



"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. Now, May calls us to be committed.

Commitment is what carries purpose beyond inspiration. It is the choice to keep showing up when life gets busy, progress feels slow, or distractions compete for your attention. In the PRG framework, commitment means staying connected to your Priorities, honoring your Roles, and moving toward your Goals with discipline and intention.

This month, recommit to what matters most. Protect the habits you have started. Strengthen the routines that support your growth. Refuse to drift from the life you are building. Commitment does not require perfection; it requires presence, effort, and the next right step.

Ask yourself: What am I truly committed to, and do my daily choices reflect it each day?

Let's stay committed with purpose together this season.

This Month's Theme: Commit



To **commit** is to choose what matters and follow through with intention. Commitment keeps us focused when distractions appear and steady when progress feels slow. In the PRG framework, it connects our Priorities, Roles, and Goals through daily action. This month, protect the habits that strengthen you, honor the responsibilities that shape you, and take one meaningful step forward each day. **Commitment** is not perfection; it is consistency, courage, and purpose in motion, guided by faith.

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This month, let your actions reflect your intention.

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



Do Better,
Be Better.

Priorities, Roles, and Goals

PRG Pulse

May 2026



PRG Key Insight: Marc Dickerson



Commitment is the bridge between what we say matters and what we actually do each day. It is easy to feel inspired for a moment, but real growth requires follow-through. In the PRG framework, commitment means staying connected to your Priorities, honoring your Roles, and taking consistent action toward your Goals. It does not mean being perfect. It means showing up with purpose, even when life gets busy, progress feels slow, or distractions pull you away. This month, choose one priority that needs your attention, one role that requires your best effort, and one goal you can act on daily. Commitment turns intention into direction and direction into lasting change.

PRG Area

- Priority
- Role
- Goal
- Distraction
- Follow-Through

Commitment Question

- What matters most right now?
- Who do I need to be in this area?
- What step will move me forward?
- What keeps pulling me away?
- How will I stay consistent?

Daily Action

- Protect time for what is important.
- Show up with responsibility and purpose.
- Take one clear action today.
- Set boundaries and remove excuses.
- Review progress and recommit daily.

Commitment Looks Like

- Showing up even when motivation fades
- Keeping promises to yourself and others
- Taking small steps every day
- Staying focused on your priorities
- Learning from setbacks

Commitment Does Not Look Like

- Waiting until everything feels easy
- Starting strong but quitting quickly
- Only acting when inspired
- Letting distractions control your time
- Giving up after one bad day

Upcoming PRG Events



Event:

Date:

Location:

Health and Wellness Seminar

May 30, 2026

Seaford District Library

Author Meet and Greet

July 18, 2026

Milford Public Library

Author Meet and Greet

Summer

Rehoboth Barnes and Noble

Health and Wellness Seminar

Fall 2026

Eastern Sussex County

Commitment does not require perfection; it requires presence, effort, and the next right step.



Building a Firm Foundation

A strong life does not happen by accident. It is built day by day through faith, obedience, consistency, and a willingness to live according to God's Word. In Luke 6:47–48 and Matthew 7:24–25, Jesus teaches about the wise builder who dug deep and laid his foundation on rock. When the storm came, the house stood firm because it was built on something solid. That same truth applies to our spiritual lives.

It is not enough to simply hear God's Word. Stability comes when we apply it. Obedience is what turns belief into strength. A person can listen to Scripture, attend church, and know what is right, but the real foundation is revealed by how they live. When we obey God's Word, we are building on solid ground.

Consistency also matters. Isaiah 28:10 reminds us that growth happens "precept upon precept, line upon line." Spiritual maturity is developed through daily habits: prayer, reading Scripture, worship, serving others, and making choices that honor God. Small acts of faithfulness may not always feel powerful in the moment, but over time they create depth, strength, and endurance.

We must also remember who we are. First Peter 2:9 tells us that we are chosen and called by God. Knowing our identity in Christ gives us confidence. We do not have to be shaped by fear, comparison, or the opinions of others. When our foundation is rooted in God, we can stand strong even when life feels uncertain.

Finally, our lives should shine. Matthew 5:16 reminds us to let our light shine before others so they may see our good works and glorify God. A firm foundation is not only for our own benefit. It allows us to become a witness, an encouragement, and a reflection of God's goodness to the people around us.

The question for each of us is simple: What foundation are we building on? Are we only hearing God's Word, or are we living it? Every choice, habit, and act of obedience adds another layer to the foundation of our lives. When we build on God's Word, we can stand strong, grow deeper, walk confidently, and shine brightly for Him.

Quote of the Month



"The way to get started is to quit talking and begin doing."

Walt Disney



Spotlight: Sandra Baldwin



From Silence to Voice: How Sandra Baldwin Turned Trauma Into Truth

Sandra Baldwin's story is one of survival, honesty, healing, and courage. As the author of *Seldom Spoken*, Sandra shares a life journey shaped by childhood hardship, painful trauma, years of silence, and the difficult but powerful process of finding her voice.

Sandra grew up in the Roanoke, Virginia area. Her early childhood was far from ordinary. After her father left when she was very young, Sandra was raised by her mother, who eventually returned to the mountains of Virginia. There, Sandra experienced a rugged, simple, and challenging childhood. Her family lived in a cabin without television or a telephone, and she often walked long distances to school. In some ways, the mountains gave her strength. In other ways, the poverty and isolation made her feel different from other children.

One of the most painful memories from her childhood came in fourth grade, when a charitable organization brought clothes, coats, and shoes to her in front of her classmates. What may have been intended as kindness became a public moment of embarrassment. Sandra remembers how deeply it affected her self-esteem. Those early experiences of poverty, shame, and feeling different followed her into her teen years.

As Sandra grew older, she continued to face hard seasons. She moved schools, struggled with acceptance, and became a mother at a young age. Still, she showed determination. Even after being judged and ostracized by others, she buckled down academically and graduated sixth in her class. That part of her story reveals something important: pain may shape a person, but it does not have to destroy their ability to move forward.

***Sandra explained
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not voiced, it can
fester.***

The title of Sandra's book, *Seldom Spoken*, carries deep meaning. For many years, the most painful parts of her life were not easy to talk about. After surviving a violent sexual assault as a young adult, Sandra found herself forced to keep going. She had to finish school, work, face police interviews, go through the court process, and testify. Yet emotionally, she was broken. Talking about what happened was difficult. Feelings rose quickly. The experience became something she rarely spoke about.

That silence came at a cost.

Sandra explained that when trauma is not voiced, it can fester. For years, she made decisions by "putting out fires" rather than truly governing her own life. Her trauma affected her relationships, her family, her choices, and her sense of self. Like many survivors, she carried not only the pain of what happened, but also the weight of shame, confusion, and negative thoughts that repeated in her mind.

But her story did not end there.

Continued on page 5



Spotlight: Sandra Baldwin (continued from page 4)



Sandra eventually reached a turning point. ***She got away from destructive patterns. She stopped smoking, stopped drinking, got clean, returned to full-time work, and began rebuilding her life step by step.*** She bought a small farm, reconnected with her love of horses, began creating art, received counseling, and slowly started to reclaim joy.

One important part of her healing was learning how to challenge the negative thoughts in her mind.

One important part of her healing was learning how to challenge the negative thoughts in her mind. She described an image she used: an imaginary sieve. The harmful thoughts would pass through and be flushed away, while the good and true thoughts would remain. She reminded herself that she was a good mother. She reminded herself that what happened to her was bad, but it did not define who she was. Healing did not happen quickly. It took time, repetition, support, honesty, and intentional work.

Faith also became part of Sandra's journey. Through conversations with Sid, who later became a major part of her life, she began exploring Christianity and spirituality. ***That spiritual foundation helped her continue moving toward healing, meaning, and peace.***

Today, Sandra has found joy in new ways. Horses once brought her great happiness. Now, she and Sid enjoy “iron horses” — e-bikes — and continue exploring trails they love. They travel, spend time in their RV, create, reflect, and live with a greater sense of freedom.

Sandra's message to others, especially young people facing trauma, is honest and important: ***there is no magic fix. Trauma has its own timeline.*** It often moves through a grief process, and every person's healing journey is different. But one thing is necessary — honesty. Sandra said that she lost many years telling herself stories that were not true. Her advice is to be honest with yourself, learn where you are in the process, and begin putting words to what happened.

That is the heart of *Seldom Spoken*. Sandra wants people to find their voice. She wants readers to understand that trauma has a beginning, a middle, and an aftermath. Healing begins when a person is willing to look honestly at what happened, how it affected them, and what steps can help them move toward resolution.

Within the PRG framework, Sandra's story is a powerful reminder of alignment. Her Priorities had to be restored. Her Roles — as a mother, survivor, writer, believer, and person seeking peace — had to be understood with honesty. Her Goals had to shift from simply surviving to healing, creating, speaking, and living with purpose.

Sandra Baldwin's story reminds us that silence can protect pain for a season, but voice can begin the process of healing. Her life is proof that trauma does not get the final word. With honesty, faith, support, time, and courage, a person can move from silence to voice — and from survival toward joy.





Mental Health: Nicole Luther



Committed: Learning to Follow Through

We are often rich in intention but poor in follow-through. A new idea sparks excitement, a goal feels meaningful, and for a moment, we are all in. Yet somewhere between inspiration and completion, our commitment fades. The problem is rarely a lack of desire—it's a lack of sustained alignment between our heart, mind, and actions.

Scripture calls us to something deeper than good intentions. *“Whatever you do, work at it with all your heart, as working for the Lord, not for human masters”* (Colossians 3:23). This reframes commitment: we are not just finishing tasks—we are offering our work as worship. When our efforts are anchored in God, consistency becomes less about mood and more about purpose.

From a neuroscience perspective, **follow-through is less about motivation and more about wiring.** The brain craves novelty—dopamine rises when we begin something new—but it drops when things become routine or difficult. That's when discipline must take over. The prefrontal cortex, responsible for planning and self-control, helps us push past distraction and choose long-term reward over short-term comfort. In other words, follow-through is not automatic—it is trained. Repeated actions form neural pathways, making behaviors more automatic over time. Instead of relying on bursts of motivation, create small, consistent rhythms and persevere through challenges. When your motivation is rooted only in feelings, it will fluctuate. But when it is rooted in purpose—especially a God-centered purpose—it becomes steadier. *“Let us not grow weary in doing good, for at the proper time we will reap a harvest if we do not give up”* (Galatians 6:9).

Commitment is ultimately an act of surrender. It's choosing to show up—again and again—not because it's easy, but because it matters. When we work “with all our heart, as for the Lord,” we move beyond inspiration and into faithfulness—and in that process, both our work and our character are transformed.

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Facing Adversity: Fred Saying



Facing Adversity and Learning How to Respond

Since May includes Mother's Day, Owen Mac's song **"My Mother, My Teacher, My Friend"** connects well with this message. Mothers often become our first teachers, not only by what they say, but by how they live. They teach us patience, self-control, faith, forgiveness, and how to face adversity without losing ourselves.

Adversity comes in many forms. It may come through conflict at school, the loss of a loved one or pet, unfair treatment, disappointment, anger, or grief. In those moments, emotions can rise quickly. A person may want to fight back, get revenge, or say something harmful. However, facing adversity the right way means learning how to respond instead of simply reacting.

One example is physical conflict. Most parents do not want their children fighting, but they also want them to know how to protect themselves if necessary. There is a difference between self-defense and revenge. Self-defense is about protection from immediate harm. Revenge is about punishing someone after the danger has passed. When anger takes over, a person can make a bad situation worse.

That is why **self-control is so important.** Walking away, getting help, using words, or avoiding the situation when possible are signs of strength, not weakness. A person who starts trouble, escalates the conflict, and then claims self-defense is not showing wisdom. True strength is knowing when to stand firm and when to step away.

Adversity also comes through grief. Losing a pet, a family member, a friendship, or an opportunity can leave a person feeling angry, distracted, guilty, or depressed. Grief does not follow a perfect timeline. A person may move through denial, anger, bargaining, sadness, and acceptance, sometimes going forward and backward along the way.

Healthy coping matters. Talking to someone you trust, praying, journaling, seeking counseling, joining a support group, and giving yourself time to heal can help you process pain without hurting yourself or others.

The bigger lesson is simple: adversity is part of life, but it does not have to control your life. Mothers often teach us that we can face hard moments with courage, wisdom, and self-control. We may not choose every battle we face, but we can choose how we respond.

Aligned Living with PRG: Marc Dickerson



Aligned living with PRG means creating daily choices that match what matters most. Start with one priority, clarify the role connected to it, and set one simple goal that moves you forward. When your actions reflect your values, you stop drifting and begin building with purpose. Small, consistent steps create balance, direction, and meaningful growth each day.



Physical Health - Marc Dickerson



Physical Health: Listen to Your Body

Your body often gives warning signs before a health issue becomes serious. Being committed to physical health means noticing symptoms that are sudden, unusual, or persistent. Chest pressure, pain in the arm, back, neck, jaw, or stomach, shortness of breath, nausea, cold sweat, or lightheadedness may signal a heart attack and should prompt a 911 call. Stroke warning signs include face drooping, arm weakness, trouble speaking, confusion, vision changes, dizziness, loss of balance, or a severe headache with no known cause.

Other symptoms, such as unexplained weight loss, ongoing fatigue, blood in stool or urine, severe abdominal pain, shortness of breath, or a high fever, should be discussed with a healthcare provider. Do not ignore changes that continue, worsen, or interfere with your ability to function. Early attention can lead to earlier answers, better treatment, and greater peace of mind.

In PRG, your body supports your Priorities, Roles, and Goals. Listen early, respond wisely, and protect the health that carries your purpose forward with clarity and commitment.

References: American Heart Association, CDC, Mayo Clinic.

Quick Health Warning Chart

What Your Body May Be Telling You	Possible Warning Sign	What To Do
Chest pressure, pain, shortness of breath, nausea, cold sweats, jaw/back/arm pain	Possible heart attack symptoms	Call 911 immediately.
Sudden weakness, face drooping, trouble speaking, confusion, vision loss, dizziness	Possible stroke symptoms	Call 911 immediately.
Fever of 103°F or higher, or fever with stiff neck, confusion, rash, chest pain, trouble breathing, or seizure	Possible serious infection or illness	Seek medical care quickly.
Losing weight without trying	Possible medical or emotional health concern	Contact your healthcare provider, especially if weight loss is more than 5% in 6–12 months.
Fatigue that lasts, affects daily life, comes on suddenly, or occurs with weight loss or shortness of breath	Possible underlying health issue	Schedule a medical appointment.
Severe belly pain, vomiting blood, black or bloody stool, blood in urine, swollen/tender abdomen, or high fever	Possible urgent abdominal condition	Seek emergency care.

This information is for general awareness only and should not replace medical advice from a qualified healthcare provider.



Dealing with Stress: Marc Dickerson



Dealing with Stress: Triggers and How to Overcome Them

Stress is often triggered by pressure, change, conflict, uncertainty, overload, or feeling like too much is happening at once. It can affect the mind and body through worry, irritability, fatigue, trouble concentrating, headaches, stomach problems, sleep changes, or changes in appetite. The CDC notes that stress can also worsen existing health or mental health conditions, which is why it should not be ignored.

Overcoming stress begins with awareness. Ask yourself: *What is triggering me, what can I control, and what is my next healthy step?* Small actions such as deep breathing, movement, journaling, rest, limiting news or social media, spending time outdoors, and connecting with trusted people can help lower stress and restore clarity.

Stress Trigger	What It May Look Like	Healthy Response
Work, school, or deadlines	Feeling rushed, tense, or overwhelmed	Break tasks into smaller steps and prioritize one thing at a time
Family or relationship conflict	Irritability, worry, shutdown, or anger	Pause before responding and use calm, honest communication
Financial pressure	Fear, racing thoughts, avoidance	Review what you can control and create one practical next step
Lack of sleep or poor routines	Fatigue, low patience, poor focus	Protect sleep, eat regularly, and build a steady daily rhythm
Too much news or social media	Anxiety, comparison, frustration	Take breaks from screens and choose grounding activities
Unclear priorities	Feeling pulled in every direction	Return to PRG: clarify your Priority, Role, and Goal

PRG Reminder: When stress rises, return to your Priorities, clarify your Role, and choose one Goal you can control today.



Key Takeaways for This Month:



- Commitment carries purpose beyond inspiration. Keep showing up even when progress feels slow.
- Commitment begins with clarity. Know your Priorities, understand your Roles, and align your Goals.
- You do not have to build everything at once. One priority, one role, and one goal can create meaningful progress.
- Discipline protects what you are committed to. Boundaries, routines, and daily commitment help growth last.
- A strong foundation is built through faith, obedience, consistency, and action.
- Healing begins when silence turns into honesty. Finding your voice can be part of moving from survival to purpose.
- Adversity does not have to control your response. Choose wisdom, self-control, support, and healthy coping.
- Your body and mind give signals. Listen early, manage stress wisely, and protect the health that supports your purpose.

PRG Products and Services



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

<u>Products</u>	<u>Services</u>	<u>Events</u>	<u>Social Media</u>
"Priorities, Roles, and Goals: The Program" Book	Individual and Group Classes	Author Meet and Greets	 https://www.youtube.com/@MarcDickersonPRG  https://www.facebook.com/myprgprogram/  https://www.linkedin.com/in/marc-dickerson-84b0272ab/  https://x.com/Duke2Innovation
The PRG Power Plan	Team Speeches	Book Signings	
Free PRG Program Summary	Seminars	Community Events	
The PRG Workbook	Workshops		
	Keynote Speaker		
	Professional Development		
	Institutional Partnerships		



Call to Action



This month, do not just think about what matters—commit to living it. Choose one Priority that needs your attention, identify one Role connected to that priority, and set one Goal you can act on this week.

Your life is shaped by the choices you repeat. One disciplined step may not feel big in the moment, but repeated with commitment, it can create lasting change.

Take time this week to write down your PRG:

- ▶ Priority: What matters most right now?
- ▶ Role: Who do I need to be in this area?
- ▶ Goal: What is one action I will take?

Create with purpose. Stay committed with discipline. Live by Design, Not by Default.



FREE COMMUNITY EVENT

Health & Wellness Seminar

— Hosted by Duke2 Innovations —
Mind • Body • Community

DATE	TIME	LOCATION	ADDRESS
Saturday May 30	11:00 AM - 3:00 PM	Seaford District Library	600 N Market Street Ext. Seaford, DE 19973

20-Minute Breakout Sessions Throughout the Event
Local resources • Wellness presenters • Family-friendly encouragement

ALL AGES WELCOME Bring your family and connect with community resources.	PRIZES & GIVEAWAYS Come out, participate, and leave encouraged.	FOOD TRUCK ON SITE Kapelpa food available for purchase.
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www.duke2innovations.org
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Information shared is educational and does not replace professional medical advice.

PRG Pulse

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