin



Benjamin's family uses Promise Cards as a reminder of what's important in life.

He carries a pack in his book bag.

**This is a short excerpt** from [the \*because I said I would\* book](#). We have sold over 15,000 copies since the book's release on January 1st, 2019 and this funding has been crucial in funding our charitable programs. Thank you to everyone who has purchased a book for themselves or as a gift. [Available on Amazon today.](#)

**P.S.** There is a great story about Benjamin's mom on Page 118. As the saying goes... "Apples come from apple trees."

## Volunteer Projects

### High School Chapters complete 2,338 volunteer hours

*"Setting an example is not the main means of influencing others, it is the only means."* - Albert Einstein

**The students in our chapter program** set an example in their schools this year for what it means to be a person of your word. Our members are given an opportunity to practice what they learn in *because I said I would* character development workshops through volunteer projects in their communities. A good citizen doesn't just learn and reflect; A good citizen must act.

**We are looking** for more high schools who are interested in starting high school chapters in the Fall of 2020. Interested in having a chapter at your school? [Learn more here.](#)



## Personal Development

### Code of Honor: How to Avoid Regret

**In life, we are often confronted** with difficult decisions. The wrong choice can lead to regret and certainly much much worse. This NEW video from *because I said I would* can help viewers who are looking to make positive changes in their decision-making skills.

Please leave a comment on this YouTube video and let us know what you think!

[Watch the video](#)



## Accountability Program

### 11 Million Promise Cards

**Not including any Promise Cards** that have been [freely printed](#), we have officially distributed over 11 million Promise Cards! These cards have encouraged people around the world to quit smoking, volunteer, seek help for mental health challenges and so much more.

**Writing out a promise** creates a physical reminder and accountability mechanism for those who are struggling to stay on track. Is it possible that a one cent piece of paper could be the difference between a promise kept or broken? It seems like a stretch, but our supporters in schools, prisons, hospitals and elsewhere have given us this feedback. So, we are going to keep giving out cards and at the same time also develop [deeper programing](#) to change lives around the world.

**Help us celebrate** the milestone of 11 million Promise Cards by sharing your Promise Card on social media and tagging us!

- Facebook : [@becauseisaidiwould](#)
- Instagram: [@becauseisaidiwould](#)
- Twitter: [@bcisaidiwould](#)



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