PRG Pulse

November 2026

Clarity Growth Direction

PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY

VOLUME 1

NUMBER 11

Priorities, Roles, and Goals

"*Live by Design, Not by Default*"

NOVEMBER THEME — ***Finishing the Year with Purpose***

A Welcome Message From Marc Dickerson

Make Time for the People Who Matter

Dear PRG Community,

As we enter November, it is easy to focus on everything we still want to accomplish before the year ends. Our theme, **Finishing the Year with Purpose**, invites us to consider how we spend our time and who we spend it with.

The people closest to us can be the easiest to take for granted. We assume there will be another dinner, another phone call, or another chance to say what is on our hearts. This month, let's make a conscious effort to appreciate the people who help make our lives meaningful.

Enjoy your family. Share a meal. Laugh about an old memory. Take a picture. Ask a question you have never asked before. Give someone your full attention and listen to the answer. Those everyday moments deserve a place in our plans.

Make purposeful connections with friends, neighbors, and others who have made a difference in your life, too. Call the person you keep meaning to call. Invite someone to spend time together. Tell someone specifically why you appreciate them. A thoughtful connection begins when we turn a good intention into an action.

PRG gives us a practical way to follow through. If family is a **priority**, consider your **role** as a spouse, parent, child, sibling, or grandparent. Then set a simple **goal**: plan dinner together, schedule a visit, or make time for a conversation without distractions.

As Thanksgiving approaches, let gratitude show up in your words and your calendar. My challenge for all of us, myself included, is to choose one person this week and make a purposeful connection. Put a time on the calendar and follow through.

We still have time to make meaningful progress this year. Let's use some of that time to strengthen our relationships, enjoy one another, and make sure the people we love know they matter.

Live by Design, Not by Default.

Marc Dickerson
Founder, Priorities, Roles, and Goals

What's in This Issue

PAGE	TOPIC
1	Welcome Message
1	This Month's Theme
2	PRG Key Insight
3	Spiritual Health
4	Spotlight
5	Mental Health
6	Aligned Living
6	Quote of the Month
7	Physical Health
8-10	Dealing With Stress
11	Facing Adversity
12	Four Key Takeaways
12	Four Calls to Action
12	Upcoming PRG Events
12	Products & Services
13	PRG Sponsors
13	PRG Question
13	Closing / Thank You

QUOTE OF THE MONTH

"Well done is better than well said."

BENJAMIN FRANKLIN

Full reflection on page 6

PRG | A DIVISION OF DUKE2 INNOVATIONS

www.duke2innovations.org

PRG Pulse

November 2026

Clarity Growth Direction

PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY

VOLUME 1

NUMBER 11

PRG Key Insight

Turn One Good Intention Into a Plan

PRG PULSE EDITORIAL

By November, the calendar can start making decisions for you. Pick one thing that deserves your attention before the year ends. Then use Priorities, Roles, and Goals to decide what you can do about it.

A useful goal starts with a responsibility you actually hold. Name the person or commitment that matters, decide how you want to show up, and choose a step you can finish this week.

01 PRIORITY | What matters here?

Name one thing worth protecting. “I want to spend more meaningful time with family.”

02 ROLE | How will I show up?

Choose the relationship or responsibility that gives you a part to play. “As a sibling, I can be the one who reaches out.”

03 GOAL | What will I do and when?

Put a concrete action on your calendar. “I’ll call my brother Thursday at 7 p.m. and give him my full attention.”

At the end of the week, look for evidence. Did the call happen? If you missed it, choose a new time. If it happened, ask whether you want to make it a regular habit.

TRY IT TODAY

Write one sentence that begins “Because this matters, I will…” Add a day, a time, and a way to tell when it is done.

PRG Pulse
November 2026
Clarity Growth Direction
PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY
VOLUME 1
NUMBER 11

Spiritual Health

Finishing the Year with Purpose: Moving Beyond Good Intentions

BY NICOLE LUTHER | CERTIFIED LIFE & MINDSET COACH

Life's Purpose Coaching

As we approach the final months of the year, it's easy to start thinking, "I'll get to that in January." We have good intentions, meaningful goals, and things we want to accomplish, but somewhere along the way, life gets busy, our priorities shift, or our motivation fades. Before we know it, another year has passed.

But what if we viewed these remaining months not as a countdown to a fresh start, but as an opportunity to finish with purpose?

From a neuroscience perspective, our brains are drawn to what feels new and exciting. Starting a goal can bring a burst of motivation, but following through requires intentional effort. Our brains tend to favor immediate comfort over delayed rewards, especially when we feel overwhelmed. The good news is that small, consistent actions help strengthen the habits that support follow-through. We don't have to accomplish everything at once; we simply need to take the next step.

Scripture reminds us in Colossians 3:23, *"Whatever you do, work at it with all your heart, as working for the Lord."* This encourages us to approach our responsibilities and commitments with purpose, even when the excitement of beginning has worn off.

So, before the year ends, take a moment to reflect. What matters most to you right now? Is there a commitment you need to follow through on, a relationship that needs your attention, or a goal you can take one small step toward? Ask God for wisdom in deciding where your time and energy are best spent.

You don't need to finish the year perfectly. You can finish it intentionally. As Galatians 6:9 reminds us, *"Let us not grow weary in doing good."*

There is still time to make meaningful progress. Start where you are, focus on what matters, and take the next faithful step.

Connect with Nicole
Life's Purpose Coaching | Milton, DE 19968
302-495-9510 | www.lifespurposecoaching.com

PRG Pulse
November 2026
Clarity Growth Direction
PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY
VOLUME 1
NUMBER 11

Spotlight

The People Who Help Us Keep Going

BY MARC DICKERSON

When we look back over a year, we often measure what we accomplished. We think about the goals we reached, the challenges we faced, and the things still left unfinished. But behind much of our progress are people who helped us keep going.

Sometimes it is a spouse who listens after a difficult day. A friend who checks in when we get quiet. A teacher or coach who sees potential we have trouble seeing ourselves. A coworker who steps in when we feel overwhelmed. Their support may never receive public recognition, but it can make a lasting difference.

As Thanksgiving approaches, this month's spotlight belongs to those people—the ones whose steady presence reminds us that we do not have to carry every responsibility alone.

Support does not always come through a grand gesture. Often, it sounds like, "How are you doing?" or "What's your next step?" Sometimes it includes an honest conversation we would rather avoid. The people who care about us can offer comfort while also challenging us to follow through.

Within the PRG framework, relationships deserve intentional attention. If family, friendship, faith, or community is a priority, our roles within those relationships require action. Being a grateful spouse, dependable friend, or encouraging teammate means making time, paying attention, and showing up. A meaningful goal this month might be as simple as calling someone we have been meaning to thank.

Before the year ends, think of one person who helped you move forward. What did they do? What difference did it make? Tell them specifically. "Thank you for checking on me when I was struggling" says more than a quick "Thanks for everything."

Then consider whose life you could encourage. You may not be able to solve their problem, but you can listen, offer practical help, or remind them of a strength they have forgotten.

Finishing the year with purpose includes recognizing the people who helped us get here—and becoming someone who helps another person take the next step.

THIS MONTH'S CHALLENGE
Thank one person by name. Tell them why their support mattered. Then offer that same care to someone else.

PRG Pulse
November 2026
Clarity Growth Direction
PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY
VOLUME 1
NUMBER 11

Mental Health

Make Room for What Helps You Reset

PRG PULSE EDITORIAL

A full calendar can make every request feel urgent. Take five minutes before you commit to another task. Notice what feels heavy, then give yourself a chance to decide what needs attention today.

Start with one practice you can repeat on an ordinary day. It might be a quiet stretch of time before bed, a short walk, or a conversation with someone who helps you feel heard.

SORT THE LOAD

Write down what must happen today and what can wait. Choose one item to postpone or share with someone else.

PROTECT A PAUSE

Choose a short break you enjoy. Read a few pages, step outside, or put on music. Pick a time that works with your responsibilities.

REACH OUT WITH A SPECIFIC ASK

Try “Could we talk for ten minutes tonight?” or “Can you help me with this one task?” Giving someone a clear way to help makes it easier to start the conversation.

If distress is persistent or starts interfering with everyday activities, talk with a qualified health professional.

National Institute of Mental Health | Caring for your mental health

PRG Pulse
November 2026
Clarity Growth Direction
PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY
VOLUME 1
NUMBER 11

Aligned Living with PRG

Put Your Priorities on the Calendar

PRG PULSE EDITORIAL

Open next week's calendar and look for one choice you can make before the week fills up. Pick a priority, name the role you want to honor, and give that role a place on the schedule.

If connection is the priority and your role is friend, schedule a call or a walk. If learning is the priority and your role is student, block a short study session and write down what you want to finish. A specific appointment gives you something to review later.

THE CALENDAR TEST

Point to the time you set aside for the priority. If you can't find it, choose a slot or decide which commitment you need to move.

At the end of the week, check how the plan felt. Repeat the part that worked and adjust the part that proved hard to keep.

Quote of the Month

"Well done is better than well said."

Benjamin Franklin, Poor Richard's Almanack, 1737

A clear intention gives you direction. A small action shows where you have begun. Before the week ends, give one promise a time and follow through.

Quote source | The Franklin Institute

PRG Pulse
November 2026
Clarity Growth Direction
PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY
VOLUME 1
NUMBER 11

Physical Health

A Routine You Can Keep on a Busy Week

PRG PULSE EDITORIAL

When the season gets busy, give your basic routines a place on the calendar. Think about a regular meal, a reasonable bedtime, or a short stretch of movement you enjoy. Start with the one that fits your day most easily.

If movement is your starting point, attach it to something you already do. Try a short walk after lunch or another activity that suits your ability, time, and surroundings. The CDC notes that some activity is better than none and that it can be spread across the week.

PICK A CUE

Write “After lunch, I’ll take a short walk” or “When I get home, I’ll put on comfortable shoes and move for a few minutes.”

GIVE YOURSELF A BACKUP

If weather or a schedule change disrupts the plan, choose an indoor option or a different time. Write the backup beside the original plan.

CHECK WHAT FITS

At the end of the week, look at which days worked. Use that information to set your next goal and leave room for recovery and sleep.

Centers for Disease Control and Prevention | Activity guidance for adults

PRG Pulse
November 2026
Clarity Growth Direction
PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY
VOLUME 1
NUMBER 11

Preparing for a More Peaceful Thanksgiving

BY FRED SAYIN

When I lived in Florida, my church encouraged members to practice gratitude by naming ten things they were thankful for each day for forty days, without repeating anything. That is harder than it sounds! The challenge encourages us to notice blessings we might otherwise overlook.

One thing I appreciate is the opportunity to keep learning. Online videos have helped me explore education, Scouting, and questions about my Christian faith. These resources can introduce useful ideas, especially when we consider the source carefully.

Learning has also helped me develop a new anti-bullying program for children and teenagers ages 5-18, beginning with kindergarten. My goal is to teach assertiveness, healthy coping skills, and ways to seek help without fighting or aggression. This includes helping children with disabilities communicate their needs and boundaries.

Prepare Before Problems Begin

Thanksgiving offers an opportunity to practice these skills at home. Before relatives arrive, hold a short family meeting. Discuss respectful behavior, how to handle disagreements, and which adults children can approach for help.

Parents, teachers, coaches, and other caring adults can help children practice a few simple responses:

- Pause and take a few slow, comfortable breaths.
- Name the feeling: “I feel upset,” or “I am frustrated.”
- Use a calm, clear statement: “Please stop calling me names.”
- Move away and get a trusted adult’s help when needed.

Children can seek adult help immediately whenever they feel unsafe. They do not have to confront someone first.

Practice a Realistic Situation

Imagine that a cousin accuses Alex of cheating during a game. Alex feels angry and wants to yell back.

During a practice conversation, an adult could help Alex try saying:

> *“I don’t like being called a cheater. Let’s check the rules together.”*

If the accusations continue, Alex could say:

> *“I’m taking a break and getting Mom to help.”*

Practicing gives children words they can use when emotions rise. Adults remain responsible for supervising, addressing hurtful behavior, and keeping children safe.

A feelings chart can also provide a starting point for conversations. Help children identify what they feel and practice a manageable response before a difficult moment occurs. When a child becomes upset, listen and ask what happened and what help they need.

Finish the Year with Care

As we finish the year with purpose, we can express gratitude through our actions: listening patiently, preparing our children, treating others respectfully, and thanking the people who support us.

A few minutes of preparation can give a family a shared plan for handling challenges and enjoying time together.

Interested in Learning More?

Fred Sayin is seeking opportunities to introduce his developing anti-bullying program to schools and youth-serving organizations, beginning with kindergarten. To discuss a speaking opportunity, contact PRG Pulse at marc.dickerson@prglife.org.

PRG Pulse
November 2026
Clarity Growth Direction
PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY
VOLUME 1
NUMBER 11

Fred Sayin’s Kindergarten Starting Point

ANTI-BULLYING PROGRAM | PRG PULSE EDITORIAL

Fred Sayin’s Thanksgiving article starts with a problem children can recognize. A game turns tense, someone says something hurtful, and a child needs words to respond. Fred uses a family rehearsal to show how adults can help children prepare for moments like that.

He is developing an anti-bullying program for children and teens ages 5–18, with kindergarten as the starting point. His focus is assertive communication, healthy ways to handle strong feelings, and knowing how to get help. He also wants children with disabilities to have ways to communicate their needs and boundaries.

WHAT FRED WANTS CHILDREN TO PRACTICE

A child can rehearse a short sentence, decide when to step away, and identify an adult to ask for help. Fred’s Thanksgiving example gives families an ordinary setting for practicing those choices.

For a parent, teacher, or coach, the first step can be simple. Choose a moment when everyone is calm, practice one response, and show the child exactly where to find help.

Fred is looking for opportunities to introduce the program to schools and youth-serving organizations. Turn to page 10 for a conversation guide and page 8 for his full Thanksgiving article.

START THE CONVERSATION

When you reach out, share the age group you work with and the situations your students face. Ask Fred how the practice would fit your setting and how adults can reinforce it afterward.

Contact PRG Pulse about a speaking opportunity

PRG Pulse
November 2026
Clarity Growth Direction
PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY
VOLUME 1
NUMBER 11

A Five-Minute Practice for Caring Adults

PRACTICE GUIDE | PRG PULSE EDITORIAL

Use this practice before a game, family gathering, or group activity. Pick one situation a child might actually face. A short rehearsal gives you time to listen and lets the child try words that feel natural.

01 CHOOSE A SITUATION

Ask, “What could make this game hard to enjoy?” Let the child choose one example, such as teasing or a dispute about a rule.

02 REHEARSE THE WORDS

Practice a clear sentence such as “Please stop calling me that.” If speaking up feels unsafe, practice moving away and getting help right away.

03 NAME THE ADULT

Ask the child to point out who can help and where to find them. The adult’s job is to listen, intervene when needed, and follow up.

Afterward, ask which part felt easy and which part needs another try. Keep it short enough to practice again. A child can use words, a picture, a gesture, or another communication method that works for them.

StopBullying.gov | Responding to bullying

PRG Pulse

November 2026

Clarity Growth Direction

PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY

VOLUME 1

NUMBER 11

Facing Adversity

Play the Next Play

PRG PULSE EDITORIAL

You make a plan for the end of the year, then something changes. A commitment gets interrupted, you lose momentum, or the result falls short. Give yourself a moment to name the setback and decide what is still in your control.

In the PRG adversity framework, three reactions can shape what happens next. You may feel intimidated and hesitate, feel frustrated and want to react quickly, or feel motivated to find a response. You can notice the first reaction and still choose your next move.

STOP

Pause long enough to notice what you're feeling before you respond.

ASSESS

Name what changed and what you can still influence.

CHOOSE

Pick one response that fits your role and protects the priority.

ACT

Take the first step and decide when you'll check what happened.

If a family visit falls through, your role as a relative still gives you options. Send a message, suggest another day, or make time for a call. Playing the next play means taking care of the part that's yours.

ASK YOURSELF

What changed, what can I control, and what is one useful step I can take today?

PRG Pulse

November 2026

Clarity Growth Direction

PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY

VOLUME 1

NUMBER 11

Four Key Takeaways

1. **Name what matters**
   One priority gives your week direction.
2. **Give your role a clear action**
   Choose one way to show up for someone.
3. **Prepare before the pressure**
   Practice calm responses before the gathering.
4. **Return after a setback**
   Pick the next step you can still take.

Four Calls to Action

1. **Set one appointment**
   Put a meaningful action on your calendar.
2. **Reach out this week**
   Call or thank someone who has helped you.
3. **Rehearse a calm response**
   Practice a sentence and name a trusted adult.
4. **Review one completed step**
   Write what worked and what you'll repeat.

Upcoming PRG Events

Bring PRG to your group

Schools, teams, churches, and other organizations can request a PRG workshop, keynote, or seminar. Share your audience, what you want participants to accomplish, and your preferred dates.

Ask about dates and formats

PRG Products and Services

Resources to put PRG into practice

Free PRG Introduction. Learn the framework and build a first PRG Snapshot.

PRG: The Program. Find Marc Dickerson's book through the publisher.

Power Plan and Workbook. Ask PRG about availability and next steps.

Get the free introduction

Explore the book and planning resources

PRG Pulse

November 2026

Clarity Growth Direction

PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY

VOLUME 1

NUMBER 11

PRG Sponsors

PARTNER WITH PRG | Advertise in PRG Pulse: marc.dickerson@prglife.org











PRG Question

What is one priority you want to honor before the year ends, and what will you put on your calendar this week to act on it?

Closing / Thank You

Thank you to Nicole Luther, Fred Sayin, our sponsors, and everyone reading PRG Pulse. We hope this issue helps you choose a meaningful next step and make time for it.