



"Live by Design, Not by Default"

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. April reminded us to create. May called us to stay committed. Now, as summer begins, this month invites us to **make summer simple**.

Summer can be a busy season. Schedules change, families travel, children are home from school, events increase, and routines can become harder to maintain. If we are not careful, summer can become cluttered with too many commitments, too much movement, and not enough direction.

That is why simplicity matters.

Making summer simple does not mean doing nothing. It means choosing what matters most and refusing to let unnecessary pressure control the season. Within the PRG framework, simplicity begins with your **Priorities**, is lived out through your **Roles**, and becomes practical through your **Goals**.

This month, I encourage you to slow down and look honestly at your life. What needs your focus this summer? What can you release? What routine will help you stay grounded? What relationship needs more attention? What goal can you continue without adding unnecessary stress?

A simple summer is not an empty summer. It is an intentional summer. It is a season where you protect your peace, strengthen your relationships, take care of your health, and keep moving forward with purpose.

You do not need to do everything. You need to do what matters with clarity, balance, and discipline.

This month, let's make summer simple by living with intention, protecting what matters most, and continuing to live by design, not by default.

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"The ability to simplify means to eliminate the unnecessary so that the necessary may speak."

— Hans Hofmann

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



Do Better,
Be Better.

Priorities, Roles, and Goals



Simplify to Strengthen

Simplicity is not weakness. Simplicity is focus. A simple summer does not mean an empty summer; it means a more intentional one. When life gets busy, schedules change, and distractions increase, it becomes even more important to return to what matters most.

In the PRG framework, simplicity begins with your **Priorities**. You cannot protect everything with the same energy. Choose what deserves your attention this season. Simplicity continues through your **Roles**. Know who you need to be for your family, your work, your faith, your health, and your community. Simplicity becomes action through your **Goals**. Choose goals that are realistic, meaningful, and possible to maintain.

This month, do not try to do everything. Choose one priority to protect, one role to strengthen, and one goal to move forward. Remove one distraction. Set one boundary. Build one simple routine that helps you stay grounded.

A simple summer is not about doing less just to relax. It is about doing what matters with more clarity, balance, and purpose.

PRG Area	Summer Simplicity Question	Simple Action
Priority	What matters most this summer?	Protect time for it.
Role	Who needs my best attention?	Show up with intention.
Goal	What is one realistic step forward?	Keep it small and consistent.
Distraction	What is making life too cluttered?	Remove or reduce it.
Routine	What habit will keep me grounded?	Repeat it daily or weekly.

Bottom line: Simplify your schedule, strengthen your focus, and live by design, not by default.

Quote of the Month



“Our life is frittered away by detail. Simplify, simplify.”

Henry David Thoreau

Spiritual Health - Nicole Luther



Ladies, registration is officially OPEN for Sacred Space: A Place to Exhale.

Join Life's Purpose Coaching on **Saturday, July 11 from 10:00–11:30 AM** at the Lewes Public Library for a faith-centered morning designed to help you pause, breathe, reconnect with God, and rediscover peace in the middle of life's demands.

If you've been carrying stress, overwhelm, exhaustion, or are simply longing for a moment to exhale, this gathering was created with you in mind.

The first 5 women to register will be entered to win a special door prize, including a gift card to Gaia Coffee in Lewes.

Space is intentionally limited to keep the experience intimate, and we do expect registration to fill quickly.

Reserve your spot now and give yourself permission to pause. Scan the QR code on the flyer or visit this webpage:

<https://tally.so/r/2EOGoj>



LIFE'S PURPOSE COACHING
CHRISTIAN LIFE COACHING FOR WOMEN

SACRED SPACE: *A Place to Exhale*

A WORKSHOP FOR WOMEN SEEKING REST,
RENEWAL & RECONNECTION WITH GOD

DATE:
Saturday, July 11, 2026

TIME:
10:00 AM – 11:30 AM

LOCATION:
Lewes Public Library
111 Adams Avenue Lewes, DE 19958

COST:
\$25.00
includes workshop materials
and light refreshments

**BE STILL AND
KNOW THAT I
AM GOD.**
PSALM 46:10

Join us for a powerful, faith-centered workshop where you can lay down what you've been carrying and reconnect with the sacred space God has for you. Together, we'll have honest conversation, explore simple neuroscience-based tools, practice guided imagery, and engage in creative reflection—all grounded in Scripture. You'll walk away with practical ways to calm your mind, care for your heart, and move forward with greater clarity, confidence, and peace.

Register today!
SCAN TO REGISTER

Space is limited!

For more information, contact Nicole Luther, Certified Life & Mindset Coach, or scan the QR Code above
• lifespurposecoaching@gmail.com • www.lifespurposecoaching.com • 302-495-9510

This workshop is not sponsored or endorsed by the Lewes Public Library or its Board of Commissioners.



Spotlight: Tanner Hollis



From NICU to NASCAR: Tanner Hollis' Journey of Faith, Family, and Purpose

Tanner Hollis' story began with uncertainty. Born at Christiana Hospital in Newark, Delaware, Tanner arrived much earlier than expected. He was supposed to be born in May, but came on March 14 and spent his first 60 days in the NICU. Doctors were not sure if he would survive. From the beginning, Tanner's life started with a fight.

That fight would not be the last one. Tanner grew up in Greenwood, Delaware, and attended the Woodbridge School District. When he was around five years old, his biological mother left. His father was left trying to keep the family together while working hard during a difficult financial season. Tanner split time between his father's home and the home of his grandparents, John and Linda Hollis.

As a young child, Tanner did not have the words to explain what he was feeling. He had questions, frustration, confusion, and anger. Looking back, he understands that some of his early struggles came from the pain he was carrying. He was a child trying to make sense of a painful situation he did not create.

That fight would not be the last one.

One of the first steps toward healing came through therapy. John Hollis had spent years as a school counselor and believed in talking with someone. Tanner had weekly conversations with a therapist, giving him a safe place to express himself and understand that what happened to him did not have to decide who he would become.

Another turning point came when Tanner's father remarried. His stepmother, Melisa, brought love, structure, discipline, and accountability into his life. Tanner describes it as tough love, but loving tough love. She did not deny that he had been through something hard, but she refused to let him use it as an excuse to fail. That structure helped Tanner turn the corner.

The change showed up in his life. Tanner went from struggling academically to becoming president of the FFA, a member of the National Honor Society, and the first non-athlete to receive the Mr. Blue Raider award. He later earned a scholarship to the University of Delaware. His story was no longer only about what he had survived. It was becoming a story about what he was building.

That childhood passion became real.

Racing also became part of Tanner's healing and identity. His father and grandfather loved the sport, and weekends at the track became part of the family rhythm. As a boy, Tanner's father built him a wooden flag stand from an old playground set. Tanner would spend hours pretending to flag imaginary races. What looked like play was also a way to stay connected to something positive.

Years later, that childhood passion became real. At 21, Tanner was asked to flag a modified race at a local track. He was nervous, but once he found his rhythm, people noticed. Today, he still flags at local dirt tracks while also working professionally in racing.



Spotlight: Tanner Hollis. *(continued from page 4)*



Tanner now serves as the marketing manager at Dover Motor Speedway. He credits his boss, Gary Camp, as an important role model. Gary took Tanner under his wing, helped him understand the business side of racing, and showed him how leadership and mentorship can help a young person grow.

Tanner also gives deep credit to John Hollis. John taught him to think big, never give up, serve others, and stay connected to the community. Through John's work in education, counseling, leadership, and service, Tanner saw what it looked like to live with purpose.

Tanner saw what it looked like to live with purpose.

But when Tanner talks about the heart of his family, the focus turns to Linda Hollis. Tanner describes his grandmother as the backbone of the family. While John may have been the public name many people recognized, Linda was the steady strength behind the scenes. She supported, sacrificed, encouraged, and helped hold the family together when life was difficult.

For Tanner, Linda's love was daily, steady, and personal. When his biological mother left, Linda stepped in with the care and stability every child needs. She helped give Tanner a sense of home, safety, and belonging during a time when life could have felt broken. Her presence reminded him that even when one person leaves, another can choose to stay.

Linda's impact has grown even deeper as Tanner has lived with her and helped care for her. He has come to understand her quiet strength in a new way. She was not just someone who helped raise him. She was part of the foundation that allowed him to keep going.

Tanner's life proves that adversity does not get the final word. Pain may shape a person, but it does not have to stop them. Support, therapy, family, structure, mentors, and personal choice all helped him move forward.

Tanner describes his grandmother as the backbone of the family.

From the NICU to Dover Motor Speedway, Tanner Hollis' journey is a reminder that your beginning does not define your ending. Life may deal you a hard card, but you still have a say in how you play it. Tanner chose to keep going, and because of that choice, his story is now one of resilience, gratitude, and purpose.

So, what does the future hold for Tanner Hollis? Whatever road comes next, one thing is clear: Tanner will keep turning adversity into strength, opportunity into purpose, and his story into a reminder that no beginning is too hard to overcome.



Mental Health: Fred Sayun



Words Matter: Truth, Insults, Offense, and Self-Control

Words have power. They can encourage, correct, guide, and heal. They can also hurt, divide, embarrass, or damage relationships. That is why it is important to understand the difference between an insult and being offended.

An **insult** is usually a direct personal attack. It often involves disrespectful words, name-calling, or comments meant to belittle someone. For example, saying, “That dumb waiter lost my credit card,” attacks the person instead of addressing the problem.

Being **offended** is different. A person may feel offended when a statement crosses a boundary, creates discomfort, or touches a sensitive subject. Sometimes one person may feel insulted while another person simply feels uncomfortable or upset. Both can cause harm, but they are not exactly the same.

This brings up an important question: **Can telling the truth insult people?** The answer is yes, but it depends on the intention, the delivery, and the purpose behind the words. Truth can be difficult to hear, but truth should not be used as an excuse to be cruel. Honest words should *guide, correct, protect, or help*. Insults usually shame, embarrass, or attack.

In the New Testament, Jesus sometimes used strong words when speaking to the Pharisees, including in Matthew 12:34 and Matthew 23. His words were not careless name-calling. They were spoken with purpose, correction, and moral clarity. That matters. There is a difference between speaking hard truth to guide people and using harsh words simply to hurt someone.

Before speaking a difficult truth, we should ask three PRG questions:

PRG Area	Question to Ask Yourself
Priority	What matters most in this moment: being right, helping, correcting, or protecting the relationship?
Role	Who do I need to be right now: a parent, teacher, friend, leader, counselor, student, or teammate?
Goal	What outcome am I trying to create: clarity, accountability, safety, healing, or growth?

Delivery matters. Even when something is true, the way it is said can determine whether the person receives it or rejects it. A mocking, belittling, or condescending tone can quickly turn correction into a personal attack. Truth should be clear, but it should not be careless.

Timing also matters. Did the person ask for feedback? Is the comment helpful? Is it necessary? Is the person already vulnerable? Unsolicited criticism can feel like an insult when it is not connected to support, understanding, or a solution.

One phrase we should be careful with is, **“You can’t handle it.”** That statement can shut people down. A better approach may be: **“This may be hard to talk about, but I want to discuss it respectfully because it matters.”**

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Another harmful phrase is, **“Disability means inability.”** That statement is not truth. It is a stereotype. People living with disabilities may face extra challenges, but that does not mean they lack ability, purpose, intelligence, talent, or value. A disability may mean a different path, more support, or additional obstacles, but it does not remove a person’s worth or potential.

A better message is this: **Disability does not mean inability. It means a person may need understanding, support, access, patience, and opportunity.** Everyone has value. Everyone has a purpose. Everyone deserves respect.

When people feel insulted, offended, frustrated, or misunderstood, anger can rise quickly. Some signs of anger or frustration may include arguing, refusing to cooperate, shutting down, giving the silent treatment, yelling, stomping, or acting out. It is also important to remember that autistic meltdowns are not the same as intentional tantrums. A meltdown may come from being overwhelmed and should be met with patience, safety, and support.

The goal is not to pretend anger does not exist. The goal is to learn how to respond in a healthier way.

Healthy Coping Skills for Anger and Frustration

When You Feel Angry or Frustrated	Healthy Response
Your body feels tense	Slow down your breathing
You want to yell or argue	Count to ten quietly before speaking
You feel overwhelmed	Step away from the situation if it is safe
You do not know what to do	Ask a trusted adult or support person for help
Your mind is racing	Use grounding techniques
You feel stuck	Take a walk, exercise, journal, or pray
You feel hurt by someone’s words	Pause and ask: “What is my next right response?”

A simple grounding technique is to tighten and relax your muscles from your feet to your head. This can help your body slow down when emotions are high. Breathing slowly, counting to ten, walking away, and asking for help are not signs of weakness. They are signs of self-control.

In PRG, our words should connect to our Priorities, Roles, and Goals. If our priority is respect, our words should reflect it. If our role is to lead, teach, parent, coach, or encourage, our delivery matters. If our goal is growth, then our communication should help build understanding, not create unnecessary harm.

PRG Reminder: *Speak truth with purpose. Listen with humility. Respond with self-control. Words can hurt, but they can also heal when they are guided by wisdom, respect, and love.*



Physical Health - Marc Dickerson



Physical health is easier to manage when it is built around simple, repeatable habits. Diet, exercise, sleep, hydration, and consistency all work together to support energy, focus, mood, and discipline. A balanced diet gives the body proper fuel, while regular movement strengthens the heart, muscles, balance, and stress response. Sleep allows the body and mind to recover, helping people make better choices the next day. Hydration supports digestion, temperature control, and clear thinking. Within the PRG framework, these habits help protect your Priorities, strengthen your Roles, and support your Goals. The key is not perfection; the key is consistency. Start small by choosing one food habit, one movement habit, and one sleep habit you can repeat this week. Over time, those small choices can build a healthier routine and help you show up with more energy, purpose, and balance.

Area	Why It Matters	Simple Summer Goal	What to Do
Diet	Food gives your body energy, supports focus, and helps prevent sluggishness.	Build balanced meals.	Add fruits, vegetables, lean protein, whole grains, and water. Limit sugary drinks, oversized portions, and too many processed foods.
Exercise	Movement supports heart health, strength, balance, mood, and stress control.	Move consistently, not perfectly.	Walk, swim, stretch, bike, garden, or lift light weights. Aim for small sessions you can repeat. Adults are generally encouraged to get 150 minutes of moderate activity weekly and strength training 2 days per week.
Sleep	Sleep helps the body recover and supports mood, focus, appetite control, and discipline.	Create a steady bedtime routine.	Keep a regular sleep schedule, cool the room, avoid large meals late, and turn off electronics at least 30 minutes before bed. Adults generally need 7 or more hours of sleep.

Hydration

- ★ Water supports energy, digestion, temperature control, and clearer thinking.
- ★ Drink water throughout the day.
- ★ Carry a water bottle, drink water before meals, and replace some soda or sweet tea with water.

Consistency

- ★ Small habits repeated over time create lasting change.
- ★ Pick one habit from each area.
- ★ Choose one food habit, one movement habit, and one sleep habit to repeat this week.



Dealing with Stress: Sandra Baldwin



Psalms 100 says, “Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come before his presence with singing.” As we make our goals to move forward in our lives financially, spiritually and personally, let us also ponder the ways we find to sing. For me, one way that I find tunes rolling around in my mind is when the headphones are on and I’m mowing the lawn. I smell that fresh green cut grass and I feel peace and harmony in that silence and solitude and next thing you know, I’ve got a song hook rolling around in there. Very often, the songs going through my head are hymns. They are always uplifting. But that’s me. What is the fresh cut grass or the warm sand between your toes? What are the simple pleasures that bring any song to your heart? These are also important moments to add to your goals.

A while back, my husband and I retired from our day work. As we cast about trying to find a new rhythm to life, we came upon an idea that we should do one pleasure thing per day and one constructive thing. Of course, we could do more of either, but at least one on either side of the spectrum.

Financial concerns are, of course, a factor in the possibilities for the moments for pleasure. It would be great to go to a ballgame everyday and eat hotdogs, but that might be a bit on the costly side. So, what are some of the gifts this world provides us that make us feel as warm and comfortable as that first cup of morning coffee? **Here are a few suggestions:**

★	Find a comfortable chair and watch the sky all the way through a sunrise or sunset. In the spring and summer, smell the delicate fragrance of the flowers on the breeze. Breathe deeply of that fresh air and practice deep and regular breaths.
★	Help a friend or better yet, take your friend on a drive in the country or to share a picnic at a local park. Invite a friend for lunch or dinner and use good dinnerware, crystal glasses and cloth napkins. In many ways, we’ve forgotten to spend face to face time with friends, and that has caused a ripple affect of loneliness that our overfilled lives may not recognize as loneliness. Our business or career lives are important, but it is also deeply valuable to share time with people that don’t care a whit for making a dollar.
★	When my mom was still in this world, she would gather many of our now dispersed family in a circle and we would hug while humming. This long hug gave us a special sense of connection and the warmth resonated through the harmony of the hum. Sometimes, a babbling brook or the smell of baking bread comes back to remind me of that solid sense of family unity. Though miles separate us now, that simple act continues to resonate through space and time.

So, as you move forward through the sunny warmth of your summer days, remember to find those simple pleasures and moments to sustain you. Remember your friends and find time for face-to-face moments. Find nature’s paintings all around you. And find moments when you suddenly realize there’s a song that popped up in your heart.



Facing Adversity: Marc Dickerson



Keep Summer Simple: Choose Safety Before Pressure

Summer is supposed to give us room to breathe. School schedules slow down, daylight lasts longer, and families look forward to cookouts, beach trips, vacations, sports, parties, and time with friends. But summer also brings its own kind of adversity. More freedom can mean more temptation. More unsupervised time can lead to poor choices. More parties can create pressure to drink, vape, experiment with drugs, ride with unsafe drivers, sneak out, or follow a crowd that is not thinking clearly.

Keeping summer simple does not mean avoiding fun. It means protecting what matters while you enjoy the season. Safety should not be treated like something that ruins a good time. Safety is what allows a good time to stay good. One wrong decision can change a night, a reputation, a relationship, or a life.

Peer pressure is one of the biggest summer pitfalls, especially for teens and young adults. Pressure does not always come as a loud challenge. Sometimes it sounds like, “Everybody is doing it,” “Don’t be boring,” or “Just this once.” That is when clarity matters. Before the moment comes, decide what your limits are. Know what you will say. Know who you can call. Know when it is time to leave.

Parents and caregivers also have a role. Summer safety starts with conversations, not lectures. Talk about parties, driving, curfews, online choices, water safety, and who your child will be with. Ask direct questions. Set clear expectations. Make sure your child knows they can call you if they are in trouble, even if they made a poor choice. Accountability matters, but safety comes first.

Within the PRG framework, summer safety connects directly to Priorities, Roles, and Goals. If your priority is family, health, faith, character, or future success, your choices should protect that priority. If your role is parent, friend, student, athlete, employee, or leader, your behavior should reflect that responsibility. If your goal is to grow, stay healthy, build trust, or prepare for what comes next, then avoid situations that pull you away from that direction.

This summer, keep it simple: think ahead, choose wisely, travel safely, avoid risky situations, and do not let pressure make decisions for you. Fun should never require you to ignore your values, risk your safety, or silence your instincts. The strongest people are not the ones who follow the crowd. They are the ones who know when to stand firm, walk away, and protect their future.

Aligned Living with PRG: Marc Dickerson



PRG alignment reminds us that summer choices should protect what matters most. Priorities guide safety, Roles shape responsibility, and Goals keep the future in view. Before parties, pressure, or risky situations, pause and ask: ***Does this choice support my values, my responsibilities, and the person I am becoming this summer?***

PRG Pulse

June 2026



Key Takeaways for This Month:



- **Simplicity is focus.** A simple summer is not an empty summer; it is an intentional season built around what matters most.
- **Protect your priorities.** Choose one priority, strengthen one role, and take one realistic step toward a meaningful goal.
- **Small habits build stability.** Diet, movement, sleep, hydration, and consistency help support energy, discipline, and balance.
- **Words should heal, not harm.** Speak truth with purpose, listen with humility, and respond with self-control.

Call to Action



- **Choose one priority to protect this summer.** Do not try to do everything. Pick what matters most and make space for it.
- **Build one simple routine.** Choose one habit that helps you stay grounded, healthy, focused, and connected.
- **Have one important conversation.** Talk with your family, your children, or someone you care about about safety, choices, pressure, and responsibility.
- Visit www.prglife.org to learn more about Priorities, Roles, and Goals, explore PRG resources, and continue learning how to live by design, not by default.

Upcoming PRG Events



Event:

Author Meet and Greet
Health and Wellness Seminar

Date:

Summer
Fall 2026

Location:

Rehoboth Barnes and Noble
Eastern Sussex County

"Keep summer simple: protect what matters, release what clutters, and live with intention."

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.

Products

"Priorities, Roles, and Goals: The Program" Book
The PRG Power Plan
Free PRG Program Summary
The PRG Workbook

Services

Individual and Group Classes
Team Speeches
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Events

Author Meet and Greet
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We appreciate your support and partnership!



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