

Hey there!

Recently, I saw a speaker at school. He is part of an organization called **because I said I would.**

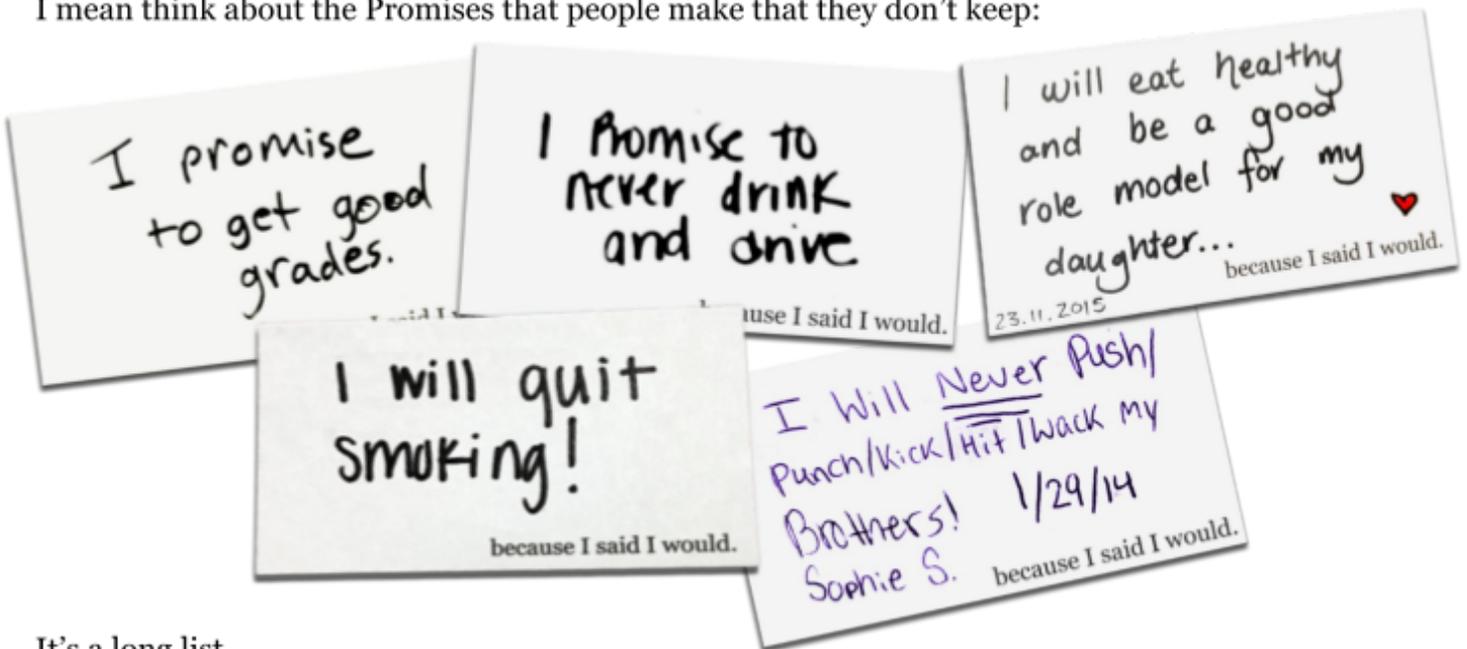
They have this thing called a **Promise Card.** Here's one that someone has filled out:

The speaker talked about the difference one person can make in the world when they *keep the promises they make.*

In fact, **because I said I would** is all about helping people get better at making and keeping promises to make the world a better place.



I mean think about the Promises that people make that they don't keep:



It's a long list.

If everyone just started thinking about making Promises they can keep and keeping the Promises they make, think about the way that could change things, even in our family.

Please check out the back of this sheet to get started.

**because
I said
I would.**

Activity

At dinner, in the car, anywhere you have your family group together and can talk, ask this question,

“Who is the most reliable person you know?”

Then ask,

“Who is the most unreliable person you know?”

Responses to this question might not come as easily, but follow up with this next question and take some time to talk about the answers that are given.

“What is the difference between the two?”

Keeping Promises is directly related to being the kind of person you want to be.

We all have experience with Promises; good and bad. Something else that we all have is the ability to make and keep Promises. But it's not always easy.

These are things to keep in mind:

- ***A person does not have to say, “I promise” in order for them to make a promise.***
Any time a person says that they will do something, be somewhere, provide something, they are making a promise.
- ***Whether you've considered it or not, you're a role model for people around you.***
Sometimes we think of a role model as someone famous or from history, but each of us has the ability to inspire others and to shape our lives and those of others.
- ***A Promise can affect self, family, community and the world.***
And when you consider a Promise, you can think about Promises made, Promises kept and Promises yet to be made.

Think about a promise you can make.

Now think about whether you can keep that Promise. Are their words you need to change or other considerations? Do you need to make any adjustments?

Now, put your Promise on a Promise card and start keeping your Promise today.

because I said I would.

For more tips, animated videos, downloadable Promise Cards and activities, go to becauseisaidiwould.org.

because
I said
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