

## New Year's Resolution Ideas

**We've created a tool** to help you brainstorm and select a 2020 New Year's Resolution! Over the next few days you're going to hear a lot of hype about promises in the New Year. Unfortunately, many of these commitments are never honored. Start 2020 on the right path by choosing the right commitment using the worksheet below!

### [New Year's Promise Idea Generator](#)



## Top Facebook Posts of 2019

**Your likes and shares** have helped the world see the importance of a promise. *Because I said I would* has over [127,000 Facebook followers](#). Our top 9 social media posts of 2019 are featured below. We would love to create more impact through awareness campaigns, but we don't have the funding to staff a social media resource. However, we are a resourceful bunch and we've still been able to reach tons of people!

Story with link	People reached
<a href="#">Todd Beamer was a passenger on UA Flight 93</a>	275,410
<a href="#">Anonymous woman donates \$235,000 diamond to our charity</a>	125,800
<a href="#">Computer scientist Katie Bouman</a>	44,212
<a href="#">Because I said I would: the book officially releases today</a>	43,401
<a href="#">"You can't go back...."</a>	29,094
<a href="#">"Always being late..." - MOST CONTROVERSIAL</a>	28,086
<a href="#">"Willie, if you can see this..."</a>	27,807
<a href="#">"Over 5,000 copies sold in the first 60 days of release"</a>	25,307
<a href="#">The Courage of No - Video</a>	24,589

## Personal Development Resources

### Video Series for your New Year's Resolution

We have released nine personal development videos to help our supporters get better at keeping their promises and reaching their goals. These videos offer practical self-improvement habits and tactics:

Check out the [full YouTube playlist](#) of videos below!

1		<b>Broken Promises &amp; Human Memory: How Forgetfulness Impacts Relationships</b> Because I said I would
2		<b>Limiting Beliefs: How to Stop Negative Thinking &amp; Self-Fulfilling Prophecies</b> Because I said I would
3		<b>Values and Decision-making: How to Avoid Regret</b> Because I said I would
4		<b>The Power of P</b> Because I said I would
5		<b>Control Your De</b> Because I said I would
6		<b>Accountability: No More Excuses</b> Because I said I would
7		<b>How to be a Hero: Motivating yourself to complete</b> Because I said I would
8		<b>The Bystander Effect - You Can Break the Cycle</b> Because I said I would



In the news...

**The *because I said I would* Diamond**

***Because I said I would*** was featured in news segments across the country this month for a jaw-dropping donation that was made to the organization. [See the news story](#) below!



## Chapters

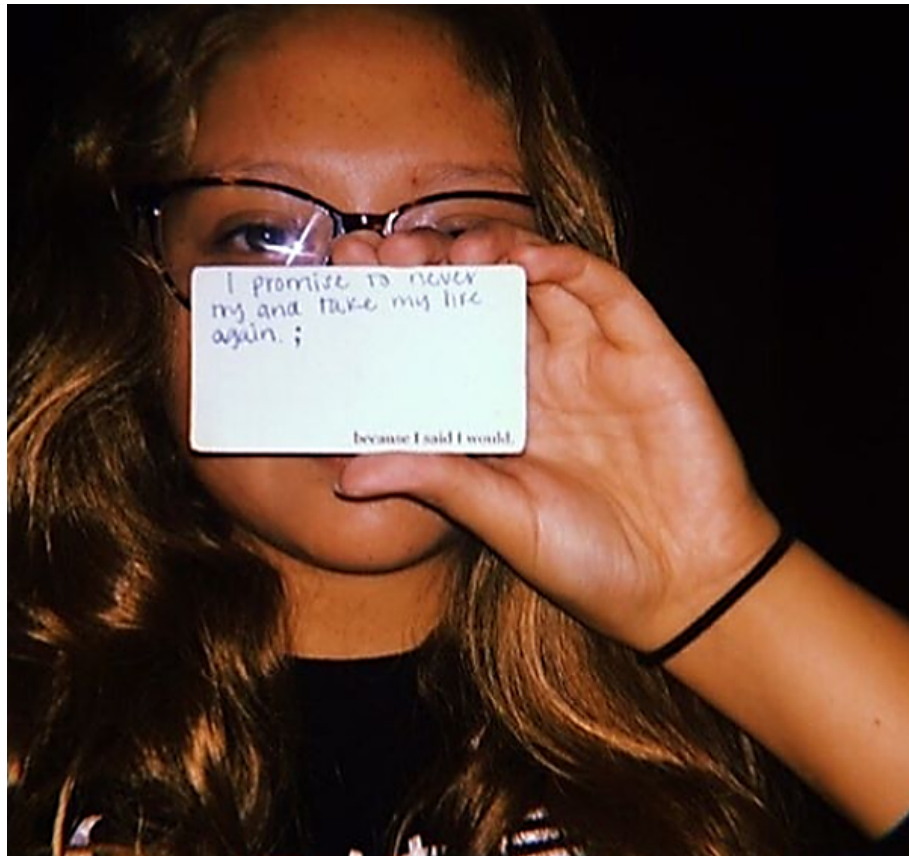
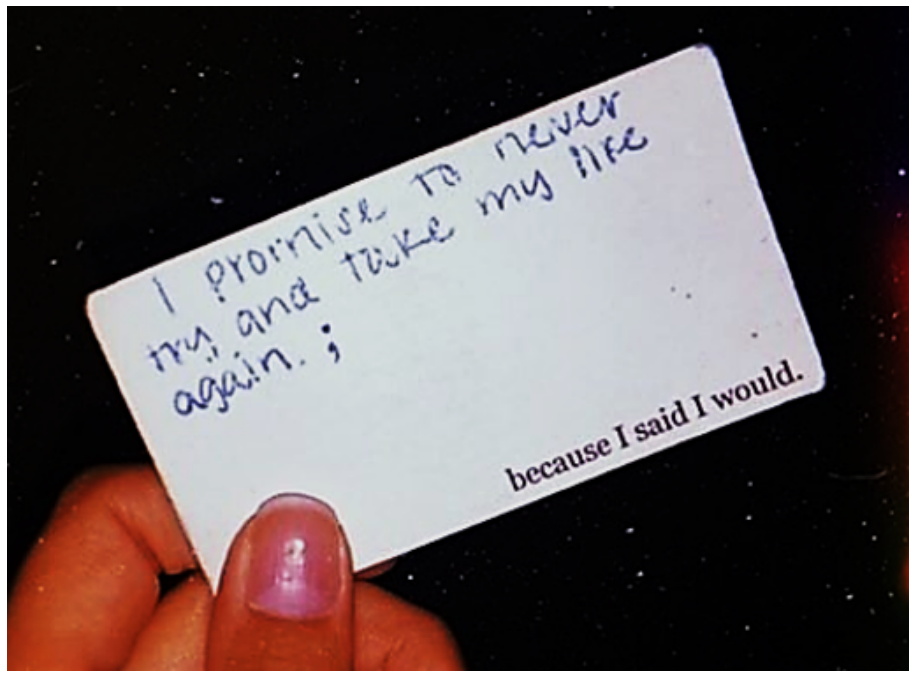
### **If it were easy, everyone would do it.**

*A message from the Founder:*

**Creating chapters** that positively impact young lives is certainly difficult. Funding, program delivery, content development, school recruitment... everything seems to have roadblocks. Some have suggested just posting stuff online and whatever happens happens...

**Hear me clearly:** For the sake of our kids, we refuse to take the easy road. The promises these students are making require more support than some hastily-written social media post. Our on-location, local chapters help students develop self-control to face life's adversities at often vulnerable times. Donors, please know we are working hard to make the most of your generosity. We look forward to starting more in 2020. When my life ends, I hope to leave the world with 1,000 *because I said I would* chapters. If I have my way, the impact of this nonprofit will last so long and spread so wide that very few people will even know who started it. Thank you for believing in us.

**-Alex Sheen, Founder**



Student from a *because I said I would* chapter in Texas.  
"I promise to never try and take my life again."

[Apply to start a chapter.](#)

[becauseisaidiwould.org](https://becauseisaidiwould.org)



**Our mailing address is:**

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