



"Live by Design, Not by Default"

Priorities, Roles, and Goals

A Welcome Message From Marc Dickerson



Welcome to the beginning of a life lived with purpose.

If you're reading this, there's a part of you that knows life is meant to be more than just getting through the day. Maybe you've felt it—that quiet inner nudge calling you toward something more profound, more meaningful, more aligned. You're not alone. I've felt it too.

That's why I'm so excited to begin this journey with you. This isn't about adding more to your plate or chasing someone else's version of success. It's about slowing down, getting clear, and building a life that reflects what truly matters to you.

This month, we're laying the foundation with a simple but powerful model: Priorities → Roles → Goals (PRG). It's not just a to-do list—it's a framework for intentional living. When you know what matters, how you want to show up, and what you're working toward, everything changes.

It might feel unfamiliar at first. That's okay. Growth starts with discomfort. You don't need all the answers right now—just the willingness to ask better questions.

You're here for a reason. Let's begin.

• Marc Dickerson is the owner of Duke2 Innovations and the author of the book, "Priorities, Roles, and Goals."

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This Month's Theme



Introduction to the PRG philosophy and getting started.

The initial month focuses on the PRG (Priorities, Roles, Goals) model and its importance in personal development. Many people find themselves unsure of their life direction, but the PRG framework offers a straightforward, organized way to uncover one's purpose. In this period, you will gain insights into how your priorities influence your life choices, how your roles signify your relationships and responsibilities, and how your goals facilitate the achievement of that purpose.

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



Do Better,
Be Better.



PRG Key Insight



What is PRG?

PRG stands for **Priorities** → **Roles** → **Goals**— and it's more than just a model. It's a roadmap for intentional living. Here's how it works:

Priorities: What matters most to you? What do you stand for?

Roles: What are your relationships and responsibilities?

Goals: What actions bring your values and roles to life?

When these three align, purpose emerges naturally. No more drifting — you're designing your days with meaning.

What is the purpose of the PRG Framework?

The PRG framework helps individuals find clarity and direction in life by guiding them to uncover their purpose through a focus on what truly matters. Its goal is to encourage readers to start thinking intentionally about their life direction.

"Establish Your Priorities"

Consider reflecting on the critical aspects of your life that mean the most to you. These may include areas that demand significant time, energy, or attention, such as your relationships with family, your contributions to your career, your pursuit of education, your involvement in the community, or any other relevant areas in your life.

"Know Your Roles"

Your roles encompass the various relationships and responsibilities you hold in your life. Consider your priorities and identify the roles, such as those of a parent, teacher, or leader, that you play within each priority.

"Set Your Goals"

It's essential to understand that your goals should align with your priorities and roles. This alignment strengthens the cohesion and satisfaction you experience with them. Your goals are central to your overall PRG (Priorities, Roles, and Goals) Program, helping to connect all aspects of your life.



The PRG Framework guides individuals to live intentionally by aligning their priorities, roles, and goals. By clarifying what matters most and taking purposeful action, it helps bring direction, cohesion, and meaning to everyday life.



Mental Health - This month with Kelly Willie



Hi! I'd like to take a moment to introduce myself and invite you into one of my favorite exercises for the New Year! I'm Kelly Willie, Chaplain, Retreat Designer and Speaker, Former Nashville Recording Artist, Published Award Winning Author, Mom and Wife. I'm passionate about helping people flourish in their whole being and grow in understanding of how deeply we are loved by God!

Have you ever heard of the ONE WORD practice? This is a wonderful way to bring a "theme" into the coming year – a word that will help you focus, notice, and live more intentionally. I have consistently chosen my ONE WORD for the last several years. Last year, my word was NEW. Little did I know how much that word would reshape my life! As a woman of faith, I begin by asking God to help me discern what my word-of-the-year will be. For 2025 the word NEW just kept coming up for me. I was thinking that I'd like to have a new experience, visit a new place, learn a new skill but never in a million years did I think that 2025 was going to lead me to a New state, New home, New community!

Here are some helpful ideas should you decide to take the ONE WORD challenge:

- † You can do a google search for a list of ideas for a one word of the year.
- † Consider asking God what word He may want for you to focus on. Look at your list of words and circle ones that intrigue you and narrow down to the one that really hits home for you.
- † For a deep dive, read **"One Word That Will Change Your Life"** by Jon Gordon, Dan Britton and Jimmy Page
- † Consider making something where you will see your word throughout the year. I put my word on a painted rock and now I have a beautiful rock garden of past words! But there are a lot of ideas out there – just have fun and be creative!

Happy New Year! For more information on my book, where to stream my music or learn about my life coaching practice, feel free to reach out at wholeyou1@gmail.com. Happy New Year!



What is your one word going to be?

My one word this year is going to be "Perspective." -Marc



Spotlight: Glenn Phillips



From Fired to Admired

By Marc Dickerson

Glenn Phillips, born and raised in Laurel, Delaware, is a seasoned football coach and community leader with a deep-rooted passion for mentoring youth. A standout athlete in both football and baseball, Glenn earned multiple all-state honors and played at the collegiate level before turning to coaching. His parents, Glenn and Debbie Phillips, were key influences—his father a long-time Pop Warner and high school coach, and his mother a steady presence at every game and milestone. Glenn’s younger brother, Shawn was also a multi-sport standout, later drafted by the Texas Rangers and now a successful coach himself. “We were just a sports family,” Glenn said. “Coaching, playing, being involved—it was in our blood.”

But Glenn’s path has not been without adversity. In 2015, after five years as a head coach—including a state championship appearance and being named Coach of the Year—he was unexpectedly let go due to administrative changes. The loss was devastating. “It took a piece of my heart,” he said. “I was depressed, anxious... I didn’t know who I was without football.” Having dedicated his life to that program since childhood, Glenn struggled with identity and direction. But instead of giving up, he turned inward and upward—leaning on faith, family, and trusted mentors. He joined the staff at Parkside High School, rebuilt his confidence, and slowly found joy in coaching again. In 2025, he was hired to lead Seaford High School. That season, he guided the team—coming off a 2–8 record under a previous coach—to a 12–1 finish, claiming the school’s first football state championship in decades.

Glenn’s comeback is powered by clear priorities: faith, family, football, and community. As a full-time superintendent for DelDOT and a hands-on father, Glenn balances a demanding schedule with discipline and structure. “My Sundays are sacred,” he said. “Football at 7 AM, then church, then family dinner—that’s non-negotiable.” His week is carefully mapped out around coaching responsibilities, his daughter’s activities, and his wife’s yoga nights. “My daughter has dance on Tuesday, piano on Wednesday, ballet on Thursday,” he shared. “I leave practice early on Thursdays so my wife can make it to her class. That’s how we make it all work.” Glenn’s life reflects the essence of the *Priorities, Roles, and Goals* model: intentional living, where every role is respected and every goal has purpose.

Glenn’s story is more than a coaching comeback—it’s a lesson in resilience, leadership, and living with intention. “Adversity doesn’t define you,” Glenn said. “It reveals who you are and what you’re made of.” His journey from being fired to being admired shows what’s possible when you realign with your core priorities and push forward with purpose. He’s not just winning games—he’s changing lives, giving back to his community, and showing young people what it looks like to lead with heart. “I tell my players all the time, football is just the vehicle. The real goal is becoming better men.” Glenn Phillips is living proof that with the right mindset—and the right priorities—setbacks can become setups for something far greater. Today, he’s admired in Seaford not just for how he wins, but for how he coaches, leads, and teaches his players to be champions in life.





Facing Adversity with Emotional Intelligence



Emotional intelligence (EQ) is your ability to recognize, understand, manage, and use emotions—both your own and others’—in healthy and effective ways. It involves being emotionally aware and skillful in how you respond to challenges, build relationships, and make decisions, rather than suppressing emotions or reacting impulsively. EQ helps you manage your own emotions, empathize with others, and handle conflict with calm and wisdom. ***This makes it especially effective for dealing with adversity,*** as it allows you to stay grounded under pressure and respond thoughtfully to difficult situations. By strengthening emotional intelligence, you build resilience, improve your relationships, and enhance your ability to lead and thrive through life’s challenges.

The 5 Core Components of Emotional Intelligence:

	Definition 	Key Traits 	Growth Tip 
1. Self-Awareness	The ability to recognize and understand your own emotions, triggers, and how they affect your thoughts and behavior.	Confidence, accurate self-assessment, emotional insight.	Practice regular reflection (e.g., journaling or mindfulness) to tune into your emotional states.
2. Self-Regulation	The ability to manage your emotions in healthy ways, control impulsive behaviors, and adapt to changing circumstances.	Self-control, adaptability, trustworthiness, conscientiousness.	When emotions rise, pause before reacting. Develop coping strategies like deep breathing or reframing thoughts.
3. Motivation	Being driven to achieve for the sake of achievement, not just external rewards. It involves persistence and resilience.	Initiative, commitment, optimism, goal-oriented behavior.	Set personal goals that align with your values to maintain long-term drive and focus.
4. Empathy	The ability to understand and share the feelings of others; recognizing emotions in others and responding appropriately.	Compassion, active listening, cultural sensitivity.	Practice perspective-taking—ask yourself, “What might this person be feeling?” before responding.
5. Social Skills	The ability to manage relationships, influence others positively, and navigate social complexities.	Communication, collaboration, conflict resolution, leadership.	Focus on clear communication, seek feedback, and work on building rapport in both personal and professional relationships.



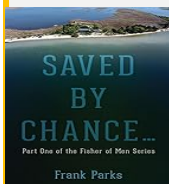
What New in PRG?



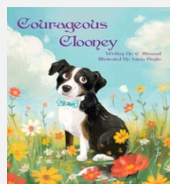
A huge thank you to the Seaford Public Library! On November 25th, 2025, we hosted an Author Meet and Greet. I was joined by fellow authors Frank Parks, Amri Jones, Chris Strassel, and Nicole Luther. We spent time networking and sharing valuable insights into the publishing process. Each of us took turns reading a small portion of our books and discussed what inspired us to write and navigate the publishing process.

We will be organizing more events in the near future, so keep an eye on our "Events" section for more information. If you would like to visit the Seaford Public Library's website, you can go to this link: <https://seaford.lib.de.us/>. Please consider looking for the donation tab to support the library!

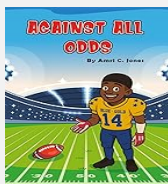
Frank Parks



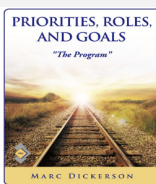
Chris Strassel



Amri Jones



Marc Dickerson



Nicole Luther

Lorelei and
Henry Calm
their Minds:
Brain Science
for Kids



Upcoming PRG Events



Podcast Interview on The Book Connection Show is now available online. At <https://YouTube/pWBjt3KEZvw>

New videos are coming soon on my YouTube Channel.
<https://www.youtube.com/@MarcDickersonPRG>

More Author Meet and Greet are coming soon!

July 2026 Milford Public Library Local Author Sign and Sell



“Faith Forward: Spiritual Growth with Nicole Luther”



When the New Year Feels Hard: Faith, the Brain, and Moving Forward

Every January, we promise ourselves *this* will be the year things change. New habits. New routines. A healthier mind. A deeper faith.

Yet by mid-January, many of those resolutions quietly fade—not because we don’t care or lack discipline, but because our brains are wired to cling to what’s familiar, even when God is calling us forward.

Have you noticed how easy it is to stay in patterns you want to change? I’ve been there too. There are seasons when you can sense God gently nudging you toward something new—a new habit, a new mindset, or a healthier rhythm of life—yet everything in you wants to retreat to what feels comfortable, even when you know it’s no longer in your best interest.

That pull toward the “old” isn’t a lack of faith or willpower. It’s your brain doing what it was designed to do. Neuroscience tells us our brains crave patterns and predictability because they require less energy and feel safer.

Change—even good change—can trigger our amygdala, the small, almond-shaped part of the brain that scans for danger and controls our fear response. When this happens, the brain often sounds an internal alarm, pushing us to return to what’s familiar rather than step into the unknown.

But here’s an important reframe for building healthy habits and a grounded faith: **safe doesn’t always mean good, and uncomfortable doesn’t always mean wrong.** Growth often feels uncomfortable because it stretches us beyond what we’ve known. God frequently calls us out of our comfort zones to grow us, heal us, and align us more deeply with Him.

Scripture reminds us, *“Forget the former things; do not dwell on the past.”* (Isaiah 43:18) This isn’t an invitation to erase your story—it’s a reminder not to let yesterday define what God is doing today.

If you’re standing at a crossroads right now, unsure about taking the next step forward, know this: you’re not weak, broken, or alone. With faith, awareness, and small intentional choices, it’s possible to move forward with courage—even when the path feels unfamiliar.

Sometimes the healthiest habit we can practice is trusting God enough to take the next brave step into the new thing He’s doing in our lives.

If you need help making change, reach out to me today to schedule your free discovery call.

Blessings,

Nicole Luther, Certified Life & Mindset Coach



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Physical Health - Diet



What are the Top 10 Healthiest Foods to Eat?

They've spoken. We've ranked. Here are the 10 healthiest foods.

If health is one of your top priorities, which of these foods will you integrate into your meal planning this month?

1	Salmon 	2	Blueberries 	3	Spinach 	4	Eggs 	5	Greek yogurt 	6	Beans & lentils 
High in omega-3 fatty acids (EPA/DHA), supports heart, brain, and immune function.		Antioxidant-rich, supports cellular repair and blood sugar control.		Or dark leafy greens (kale, Swiss chard)Loaded with vitamins A, C, K, folate, iron, magnesium.		Complete protein, key nutrients like choline for brain health.		(unsweetened) High protein and gut-supporting probiotics.		Fiber, plant protein, slow-release carbohydrates for stable energy.	
7	Avocado 	8	Nuts 	9	Sweet potatoes 	10	Broccoli 	Resources			
Healthy monounsaturated fats, potassium, supports heart and hormone health.		(especially almonds, walnuts) Fiber + healthy fats; walnuts add plant-based omega-3 (ALA).		Beta-carotene, potassium, slow-digesting carbs for steady energy.		Or cruciferous veggies (cauliflower, Brussels sprouts) High in vitamin C, fiber, and phytonutrients linked to disease prevention.		1	UC Davis Health	7	USDA
								2	Harvard Health	8	UCSF Health
								3	Mayo Clinic	9	Healthline
								4	Mount Carmel	10	MyPlate
								5	Very Well	11	CDC
								6	Real Simple	12	Heart.org
								visit these resources online for more information			

Disclaimer

This list is compiled using insights from reputable sources including the CDC, USDA, Mayo Clinic, and others. It is intended for informational purposes only and should not replace personalized advice from a medical or nutrition professional.

Quote of the Month



“One does not discover new lands without consenting to lose sight of the shore.”

French writer Andre Gide

Living with intention requires courage. It's uncomfortable. But it's also where growth begins. Starting the PRG journey might feel unfamiliar, but it's the first bold step toward becoming who you were meant to be.



From Chaos to Clarity: Danielle on Stress Mastery



Why Organization Matters More Than You Think

Organization often gets a bad reputation. For some, it feels rigid, overwhelming, or simply “not how my brain works.” But at its core, organization isn’t about perfection or color-coded labels—it’s about creating systems that support your life instead of complicating it.

When your space, schedule, or thoughts are disorganized, your energy is constantly being drained by small decisions, misplaced items, and unfinished tasks. Organization helps reduce that friction, freeing up mental and emotional space for what truly matters.

The Benefits of Being Organized

- ✓ **1. Reduced Stress and Overwhelm** Clutter—physical or mental—creates noise. When things have a place and a plan, your brain doesn’t have to work overtime trying to remember, search, or catch up.
- ✓ **2. Increased Focus and Productivity** An organized environment supports clearer thinking. When you’re not distracted by piles, missed deadlines, or chaos, it’s easier to stay present and productive.
- ✓ **3. Better Use of Time** Organization saves time in ways you don’t always notice at first: fewer frantic searches, fewer last-minute scrambles, and fewer do-overs.
- ✓ **4. Improved Confidence and Control** There’s a quiet confidence that comes from knowing where things are and what needs to be done. Organization helps you feel more in control instead of constantly reacting.
- ✓ **5. More Energy for What You Enjoy** When your systems work for you, you spend less energy managing life and more energy actually living it.

How to Start If Organization Feels Hard

If organization has always felt intimidating or unattainable, you’re not alone. The key is to start small and redefine what “organized” means for you.

- ✓ **1. Start With One Small Area** Choose a single drawer, a desktop, or one daily routine. Avoid the temptation to overhaul everything at once—small wins build momentum.
- ✓ **2. Focus on Function, Not Perfection** Ask yourself: *Does this system make my life easier?* If the answer is yes, it’s working—even if it doesn’t look Instagram-ready.

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Dealing with Stress - With Danielle

Continued from page 9

- ✓ **3. Create Simple Categories** Group like items together and give them a “home.” Complicated systems are harder to maintain, especially if organization doesn’t come naturally.
- ✓ **4. Build Habits, Not Just Systems** Organization isn’t a one-time event—it’s a set of habits. Five minutes at the end of the day to reset your space can make a big difference over time.
- ✓ **5. Give Yourself Grace** Struggling with organization doesn’t mean you’re lazy or incapable. It simply means you haven’t found a system that fits how you think and live—and that’s something you can learn.

Final Thoughts

Organization isn’t about changing who you are; it’s about supporting who you already are. With the right approach, organization becomes less about rules and more about freedom—freedom from clutter, stress, and unnecessary chaos. Start small, stay flexible, and remember: progress is always better than perfection. -Danielle Mummert

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"	Individual and Group Classes	Author Meet and Greets	 https://www.youtube.com/@MarcDickersonPRG
The PRG Power Plan	Team Speeches	Book Signings	 https://www.facebook.com/myprgprogram/
The Free PRG Program Summary	Seminars	Community Events	 https://www.linkedin.com/in/marc-dickerson-84b0272ab/
The PRG Workbook	Workshops		 https://x.com/Duke2Innovation
	Keynote Speaker		
	Professional Development		

PRG Pulse

January 2026

You're not here to live by default. You're here to live by design.



Key Takeaways for This Month:



- Purpose comes from alignment – not busyness.
- Define your Priorities, then your Roles, then your Goals.
- Make room for what matters by letting go of what doesn't.
- Embrace discomfort – it's a sign of growth.
- Focus is freedom. Less is more.

Advertise with PRG



If you are interested in placing an ad in The PRG Pulse Newsletter or website, email: marc.dickerson@prglife.org

What are your top three priorities?



Call to Action:



Live with Purpose—Start Today

You were made for more than survival. You were made to live with intention, clarity, and meaning.

- ? Ready to align your **Priorities, Roles, and Goals**?
- ? Want a simple framework to get started?

- ✦ **Download the FREE PRG Summary**
- ✦ **Sign up for a FREE Discovery Class**



Let the PRG model help you design a life that reflects what truly matters.

Visit www.prglife.org to begin your journey.

www.prglife.org

marc.dickerson@prglife.org



As we begin this new year together, remember: you were not made to live on autopilot. You were made to live with clarity, courage, and conviction. The PRG journey isn't about doing more—it's about focusing on what truly matters.

When your **Priorities** shape your **Roles**, and your **Goals** are aligned with both, life becomes more than just busy—it becomes meaningful.

- ◆ So take the time to reflect.
- ◆ Be honest about what you want.
- ◆ Let go of what no longer serves you.
- ◆ Take that one next brave step—however small—toward the life you were created to live.

“Your future is created by what you do today, not tomorrow.”

Marc



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.