



"Live by Design, Not by Default"

Priorities, Roles, and Goals

A Welcome Message From Marc Dickerson



Dear PRG Community,

January called us to begin. February challenged us to stay consistent. March invited us to renew. Now, April calls us to create.

Creation is what happens when clarity turns into action. It is the process of building a life that reflects your Priorities, your Roles, and your Goals with greater intention. We are not meant to simply think about purpose—we are meant to live it, shape it, and build from it.

This month is about creating what comes next. Creating healthier habits. Creating stronger routines. Creating better relationships. Creating space for growth, peace, discipline, and direction. What you create in this season should be rooted in what matters most.

Creation does not always begin with something big. Often, it starts with one decision, one boundary, one conversation, one disciplined step at a time. When your priorities are clear, your roles are understood, and your goals are aligned, you can begin creating a life that is both meaningful and sustainable.

As you move through this month, I encourage you to ask yourself:

What am I creating with the way I live each day?

Let's create with purpose.

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This Month's Theme: Create



To create is to bring something intentional into existence. Within the PRG framework, creation means building a life that reflects what matters most. It means turning vision into action.

Creation is not just about starting something new—it is about shaping your days to support who you are becoming. It may look like stronger habits, better boundaries, or a clearer path. Whatever you are building should align with your Priorities, support your Roles, and move your Goals forward.

Priorities, Roles, and Goals is a division of Duke2 Innovations



Do Better,
Be Better.

PRG Pulse

April 2026



PRG Key Insight - Marc Dickerson



1	Creation begins with clarity. You cannot build a meaningful life without first knowing what matters most. When you establish your Priorities, know your Roles, and set your Goals, you give yourself a foundation for creating with purpose instead of living without direction.	2	To create well, you must be intentional. A strong life is not built by accident. It is shaped through disciplined choices, daily effort, and a willingness to focus on what is truly important. Small, consistent actions often become the building blocks of lasting progress.
3	Creation also requires balance. You cannot give your best energy to everything at once. Creating the life you want means making room for what matters most and letting go of what distracts you from your purpose. What you protect and prioritize will shape what you are able to build.	4	In the PRG framework, creating is more than starting something new. It is developing habits, routines, relationships, and direction that support the person you are becoming. True creation happens when your vision is supported by structure and your purpose is matched by action.

As you move through this month, remember that you are creating something with every choice you make. Let your Priorities guide you, let your Roles ground you, and let your Goals move you forward. The life you want will not happen by accident—it will be built through intention, discipline, and daily action. Stay committed to what matters most, trust the process of growth, and keep building with purpose. When you create with clarity and consistency, you begin shaping a life that is meaningful, balanced, and designed to last.

Upcoming PRG Events



Date:	Event:	Location:
May 30, 2026	Health and Wellness Seminar	Seaford Public Library
July 18, 2026	Author Meet and Greet	Milford Public Library
Fall 2026	Health and Wellness Seminar	Eastern Sussex County

Barns and Noble Book Signing





Creativity as Communion with the Creator

When we engage in creative work—whether writing, painting, building, cooking, composing, or problem-solving—we step into a sacred space that mirrors God’s own nature as Creator. Scripture opens with God bringing order, beauty, and meaning out of chaos. To create, then, is not merely producing something useful or beautiful; it is to echo the divine impulse that first spoke the world into being. “In the beginning God created...” and then we see that we are “created in His own image.” (Genesis 1:1,27) That means His creative DNA resides in us! When we imagine something new, shape raw materials, or give form to an idea, we are exercising a God-given capacity that reflects His wisdom, intentionality, and delight in making.

Creative work also draws us into deeper attentiveness. It requires presence, patience, and humility—qualities that open us to God’s guidance. In moments of creative focus, many people experience a sense of being “led,” as though inspiration arrives from beyond themselves. This can become a form of prayer: hands working, mind engaged, heart listening.

Finally, creativity reconnects us to wonder. It reminds us that the world is not just functional, but meaningful and beautiful. In creating, we glimpse the joy God takes in His creation and are gently drawn back into relationship with Him. Our creativity becomes an offering—an act of gratitude that points beyond itself to the ultimate Creator, in whom all things begin and find their fulfillment.

As this season reminds us of Creation coming back to life – take notice of God’s artistry around you. Even in ordinary tasks – like mowing the grass - we create patterns, order and beauty into the world. Challenge yourself to try something creative you’ve never done before. Strive for fun and freedom rather than perfection, and allow your creativity to become a place of communion with God.

Happy Creating! - Chaplain Kelly

Quote of the Month



“Be certain that you do not die without having done something wonderful for humanity.”

Maya Angelou



Spotlight: Youth Across the Delmarva Peninsula



This month, instead of spotlighting one individual, **PRG Pulse** is spotlighting a cause: **supporting and investing in the youth of the Delmarva Peninsula**. Across Delaware, Maryland, and Virginia, young people are building their future every day through school, sports, service, faith, work, leadership, and personal growth.

Our youth are not just preparing for tomorrow—they are shaping the communities we live in right now. Some are pushing through adversity. Some are developing discipline and confidence. Some are trying to find direction, stability, and encouragement in the middle of real challenges. No matter their background or story, young people across Delmarva need guidance, opportunity, and support systems that help them grow into strong adults.

At PRG, we believe the earlier a young person begins to understand their **Priorities, their Roles, and their Goals**, the stronger their foundation will be. When youth are taught how to think with clarity, live with purpose, and make intentional decisions, they are better prepared to face pressure, overcome setbacks, and build a meaningful future. That message fits the April theme of **Create** well, because the future is being created right now through the choices, habits, and support surrounding today's youth.

Supporting youth is not just the job of parents or schools. It is the responsibility of families, churches, mentors, coaches, community leaders, and neighbors. When we invest in young people, we help create stronger families, stronger communities, and a stronger Delmarva Peninsula.

Youth Resource Guide for Delmarva

For immediate danger or a medical emergency, call 911 . The 988 Lifeline also says to call 911 if someone is in immediate harm or danger.	For suicide, crisis, or emotional distress, call or text 988 . It is free, confidential, and available 24/7 across the United States and territories.
For crisis support by text, text HOME to 741741 to reach Crisis Text Line 24/7.	For mental health or substance use treatment referrals, call SAMHSA's National Helpline: 1-800-662-HELP (4357) . It is free, confidential, and available 24/7 in English and Spanish.
For runaway, homeless, or at-risk youth, call or text 1-800-RUNAWAY (1-800-786-2929) . National Runaway Safeline offers 24/7 support and local resource referrals.	For child abuse concerns, call or text Childhelp: 1-800-422-4453 . It is available 24/7 and can help with support and reporting guidance.
For local food, housing, healthcare, counseling, education, and family services, start with 211 . Delaware 211 can be reached by dialing 211 or 1-800-560-3372 , and by texting your ZIP code to 898-211 . Maryland residents can dial 211 . Virginia residents can dial 211 or call 1-800-230-6977 .	For poison emergencies, call Poison Help: 1-800-222-1222 for fast, free, confidential help. If someone has collapsed, had a seizure, has trouble breathing, or cannot be awakened, call 911 immediately.
For relationship abuse or dating violence support for teens and young adults, call 866-331-9474 or text LOVEIS to 22522 .	Teen Line: For teens who want to talk with another trained teen listener, call (800) 852-8336 from 6 p.m. to 10 p.m. PST, or text TEEN to 839863 from 6 p.m. to 9 p.m. PST. Teen Line is for young people up to age 19, and outside those hours they direct people to 988 for 24/7 crisis support.



Mental Health - Nicole Luther



Creating Space to Breathe

In a world that celebrates productivity, speed, and constant activity, many of us have quietly accepted the belief that our worth is measured by how much we accomplish. Our calendars are full, our minds are busy, and even our moments of rest are often filled with noise. Yet Scripture gently reminds us of a different rhythm—one that includes breathing room, stillness, and intentional time with God.

From the very beginning, God built rest into the design of life. In Genesis 2:2–3, after creating the world, God rested on the seventh day and blessed it. This act wasn't because God was tired; it was because rest itself was sacred. By establishing the Sabbath, God created a pattern for humanity: work has its place, but so does stopping.

The Sabbath was never meant to be merely a rule to follow. It is a gift—an invitation to pause, to breathe, and to remember who God is and who we are in Him. When we step away from constant doing, we create space to simply *be* in God's presence.

Many of us struggle with this idea. Our culture teaches us that slowing down means falling behind. Yet the life of faith invites us into a different perspective. Jesus Himself often withdrew from crowds and responsibilities to pray and be alone with the Father (Luke 5:16). If the Son of God made space to pause and reconnect with the Father, how much more do we need those moments?

Creating space to breathe might look different for each of us. It may be a quiet morning with Scripture before the day begins, a walk outside where we notice God's creation, or intentionally setting aside a day or an hour where work and distractions are laid down. These moments are not wasted time—they are sacred space.

When we pause, several important things happen.

First, we remember that God is in charge. Constant busyness can create the illusion that everything depends on us. Sabbath rest reminds us that the world keeps turning even when we stop.

Second, slowing down allows us to realign our hearts with God. In stillness, we begin to hear His voice more clearly. Psalm 46:10 tells us, *"Be still, and know that I am God."* Stillness is often where clarity and peace are found.

Third, rest restores us. God designed our bodies, minds, and spirits to need rhythms of work and renewal. When we ignore this rhythm, exhaustion and discouragement often follow. When we honor it, we experience greater peace and resilience.

For many believers today, reclaiming the Sabbath may start with something simple: intentionally creating small spaces of pause. Try turning off notifications for a while. Sit quietly with God. Let go of the pressure to always produce.

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These pauses remind us that we are not loved because of what we do, but because of who we are—children of God. Sometimes the most spiritual thing we can do is stop striving, breathe deeply, and draw close to the One who gives us life. We were not designed to be "doing" all the time. Sometimes, we are simply meant to be—resting in God's presence, trusting in His care, and allowing our souls to breathe again.



Aligned Living with PRG : Marc Dickerson



Creation is one of the clearest signs that you are no longer just thinking about the life you want—you are actively building it. In the PRG framework, aligned living means creating with intention. It means choosing what matters most, understanding how you are called to show up, and taking practical steps that move your life forward. When your Priorities are clear, your Roles are defined, and your Goals are connected to both, you stop drifting and start building.

That is what April is calling us to do.

Many people want change, but not everyone is willing to build it. Real creation does not usually begin with something dramatic. More often, it begins with one disciplined decision at a time. It may be a new boundary, a better routine, a needed conversation, or a daily habit that finally reflects what you say matters most. A meaningful life is not created by accident. It is created through repeated choices that match your values.

The PRG model gives structure to that process.

Your **Priorities** reveal what matters most. Your **Roles** clarify your relationships and responsibilities within those priorities. Your **Goals** give direction to your effort and help turn purpose into progress. When these three areas work together, you begin creating a life that is not only productive, but also balanced, focused, and meaningful.

Creation also requires honesty. You cannot build everything at once. You cannot give your best energy to every idea, every opportunity, or every demand. Part of aligned living is deciding what to protect and what to release. If something is pulling your time, energy, or attention away from what matters most, it may be slowing down what you are actually trying to build. PRG reminds us that balance matters. When priorities are overcrowded, roles become blurry and goals lose power.

So this month, do not just ask, What do I want to create? Ask, What is worth building right now?

Start with one priority. Identify one role within it that needs more intention. Then choose one goal that supports that role in a clear and practical way. Keep it simple. Keep it specific. Keep it aligned. Small, repeated actions often become the foundation of major change.

Create with PRG this month:

1. Choose one priority to strengthen.

What area of your life needs your best focus right now?

2. Clarify one role within that priority.

How do you need to show up in that area—as a parent, leader, spouse, teacher, friend, professional, or caregiver?

3. Set one goal that supports that role.

Choose a goal that is realistic, measurable, and connected to what matters most.

4. Protect what you are building.

Remove one distraction, one habit, or one commitment that is competing with your alignment.



Facing Adversity - Marc Dickerson



Adversity is part of life, but it does not have to control your direction. Within the PRG framework, adversity can become a moment to refocus rather than retreat. Challenges test your mindset, your discipline, and your commitment to what matters most. When life becomes difficult, return to your **Priorities**, remember your **Roles**, and stay connected to your **Goals**. That is how you keep moving forward with purpose instead of reacting without direction. The PRG model is built to help people live with clarity, structure, and intentional action, especially during stressful seasons.

Hard seasons often reveal what needs to change, strengthen, or be released. They can expose distractions, weak habits, and misplaced energy. **They can also develop resilience, wisdom, and deeper clarity.** Adversity may slow you down, but it can also shape the person you are becoming. The key is to respond with intention. Start by identifying the priority that is most affected by the challenge. Then ask yourself what role you need to strengthen within that priority. Finally, set one goal that is realistic, specific, and measurable. This keeps adversity from becoming chaos and turns it into a chance for growth.

Implementation Step	What to Do	PRG Connection
1. Name the adversity	Identify the challenge clearly instead of reacting emotionally. Ask: <i>What exactly happened?</i>	Clarity is the first step to staying aligned.
2. Revisit your priority	Decide which priority is being affected most: health, family, work, faith, education, finances, or another area.	Priorities reveal what matters most.
3. Strengthen your role	Ask: <i>Who do I need to be in this situation?</i> A parent, leader, student, spouse, employee, or friend?	Roles define your responsibilities and how you should respond.
4. Set one focused goal	Choose one realistic next step that is specific, measurable, and achievable for this week.	Goals give direction and prevent chaos.
5. Reframe your thinking	Replace frustration and intimidation with a constructive response. Ask: <i>What can this teach me?</i> <i>What can I control?</i> (Motivation)	Positive thinking helps you stay productive and resilient.
6. Use stress tools	Slow down breathing, clear your mind, move your body, get proper rest, or reach out for support.	Managing stress protects your priorities.
7. Practice daily discipline	Follow through with small actions instead of waiting for motivation. Use a checklist, schedule, or written plan.	Discipline keeps progress moving when emotions are unstable.
8. Review and adjust	At the end of the week, ask: <i>What worked?</i> <i>What needs to change?</i> <i>What is my next step?</i>	PRG works best when it is reviewed on purpose, not by accident.



Move with Purpose

Physical health is built on three major pillars: **diet, exercise, and sleep**. Each one affects the others. When one area is neglected, the others often suffer. Within the PRG framework, physical health supports your ability to stay focused in your priorities, fulfill your roles, and pursue your goals with energy and discipline.

This month, the focus is on **exercise**. Exercise can improve heart health, build strength, increase flexibility, support balance, and reduce stress. The best way to begin is with consistency, not intensity. Walking, stretching, bodyweight exercises, cycling, swimming, and light strength training are all strong starting points. Start where you are and build gradually. Even 15 to 20 minutes of movement three times a week can create progress. Choose activities you can maintain, use proper form, and stay consistent. Small steps, repeated over time, lead to lasting results.

Disclaimer: Before beginning any exercise program, seek the advice of your physician, especially if you have medical conditions, injuries, or health concerns. You may also benefit from working with a certified trainer.

Exercise Chart

Type of Exercise	What It Helps	Examples	How to Start
Cardio	Heart health, endurance, energy	Walking, jogging, cycling, swimming	Start with 15–20 minutes, 3 times per week
Strength Training	Muscle, bone health, joint support	Dumbbells, resistance bands, push-ups, squats	Begin with light weight or bodyweight, 1–2 sets
Flexibility	Mobility, range of motion, less stiffness	Stretching, yoga, mobility drills	Add 5–10 minutes after exercise or at night
Balance	Stability, coordination, fall prevention	Standing on one foot, heel-to-toe walk, balance drills	Practice 2–3 times each week for a few minutes
Low-Impact Exercise	Fitness with less stress on joints	Walking, swimming, chair exercises, elliptical	Good option for beginners or those returning to exercise



Responding with Calm: Why Assertiveness and Coping Skills Matter

Anxiety and fear can shape how people interpret situations, often causing them to react before they fully understand what is happening. In moments of stress, emotions can rise quickly, assumptions can take over, and misunderstandings can follow. That is why assertiveness, calm communication, and healthy coping skills are so important. These tools help people respond with clarity, reduce conflict, and make safer decisions under pressure. They also support stronger relationships by encouraging respectful communication instead of impulsive reactions. When people learn how to pause, think, and speak carefully, they are more likely to handle tense situations in a constructive and responsible way.

One belief worth holding onto is this: **a person cannot change history, but a person can change their response to history.** Difficult experiences cannot be undone, but they can teach lessons about communication, emotional control, and personal growth. In many cases, a more assertive and composed response can lead to a better outcome. For that reason, it is important to help children, teens, and adults develop practical ways to manage stress and express themselves clearly. Growth often begins when a person reflects on the past, learns from it, and chooses to respond differently moving forward.

A recent experience reinforced that truth. While entering a grocery store, I noticed a young child moving toward the exit while his mother was distracted. My immediate concern was the child's safety and the possibility that he could wander into the parking lot and be injured. Situations like this show how easily good intentions can be misunderstood. They also highlight the value of calm, assertive communication. A simple statement such as, *"I was concerned that your child might enter the parking lot unsupervised and be put in danger,"* keeps the focus where it belongs—on safety rather than accusation or emotion. In tense public moments, staying calm can make all the difference in how others understand both the situation and the intent behind a person's actions.

This month's focus is on **anxiety and fear** as the starting point for a broader discussion on strong emotions. These feelings can cloud judgment and cause people to react too quickly. Public situations are especially vulnerable to misunderstanding. For example, an adult providing first aid to a choking child could be misread by someone who enters the situation halfway through. What is actually emergency assistance may be perceived as harmful behavior. That reality reminds us that context matters and that thoughtful responses are essential. It also reminds us that emotional control is not weakness; it is a strength that allows people to respond wisely when others may be reacting emotionally.

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Dealing with Stress - Continued from page 9



For youth, one important safety lesson is this: if a small child appears separated from a parent in a parking lot or near a store entrance, the safest response is to guide the child back into the store and notify store personnel immediately. Bringing the child to customer service or checkout and waiting in a safe, public place helps protect the child while also reducing confusion and risk. Involving store staff adds accountability and helps ensure the situation is handled appropriately and safely.

Coping skills are most effective when they are practiced ahead of time. Young people should work on a few strategies at a time while they are calm so they are better prepared to use them when they feel anxious, afraid, or overwhelmed. One of the simplest and most effective coping tools is to slow down breathing and quietly count to ten. That brief pause can reduce panic, improve judgment, and create space for a more thoughtful and responsible response. Other helpful strategies may include using clear “I” statements, asking for help from a trusted adult, or stepping back long enough to regain emotional control before speaking.

Mistakes, misunderstandings, and difficult moments are part of life, but they do not have to define a person. They can become opportunities for growth, learning, and stronger decision-making. With practice, people can develop the ability to respond with greater wisdom, confidence, and self-control. **Mistakes are stepping stones to learning.**

PRG Products and Services



PRG Life offers practical services like group classes, workshops, and keynote speeches to help individuals and teams live with clarity and purpose. Each service is designed to align your values with meaningful action through the PRG framework. Visit www.prglife.org for more information.

<u>Products</u>	<u>Services</u>	<u>Events</u>	<u>Social Media</u>
"Priorities, Roles, and Goals: The Program" Book	Individual and Group Classes	Author Meet and Greets	 https://www.youtube.com/@MarcDickersonPRG  https://www.facebook.com/myprgprogram/  https://www.linkedin.com/in/marc-dickerson-84b0272ab/  https://x.com/Duke2Innovation
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	Institutional Partnerships		



Key Takeaways for This Month:



- **Creation begins with clarity.** You cannot build a meaningful life until you know what matters most.
- **What you create should reflect your Priorities, your Roles, and your Goals.** Purpose becomes real when vision turns into action.
- **Small decisions matter.** One boundary, one conversation, and one disciplined step can start lasting change.
- **Healthy habits, stronger routines, and better relationships do not happen by accident.** They are built with intention.
- **Balance is necessary for growth.** You cannot give your best energy to everything, so protect what matters most and let go of distractions.
- **True creation needs structure.** Vision becomes stronger when it is supported by habits, routines, and daily action.
- **Creativity is not just productivity.** It can be an expression of purpose, wonder, gratitude, and faith.
- **Rest is part of the process.** Creating space to breathe, slow down, and be still helps restore peace, resilience, and direction.
- **Calm communication is strength.** Assertiveness, emotional control, and coping skills help people respond wisely under pressure.
- **Mistakes do not have to define you.** They can become opportunities for learning, growth, and stronger decision-making.

Seaford Public Library Events



Physical wellness/Fitness:

- Moving Meditation happens every Tuesday and Friday at 11am
- Line Dancing every Friday at 12:15pm
- Walk with Ease (self-led walking groups) Wednesday, April 1 & 8 at noon

Call to Action



Take one intentional step this month: support a young person, strengthen your priorities, live your roles, and move toward your goals with purpose, discipline, hope, and meaningful action every day.

Mental wellness:

- Division of Substance Abuse and Mental Health table/resources - Wednesday, April 1st at 10am
- Division of Substance Abuse and Mental Health table/resources - Monday, April 6th at 10am
- Delaware First Health table/resources - Wednesday, April 8th at 10am
- Brandywine Counseling and Community Services HIV table/resources - Tuesday, April 14th at 10am
- Division of Substance Abuse and Mental Health table/resources - Monday, April 20th at 10am
- Delaware Trauma Response for Youth Table - Friday, April 24th at 10:30am "



Renew. Refine. Realign.

Within the PRG framework, growth requires regular evaluation and intentional adjustment. To renew is to reconnect with what matters most and restore focus to your Priorities. To refine is to examine how you are carrying out your Roles and make the changes needed to show up with greater consistency, discipline, and purpose. To realign is to ensure that your Goals still match the direction of your life and the values you want to live by. This process is not about starting over or chasing perfection. It is about being honest about what is working, what is out of balance, and what needs to change. When you take time to renew your focus, refine your daily choices, and realign your actions, you strengthen the connection between your Priorities, your Roles, and your Goals. That alignment creates clarity, builds momentum, and helps you move forward with greater confidence, structure, and intention in every area of life.



Thank you for reading the Priorities, Roles, and Goals Newsletter. I appreciate any questions or comments you may have. E-mail me at marc.dickerson@prglife.org.

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