



"Live by Design, Not by Default"

Priorities, Roles, and Goals

A Welcome Message From Marc Dickerson



Dear PRG Community,

January gave us clarity. February built consistency. March calls us to renewal.

Renewal isn't about starting over—it's about strengthening what you've already begun. It's the courage to evaluate, the humility to adjust, and the discipline to recommit. Growth requires reflection. Sometimes we don't need a brand-new plan—we need renewed focus and fresh energy.

As we step into this month, take a moment to pause. Where have you made progress? Where have you drifted? Renewal is your opportunity to realign your Priorities, refresh your Roles, and refine your Goals with intention.

Let's renew with purpose.

Marc Dickerson

Author of Priorities, Roles, and Goals

Founder of Duke2 Innovations | www.prglife.org

This Month's Theme: Renewal



Renewal is the intentional reset of your Priorities, Roles, and Goals. It's about restoring your energy, refining your direction, and recommitting to what truly matters. Renewal invites you to reflect on what's working, release what no longer serves you, and move forward with clarity—not perfection. When you choose renewal, you don't abandon your goals—you strengthen them with deeper alignment and purpose. It reminds you that progress doesn't always mean pushing harder; sometimes it means pausing long enough to choose wisely. And as you realign, you create space for healthier habits, stronger boundaries, and a pace you can sustain.

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



*Do Better,
Be Better.*



PRG Key Insight - Marc Dickerson



◆ 1. Review Before You Renew (Quarterly Self-Assessment Using PRG)

PRG isn't static — your priorities, roles, and goals should be reviewed on purpose, not by accident.

Priorities check: Are your top priorities still matched to your values and season of life?

Roles check: Have your responsibilities shifted (work, family, leadership, health)? What needs to adapt?

Goals check: Which goals still matter, which need refining, and which need to be removed completely?

◆ 2. Renewal Requires Discipline, Not Motivation

Motivation is a spark — discipline is the engine that keeps you moving when the spark fades.

Structure over feelings: build routines that work even on low-energy days.

Systems > willpower: calendars, checklists, and time blocks make consistency easier.

Consistency beats intensity: small daily actions outperform random bursts of effort.

◆ 3. Positive Thinking vs. Honest Evaluation

Renewal isn't denial — it's telling the truth, then choosing the next best step.

Clarity first: identify what's working, what's not, and why—without drama or excuses.

Optimism with strategy: hope is powerful, but it needs a plan to produce results.

Confidence comes from action: evaluation + adjustment = real momentum.

◆ 4. Alignment Before Growth

Don't add more yet — make sure what you're doing actually fits your direction.

Audit your load: time, energy, commitments, and stress—what can you truly sustain?

Remove the “good” that's misaligned: if it pulls you off-course, it's costing you more than you think.

Simplify to amplify: fewer priorities create sharper focus and better results.

Upcoming PRG Events



Date:	Event:	Location:
April 11, 2026	Author Meet and Greet	Barns and Noble Rehoboth
May 2, 2026	Milton Book Festival	Milton Public Library
May 30, 2026	Health and Wellness Seminar	Seaford Public Library
July 1, 2026	Author Meet and Greet	Milford Public Library
Fall 2026	Health and Wellness Seminar	Eastern Sussex County

Barns and Noble Book Signing





Spiritual Health - Nicole Luther



A Renewed Perspective

When challenges arise, our minds naturally drift toward problems and complaints. Left unchecked, this focus can deepen stress, increase anxiety, and keep us mentally stuck. But Scripture calls us to something better — a renewed perspective that is solution-focused and learning-focused rather than complaint-centered.

Romans 12:2 says, *“Be transformed by the renewing of your mind.”* This isn’t just spiritual language — it aligns closely with what neuroscience now confirms. Our brains are shaped by repeated thought patterns through a process called **neuroplasticity**. What we consistently think about strengthens those neural pathways. In simple terms: focus becomes wiring.

When we repeatedly rehearse problems and frustrations, we reinforce stress circuits in the brain. Cortisol rises, emotional reactivity increases, and creative problem-solving decreases. But when we intentionally shift our thinking toward solutions, meaning, and growth, we activate the brain’s executive centers — improving emotional regulation, resilience, and clarity.

Philippians 4:8 gives us a practical mental framework: *“Whatever is true, whatever is noble, whatever is right ... think about such things.”* This kind of intentional focus has measurable mental health benefits. Studies show that constructive reframing and gratitude-based thinking increase serotonin and dopamine activity — neurotransmitters linked to improved mood and motivation.

James 1:2–4 goes even further, inviting us to see trials as opportunities for growth. A learning-focused mindset reduces helplessness and increases psychological resilience because it restores a sense of purpose and agency.

The Biblical call to renew our minds is not denial of difficulty — it is redirection of attention. When we shift from “Why is this happening?” to “What can this teach me?” we stop rehearsing the problem and can seek the next steps.

Regardless of your spiritual beliefs, renewed thoughts create renewed pathways — in the mind and in the heart. If you need support adjusting your mindset and uncovering your next steps, reach out to Life's Purpose Coaching today!

Nicole Luther, Certified Life & Mindset Coach

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Spotlight: Alexandra Vander Valk



From Struggle to Strength: World Record Contender Alexandra Vander Valk

By: Marc Dickerson

Alexandra Vander Valk's story is about far more than weightlifting. It is a story of **adversity, perseverance, and transformation**. Today, the elementary school teacher is chasing a women's belt squat world record, currently lifting 720 pounds and closing in on a mark in the 815-to-820-pound range. But before she became a world record contender, she had to fight her way through a season of discouragement that tested her confidence, her health, and her sense of self.

While attending the University of Delaware, Alexandra slowly found herself slipping into habits that took a toll on both her body and mind. By her senior year, she had gained weight, and with it came a sharp drop in confidence. What made it harder was that the change happened gradually.

“My whole mental state just changed for the better,”

Then came the turning point. Her doctor told her she was overweight for her age, and suddenly what had been creeping up on her came fully into focus. *“I was like, ‘Oh yeah, this is not healthy. I am not living at all a healthy lifestyle. I need to switch something up immediately.’”*

That moment forced her to confront what was really happening, but it also gave her something powerful: a reason to change. Instead of continuing down the same path, she decided to fight for a better version of herself. She needed to change her mindset if anything was going to change.

Alexandra realized the struggle was not just about food. It was the combination of poor eating habits, little exercise, and almost no sleep structure. Sleep, especially, had become a major problem in college. *“The sleep was also a big thing at college,”* she said, *“which is why I probably had that weight gain, because I had no sleep schedule at all.”* Some nights she stayed up until 2:00 a.m. or even 6:00 a.m., functioning on just three or four hours of sleep. That cycle fed everything else—weight gain, stress, exhaustion, and the mental fog that made life feel harder than it needed to be. Without enough rest, it became more difficult to make healthy choices, stay active, and feel emotionally balanced.

But adversity did not have the final word.

With the support of both of her parents, family and faith, Alexandra made the decision to take her life back. “Both my parents do [want the best for me],” she said. “They’re wonderful.” Their encouragement helped steady her, but the work was still hers to do. She began going to the gym regularly, changed the way she ate, and built healthier sleep habits. At first, progress was slow, and the changes required **discipline** every single day. Still, she kept going. *“One day a week turned into 5 days a week,”* she said. *“So now it’s like a habit that I can’t break and I love it.”*



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Continued from page 4 From Struggle to Strength: World Record Contender Alexandra Vander Valk

As Alexandra aligned her diet, exercise, and sleep, everything began to change for the better. “*My whole mental state improved,*” she said. “*It felt like a moment of clarity*” Her stress decreased, her confidence returned, and she felt stronger, healthier, and more in control. These new habits provided her with stability, clarity, and a sense of purpose.

Now, that same discipline is carrying her into the world record chase. “My main goal right now is just to get the world record,” she said. For Alexandra Vander Valk, the journey from struggle to strength is already remarkable. What makes it so powerful is not only the amount of weight she can lift, but the adversity she had to overcome to get there. What comes next may be historic.

We will keep you up to date with Alexandra's progress to a world record! Good luck Alexandra!

Mental Health - Kelly Willie



“Do not conform to the pattern of this world but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.” Romans 12:2

Neuroscience is catching up to what the ancient Scriptures have been saying since the beginning – we have the power to RENEW our mind. Our thoughts directly impact our neural pathways and healthy brain cell growth!

As I write this, it’s another chilly, gray day where my body and soul are aching with the weariness of winter. I need some RENEWAL right now! How about you? Spring is in sight, longer days are now noticeable and blooming flowers and trees are just around the corner. But today – is hard. Today, I need to practice RENEWING my mind and I’d like to invite you to join me on some ways the Bible teaches us to do just that. Let’s look at another verse from Philippians 4:8

“whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”

What is helpful for me is to ask myself, “What is the story I’m telling myself and how does the Lord want me to adjust my course of thinking”? Then I surrender my thoughts and list what is true about this thought or feeling? What is noble, right, pure, lovely and admirable in my life right now. It’s a game changer and a shift you can feel in real time.

Give it a try! God has wired you and me for physical, emotional and spiritual renewal but it takes practice and intentionality! We got this! And He’s got us!



Aligned Living with PRG : The Renewal Audit



Renewal isn't about starting over. It's about realigning with intention. Before you add new goals or chase new growth, pause and evaluate what already exists.

Step 1: Revisit Your Priorities

Your priorities define what matters most. But seasons change.

Ask yourself:

- ▶ Does my calendar reflect what I say is important?
- ▶ Have I added too much?
- ▶ What needs to be removed?
- ▶ You cannot do it all. Renewal often begins with subtraction.

Step 2: Reevaluate Your Roles

Roles define how you show up within your priorities — parent, leader, spouse, friend, professional.

Reflect:

- ▶ Which role feels aligned?
- ▶ Which feels neglected?
- ▶ Where am I overextended?
- ▶ What boundary needs strengthening?

Renewal is recommitting to who you said you would be.

Step 3: Refine Your Goals

Goals bring your priorities and roles to life. But sometimes goals drift.

Ask yourself:

- ▶ Does this goal still align with my top priority?
- ▶ Is my timeline realistic?
- ▶ Do I need refinement — not abandonment?

Renewal strengthens structure. It doesn't rely on emotion.

Step 4: Renew Your Energy

- ▶ Before demanding more output, evaluate your input.
- ▶ Sleep. Spiritual grounding. Mental clarity. Physical discipline.
- ▶ Alignment is impossible when you are depleted.

PRG Challenge: The 7-Day Renewal Reset

Over the next 7 days, choose one priority to strengthen, clarify one role within it, and commit to one simple daily action that supports a goal tied to that role. Keep it simple and consistent!

Quote of the Month



“It is never too late to be what you might have been.”

— George Eliot

Renewal begins with the belief that growth is still possible. No matter how the year started, no matter what goals were delayed, drifted, or abandoned — it is never too late to realign.



Facing Adversity - Fred Sayin



Bullying Is a Community Problem — And There's Always a Better Next Step

Bullying (including cyberbullying) can happen in any school and any town—including here in Delaware. If you're being bullied, or you're worried about a friend, please remember:

You are not alone, and there is help.

Bullying can feel huge, but it is a **temporary situation**—and **suicide is permanent**. If you feel hopeless or trapped, **talk to a trusted adult** (teacher, school counselor, parent/guardian, coach, or another safe adult). Asking for help is strength.

Bullying is not just a student problem or a school problem. It's a **community problem**—students, families, schools, and neighbors all play a role. Ignoring bullying hurts the person targeted, the person doing it, and everyone who watches it happen.

A simple safety plan: Recognize, Respond, Report

1) Recognize

Bullying isn't always physical. It can be: repeated teasing, insults, rumors, exclusion, threats, or online harassment (screenshots, group chats, fake accounts). If someone is being targeted repeatedly, it matters.

2) Respond (safely)

Be a friend to the person being bullied: sit with them, walk with them, check in.

Use calm, assertive "I" language when safe: "Stop. I'm not okay with that."

Choose kindness and respect—being a bystander helps bullying continue.

3) Report

Reporting isn't snitching. It's preventing harm. Tell a trusted adult. If it's online, **save evidence** (screenshots) and report it.

Learn more at **stopbullying.gov**.

Recommended resources

YouTube: **"I Am Unique"** (GetALifeProductions)

Books: *Choose Wonder Over Worry* (Amber Rae) and *Teenage Violence in America: How Do We Keep Our Children Safe?* (Joseph Kolb). Check your school library.

If you or a friend is thinking about self-harm, call/text 988 (U.S.) right away.



Physical Health - Danielle Mummert



Reclaiming My Health: A Journey Through Hashimoto's, Osteopenia, and Renewal

Five years ago, I was diagnosed with Hashimoto's thyroiditis. A year ago, I learned I also had Osteopenia. Between a thyroid disorder and menopause, I gained 20 pounds and felt increasingly frustrated in my own body.

But instead of accepting that this was my “new normal,” I made a decision: I would educate myself, ask better questions, and take ownership of my health.

A Turning Point

In September of 2025, I lost my full-time job. While it was an unexpected life change, it also gave me something I hadn't had in years—time to focus on myself. I chose to make my health a priority.

For the past year, I had already been working with a functional medicine doctor who helped me dig deeper. Through comprehensive testing, we identified mineral deficiencies and began uncovering root causes behind my autoimmune and metabolic dysfunction. For the first time, I felt like I wasn't just managing symptoms—I was understanding them.

Around the same time, I partnered with a Nutritional Therapy Practitioner who also lives with Hashimoto's. Her personal experience gave me confidence and perspective. She introduced me to the concept of eating with a “balanced plate”—prioritizing protein, healthy fats, fiber-rich carbohydrates, and micronutrient-dense foods at every meal. Instead of restriction, I learned nourishment and the importance food has with insulin balance.

Movement as Medicine

I also recommitted to strength training and daily walking. With osteopenia, I knew building and maintaining bone density was critical. Strength training became non-negotiable.

In addition, I aimed for 8,000–10,000 steps per day. Walking wasn't just about burning calories—it supported metabolic health, reduced stress, and kept me consistent.

The combination of targeted nutrition, mineral support, strength training, and daily movement created steady progress. No crash diets. No extremes. Just focus and determination.

Reaching My Goal

By December, I had lost the 20 pounds I gained. More importantly, I regained confidence, clarity, and control over my health.

As the new year approached—a season when many people commit to resolutions and weight-loss goals—I felt something unexpected: relief. I wasn't scrambling to “start over.” I had already done the work. I had already proven to myself what was possible.

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Physical Health - Danielle Mummert (continue from page 8)



Lessons Learned

Education empowers better decisions.

Root causes matter.

Strength training is essential, especially during menopause and with bone density concerns.

Sustainable habits outperform short-term fixes.

Your health deserves to be a priority—no matter your age or diagnosis.

A New Perspective

This journey wasn't just about losing weight. It was about rebuilding trust in my body and recognizing that even with autoimmune disease and bone health challenges, progress is possible.

Sometimes life forces a pause. When it does, it can also offer an opportunity.

I chose to use mine to become stronger—physically and mentally. And stepping into the new year, I wasn't chasing a resolution.

I was living the results.

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
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
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Dealing with Stress - Marc Dickerson



Stress isn't just an annoying background noise—it's a *PRG disruptor*. When stress stays high, your priorities get harder to manage, your roles start slipping, and your goals lose traction. That's why the PRG Program makes this plain: **manage your stress; you manage your life.**

Step 1: Name your stress (so it doesn't name you)

Stress shows up in different forms, and identifying yours matters:

- **Acute stress** = short-term spikes (deadlines, close calls, even excitement).
- **Episodic acute stress** = frequent stress hits that pile up because you never fully reset.
- **Chronic stress** = long-term, "never-ending" pressure—and the Program urges professional help if this is where you are.

Step 2: Spot your patterns (symptoms + triggers)

- The PRG approach is simple: **self-evaluation first**. What does stress feel like mentally? Physically? (Irritability, tension, worry, sleep issues, feeling overwhelmed, etc.)
- Then identify what sets it off—common triggers include being too busy, distracted, loneliness, crowds, illness/injury, finances, uncertainty, clutter, and major life disruptions.

Step 3: Build your stress toolkit (5 categories)

Five practical lanes for lowering stress: diet, sleep, exercise, your five senses, and professional care when needed.

- **Diet:** Reduce stress-fueling inputs (like high-sugar foods/caffeine) and strengthen habits (balanced breakfast, fewer processed foods).
- **Sleep:** Protect your recovery—quiet time before bed, limit late meals/caffeine, keep the room cool/dark.
- **Exercise:** Movement lowers stress and improves productivity toward goals.
- **Five senses:** Use simple comforts—calming sounds, pleasant scents, clutter-free space, fresh air, tea, laughter.
- **Support:** Don't isolate—lean on safe people, and seek qualified help if symptoms become overwhelming.

PRG Prompt for this month: What's one stress trigger you can plan for this week—and what's one tool you'll use *before* it hits?



Key Takeaways for This Month:



- Discipline creates momentum when motivation fades.
- Sustainable habits lead to lasting change.
- Alignment must come before expansion.
- Your priorities, roles, and goals should be reviewed on purpose, not by accident.
- Adversity can become a turning point when met with support and consistency.
- Sleep, nutrition, exercise, and spiritual grounding all shape clarity and stress levels.
- Renewal is not starting over; it is realigning with purpose.
- Growth requires honest evaluation, not just positive thinking.

March reminds us that renewal is not about beginning again from scratch—it is about strengthening what matters most. This month's articles show that real growth comes from reflection, discipline, and intentional change. Whether the focus is spiritual renewal, overcoming adversity, improving health, or managing stress, the message is the same: clarity grows when we realign our habits, protect our energy, and recommit to what truly matters. In doing so, we build resilience, deepen our purpose, and create space for lasting peace, wisdom, and steady progress in every area of life. These reflections invite us to move forward with greater intention, stronger faith, and a renewed commitment to living well each day.

Call to Action



Pause this week and ask yourself: What in my life needs renewal? Revisit your priorities, strengthen one role, and commit to one simple action that moves you toward greater clarity, health, and purpose. Small, intentional steps create lasting transformation. Renew. Refine. Realign.

- *Revisit your priorities and realign your schedule with what matters most.*
- *Improve one daily habit related to sleep, nutrition, exercise, or reflection.*
- *Let go of one pattern that is adding stress or distraction to your life.*
- *Take one meaningful step toward a personal, professional, or spiritual goal.*
- *Choose consistency over perfection and commit to steady progress this month.*

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) every Wednesday at noon

Mental wellness:

- Division of Substance Abuse and Mental health table - Friday, March 13th at 10am
- Delaware Trauma Response for Youth Table - Friday, March 20th @ 10:30am
- Division of Substance Abuse and Mental health table - Friday, March 27th at 10am

Health:

- Health2Go Mobile Health Care Clinic - Tuesday, March 17th 10am-3pm



Renew. Refine. Realign.

<u>Renewal Reminder</u>	<u>The PRG Renewal Framework</u>	<u>Closing Line</u>
➤ Renewal is not starting over. ➤ It is strengthening what matters and releasing what doesn't. ➤ Every season requires review. ➤ Every role requires intention. ➤ Every goal requires refinement.	➤ Revisit your top 3 priorities. ➤ Remove one distraction. ➤ Recommit to one role. ➤ Refine one goal. ➤ Strengthen one daily discipline.	➤ Alignment before expansion. ➤ Structure before speed. ➤ Purpose before pressure.

"The secret of change is to focus all of your energy not on fighting the old, but on building the new." — Socrates



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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