



"Live by Design, Not by Default"

A Welcome Message From Marc Dickerson



Dear PRG Community,

Welcome to the August edition of **PRG Pulse**.

As summer begins to wind down, many of us find ourselves standing at a natural transition point. The vacations begin to end, students prepare to return to school, routines start to change, and new opportunities appear on the horizon. It is the perfect time to pause, evaluate where we are, and ask ourselves an important question:

Am I moving in the direction I truly want to go?

This month's theme is **Reset and Refocus**.

Life has a way of pulling us in many directions. Responsibilities increase, unexpected challenges arise, and before we know it, we can drift away from the priorities that matter most. The good news is that we never have to wait for a new year, a new job, or a major life event to make positive changes. Every day gives us another opportunity to reset our thinking, refocus our attention, and realign our lives with our Priorities, our Roles, and our Goals.

Throughout this month's issue, our writers explore practical ways to reset spiritually, mentally, physically, and emotionally. Whether you're rebuilding healthy habits, overcoming adversity, managing stress, strengthening relationships, or pursuing personal growth, I hope these articles encourage you to move forward with renewed clarity and purpose.

Remember, success is rarely the result of one big decision. It is built through small, intentional choices made consistently over time.

Thank you for being part of the PRG community. I hope this month's edition encourages you to let go of distractions, focus on what matters most, and continue living by design—not by default.

Have a blessed, productive, and purposeful August!

— **Marc Dickerson**

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"Failure is simply the opportunity to begin again, this time more intelligently."

— **Henry Ford**

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PRG Key Insight:



PRG Key Insights: Reset and Refocus

1. A reset begins with honest reflection.

Before moving forward, take time to evaluate what is working, what is not working, and what needs to change. Growth requires honesty about your habits, choices, and direction.

2. Refocusing means returning to what matters most.

Distractions can slowly pull time and energy away from your priorities. Refocusing helps you identify what deserves your attention and what needs to be released.

3. Your Priorities provide direction.

When life feels scattered, return to your Priorities. They remind you what matters most and help you make decisions with greater clarity.

4. Your Roles define how you should show up.

Consider the responsibilities and relationships connected to each priority. Ask yourself whether your current actions reflect the person you want and need to be.

5. Your Goals should match your current season.

A goal that made sense several months ago may need to be adjusted. Review your goals and make sure they are still realistic, meaningful, and aligned with your present responsibilities.

6. Small changes can create a powerful reset.

You do not need to rebuild your entire life overnight. One improved habit, one stronger boundary, or one intentional decision can begin changing your direction.

7. Refocusing requires removing distractions.

Progress is difficult when your time, energy, and attention are divided. Identify the habits, commitments, or situations that are preventing you from moving forward.

8. A reset is not failure.

Changing your plan does not mean you failed. It means you are paying attention, learning from experience, and choosing a better direction.

9. Consistency turns renewed focus into progress.

Motivation may begin the reset, but discipline sustains it. Repeated actions are what transform good intentions into lasting results.

10. You can begin again today.

You do not need to wait for a new week, month, or year. Every day offers an opportunity to realign your Priorities, strengthen your Roles, and take another step toward your Goals.



Reset & Refocus: Creating Space for God to Renew Your Mind

Life has a way of pulling us in a hundred different directions. Between responsibilities, unexpected challenges, and the constant stream of information competing for our attention, it's easy to lose sight of what matters most. Sometimes the most productive thing we can do isn't to push harder—it's to pause.

***A reset isn't quitting.
It's realigning.***

One of the most fascinating discoveries in neuroscience is the brain's ability to change throughout our lives. The human brain has the remarkable ability to strengthen the pathways we use most. The thoughts we repeatedly think, the habits we consistently practice, and the places we focus our attention all influence the wiring of our brain.

God designed our brains with this incredible capacity long before science could explain it. Romans 12:2 tells us, *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."* God isn't asking us to ignore reality or pretend life is easy. He's inviting us to intentionally shift our focus from fear to faith, from distraction to purpose, and from striving to trusting Him.

When we're overwhelmed, our nervous system often shifts into survival mode where it's difficult to think clearly, solve problems, or hear God's direction. That's why taking a few slow, intentional breaths, stepping outside, praying, or sitting quietly in God's presence isn't wasting time—it's helping regulate our nervous system so our minds can become more receptive to wisdom, peace, and truth.

Philippians 4:8 gives us a practical blueprint for this mental reset: *"Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable... think about such things."* Every time we intentionally redirect our thoughts toward God's truth instead of our fears, we strengthen healthier thought patterns while deepening our trust in Him.

Refocusing happens through small, intentional choices repeated consistently such as opening your Bible before opening social media, beginning your morning with gratitude before diving into your to-do list or taking a five-minute prayer walk instead of replaying anxious thoughts. These simple practices may seem small, but over time they reshape our minds and our hearts.

God never asks us to carry yesterday's burdens into today. His mercies are new every morning (Lamentations 3:22-23). Every sunrise is an invitation to begin again.

So, if you've been feeling distracted, discouraged, or exhausted, give yourself permission to pause, breathe deeply, and invite God into the moment. As you reset and refocus, you're not only building healthier neural pathways—you're cultivating a mind that is anchored in Christ.

This week, set aside just five minutes each day to intentionally reset your mind and refocus your heart.

R – Rest: Take five slow, deep breaths and release your tension to God.

E – Evaluate: Ask yourself, *"What has been filling my mind lately?"*

S – Scripture: Read one verse slowly and meditate on God's truth.

E – Express Gratitude: Write down three blessings from your day.

T – Take One Step: Choose one small action that aligns with your faith and purpose.



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Spotlight: Rony Flechier



From Haiti to Seaford: Rony Flechier's Journey of Preparation, Perseverance, and Service

Rony Flechier's journey from Haiti to becoming associate principal at Seaford High School is a story of perseverance, preparation, and the power of a strong support system.

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Rony learned early that education could not be taken for granted.

Born and raised in Haiti, Rony learned early that education could not be taken for granted. Public-school opportunities were limited, and private education was often beyond a family's financial reach. He attended both Catholic and public schools as his family's circumstances changed. Through every challenge, his mother kept him focused. Although she had only about a third-grade education, she constantly reminded her children that education was "the only thing you have that nobody can take away from you."

Rony's support extended beyond his home. Adults throughout his neighborhood encouraged children to take school seriously, shared food when families were struggling, and helped teach one another. Older students taught younger students, while younger students learned to reach back and help those behind them. That community-centered upbringing shaped Rony's character and later became the model for his work with students.

His academic performance and soccer ability earned him a rare opportunity to complete high school in France as one of only nine exchange students. The transition was difficult. In Haiti, he had limited access to books and computers. In France, he suddenly had both, but had to learn how to use them. Assignments that took French students one hour sometimes took Rony and the other exchange students five hours. Instead of becoming discouraged, they worked harder. "We knew where we came from," Rony explained. "We were well aware of our weaknesses." He described the students as dry ground seeking water—"thirsty for education." By graduation, they had closed the gap.

"Do not wait when you see the opportunity. Prepare before the opportunity arrives."

Soccer also opened doors. Rony played professionally in his hometown, joined Haiti's Olympic team during the 1991 qualification campaign, and later played for the national team. The small payments he earned from soccer helped him meet basic needs. More importantly, the sport taught him discipline and readiness.

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Spotlight: *(continued from page 4)*



One teammate urged Rony to obtain a passport before he had any plans to travel. Rony saved his soccer earnings and followed that advice. Later, when his principal offered him the opportunity to study in France, he was ready. That experience taught him, “Do not wait when you see the opportunity. Prepare before the opportunity arrives.”

Rony later studied industrial engineering in Haiti, earned another scholarship to Canada, completed his bachelor’s degree, and earned a master’s degree in engineering from the University of Moncton. After returning to Haiti and working for a cement company, political instability led him to the United States. His brother, then serving at Dover Air Force Base, gave him a place to begin in Delaware.

Unable to secure an engineering position, Rony turned toward something he had always loved: teaching. He began as an English-language-learner paraprofessional at Blades Elementary School. With support from Principal Susan Nancarrow, he developed his skills, continued his education, and became an ELL math teacher. He later taught mathematics at Seaford High School and spent 16 years in the classroom before moving into administration.

Unable to secure an engineering position, Rony turned toward something he had always loved: teaching.

Rony pursued leadership because he wanted to reach more students. As an administrator, he could help an entire student body recognize opportunities, align actions with goals, and prepare for college, technical training, or employment.

One example shows the impact of that commitment. Rony helped a student pursue welding training while completing high school. After earning his certificate, the student began working four twelve-hour days each week. Rony encouraged him to arrange college classes around his work schedule, take two classes at a time, and avoid overloading himself. The young man continued working toward an associate degree and national certification while earning enough money to buy a house. He moved his mother, brothers, and sister out of a motel and into their own home. For Rony, this is what education and mentoring can accomplish together.

Rony’s remarkable success was not the result of one lucky break. It came from family encouragement, community support, hard work, faith, preparation, and the willingness to act. His guiding principle is captured in the six Ps: “Proper prior planning prevents poor performance.” His life proves that support may open a door, but perseverance and preparation make a person ready to walk through it.





Mental Health: Fred Sayin



Resetting Our Thinking: Challenging Stereotypes and Choosing Better Responses

To reset and refocus, we sometimes need to examine the assumptions we make about other people. Stereotypical thinking involves placing individuals into oversimplified categories based on the group to which they belong. These assumptions are often incomplete, biased, and unfair. When stereotypes are repeated long enough, they can influence how people are treated and may lead to prejudice, exclusion, or bullying.

In the June 2026 edition of the PRG Pulse, I discussed the stereotype that **“disability means inability.”** That statement is not true. People may complete tasks, communicate, learn, or move differently, but they still deserve respect and opportunities to demonstrate their value. Resetting our thinking means focusing on what people can do instead of immediately judging them by their limitations.

Another stereotype is that **Generation Z has more problems with depression than everyone else.** It is important not to label an entire generation. Depression can affect people of different ages and backgrounds. It may tell a person harmful lies, including:

“You will never be happy again.”

“You are a burden to your family and friends.”

“You do not deserve help.”

“You are weak for feeling this way.”

“No one cares about you.”

These statements are not true. People experiencing depression deserve support, compassion, and access to appropriate help. Telling someone to “man up” or suggesting that boys should not cry can prevent people from expressing their emotions and asking for assistance. Resetting our thinking requires replacing shame and judgment with listening and encouragement.

Other common stereotypes include **“women are too emotional,” “men are too impersonal,”** and **“math is for boys, not girls.”** Individuals are influenced by many factors, including personality, environment, experiences, education, biology, and opportunity. A person’s gender does not determine their emotional ability, intelligence, or potential. My sister-in-law is an accountant, just like her husband, which is one everyday example of why assumptions about gender and mathematics should be challenged.

Resetting our thinking is also important when responding to conflict. Consider this situation involving two second-grade students. Ben tells Mike, “I want you to stop kicking me. I am asking you to stop touching my body with your hands or feet.”

Mike refuses and continues insulting him. Instead of fighting, Ben takes several deep breaths, quietly counts to ten, and walks away with another student, Matthew. A teacher witnesses Mike’s behavior and responds appropriately.

Ben and Matthew chose assertiveness without aggression. They protected themselves, avoided a fight, and allowed an adult to address the situation. Their response demonstrates an important lesson: **walking away is not weakness. It is often a sign of self-control.**

This month, reset the assumptions you make about people and refocus on respect, individuality, and responsible choices. Challenge stereotypes, speak assertively, manage strong emotions, and seek help when necessary. Better thinking can lead to better behavior, safer decisions, and stronger relationships.



Aligned Living with PRG: Marc Dickerson



Aligned Living with PRG: Reset the Direction, Not the Destination

Sometimes life does not need a complete overhaul. Sometimes it simply needs a reset.

We can become busy, distracted, tired, or pulled in too many directions without realizing how far we have moved away from what matters most. The PRG framework gives us a simple way to stop, evaluate, and realign our lives with greater intention.

Start with your **Priorities**. Ask yourself: *What matters most to me right now?* Different seasons of life require different levels of attention. Refocusing begins by identifying what deserves your time, energy, and focus today.

Next, examine your **Roles**. Ask: *Who do I need to be within this priority?* You may need to become more intentional as a parent, spouse, student, employee, leader, friend, caregiver, or simply in taking better care of yourself. Your Roles remind you how you are responsible for showing up.

Then review your **Goals**. Ask: *Where am I going, and does this goal still support what matters most?* Goals can be adjusted, simplified, delayed, or even removed when they no longer fit your current direction.

Resetting does not mean you failed. It means you are paying attention, learning from experience, and making a better decision about what comes next.

Choose one **Priority, one Role, and one Goal**. Give them your focused attention. Sometimes progress begins not by doing more, but by stopping, resetting, and refocusing on what matters most.

Clarity returns when your daily actions begin matching the life you value. That is how aligned living becomes a daily practice again.

Quote of the Month



"The successful warrior is the average man, with laser-like focus."

— Bruce Lee

Success is not reserved for extraordinary people. It comes to those who eliminate distractions, commit to their purpose, and consistently focus on what matters most. Resetting allows us to remove what is unnecessary, while refocusing helps us direct our energy toward the priorities, roles, and goals that create lasting success.



Mental Health: Clear the Mental Clutter

Sometimes the biggest thing we need to reset is not our schedule—it is our mind.

Mental clutter can come from worry, unfinished responsibilities, negative self-talk, constant notifications, difficult relationships, or simply trying to think about too many things at once. When our minds become overloaded, it can become harder to concentrate, make decisions, rest, and focus on what actually matters.

A mental reset begins by identifying what is taking up space in your thoughts. Ask yourself: *What am I thinking about repeatedly? Is it something I can control? Is it helping me move forward?*

Not every thought deserves your continued attention. Some situations require action, while others require acceptance. Learning the difference can protect your time and emotional energy.

Refocusing also means being intentional about what you allow into your mind. Take breaks from your phone and social media. Write down responsibilities instead of trying to remember everything. Spend time outside. Exercise. Talk with someone you trust. Create quiet moments during the day when your mind is not constantly being stimulated.

Most importantly, do not expect yourself to solve everything at once. Choose one concern, one decision, or one responsibility and determine the next reasonable step.

A Simple Mental Reset

Pause: *Slow down before reacting.*

Identify: *What is occupying your thoughts?*

Control: *Separate what you can change from what you cannot.*

Release: *Let go of unnecessary mental weight.*

Refocus: *Give your attention to what matters now.*

A healthier mind is not a mind without problems. It is a mind learning where to place its attention.



Dealing with Stress: Reset Before Stress Takes Control

Stress is a normal part of life, but when it begins controlling our thoughts, emotions, and decisions, it can pull us away from what matters most. Responsibilities at work, school, home, finances, relationships, and unexpected problems can build quickly. August's theme, **Reset and Refocus**, reminds us that we do not have to keep pushing forward when our stress level is telling us something needs to change.

A reset begins by slowing down long enough to identify what is creating the pressure. Ask yourself: *What is causing my stress? Can I control it? What needs my attention right now, and what can wait?* Stress often feels larger when we try to solve everything at the same time. Breaking a problem into smaller steps can make it feel more manageable and help us regain a sense of direction.

Refocusing means putting our energy where it can make a difference. Take a short walk, slow your breathing, write down what needs to be done, talk with someone you trust, get adequate rest, or step away from unnecessary distractions. You may not be able to remove every stressful situation, but you can improve how you respond to it.

The Stress Reset

When You Feel...

Reset

Refocus

Overwhelmed

Stop and take several slow breaths

Choose one task to handle first

Worried

Identify what you can and cannot control

Take action on what you can control

Distracted

Step away from unnecessary noise

Return attention to your top priority

Frustrated

Pause before reacting

Respond instead of reacting

Exhausted

Give your body and mind time to recover

Protect sleep, nutrition, and downtime

Stuck

Break the problem into smaller pieces

Take one realistic next step

Managing stress is not about eliminating every problem. It is about recognizing when you need to pause, reset, and refocus so that stress does not determine your next decision.



Reset, Refocus, and Keep Moving

Adversity can interrupt our plans, challenge our confidence, and make us question the direction we are going. Difficult situations may come through disappointment, loss, conflict, failure, health concerns, financial pressure, or unexpected changes. We may not be able to control what happens, but we can control how we respond.

August's theme, **Reset and Refocus**, is especially important during adversity. A reset does not mean pretending the problem does not exist. It means slowing down, looking honestly at the situation, and deciding what needs to happen next. Refocusing means shifting attention away from everything that went wrong and toward the choices that are still within our control. That supports the newsletter's message that changing direction is not failure; it can be a sign that we are learning and making a better decision.

Within the PRG framework, adversity is a time to return to your **Priorities, Roles, and Goals**. Ask what matters most right now. Consider who you need to be during the challenge. Then identify one realistic goal that will help you move forward.

The Adversity Reset

<i>When Adversity Hits</i>	<i>Reset</i>	<i>Refocus</i>
Something fails	Identify what went wrong	Decide what you can learn
Plans change	Accept the new reality	Adjust the plan
You feel discouraged	Pause negative thinking	Remember your purpose
You feel overwhelmed	Break the problem down	Take one next step
You make a mistake	Take responsibility	Correct it and move forward
Progress slows	Reevaluate expectations	Stay consistent

*Adversity may change your path, but it does not have to determine your destination. **Reset your thinking, refocus your effort, and keep moving toward what matters most.***

PRG Pulse

August 2026



Key Takeaways for This Month:



- 1 Resetting is not failure.** Sometimes growth requires stopping, evaluating what is working, and choosing a better direction.
- 2 Refocus on what matters most.** Return to your Priorities, strengthen your Roles, and make sure your Goals still fit your current season.
- 3 Manage stress by controlling your response.** Pause, identify what you can control, reduce distractions, and take one realistic next step.
- 4 Adversity can redirect you without defeating you.** Learn from setbacks, adjust your plan, and keep moving forward with clarity, discipline, and purpose.

Call to Action



- 1 Reset one area of your life.** Identify one habit, routine, or commitment that needs to change and take one step to improve it.
- 2 Refocus on your top priority.** Decide what deserves more of your time, energy, and attention this month.
- 3 Review your Roles and Goals.** Make sure the way you are showing up and the goals you are pursuing still match what matters most.
- 4 Take one intentional step today.** Do not wait for the perfect time. Choose one action that moves you forward.

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.

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"Priorities, Roles, and Goals: The Program" Book
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