PRG Pulse

October 2026

Clarity Growth Direction

PRG | A DUKE2 INNOVATIONS DIVISION | TRANSFORM CHAOS INTO CLARITY

VOLUME 1

NUMBER 10

Priorities, Roles, and Goals

"Live by Design, Not by Default"

OCTOBER THEME — ***Facing Your Fears***

A Welcome Message From Marc Dickerson ◆◆◆

Facing Fear, Taking the Next Step

Dear PRG Community,

Fear has a way of making decisions before we realize we have given it a vote. We put off a difficult conversation, hesitate to try something new, or leave a meaningful goal untouched. We tell ourselves we need more time. Sometimes we do. Sometimes we are simply afraid.

This October, our theme is Facing Your Fears. Begin with an honest question: What am I avoiding, and what is that avoidance costing me?

Courage can look like applying for an opportunity, admitting a mistake, or reaching out for support. You can feel uncomfortable and still make a thoughtful choice.

The PRG framework gives that choice direction. Priorities remind us what matters enough to protect or pursue. Roles clarify how we want to show up for ourselves and others. Goals turn that purpose into a specific next step. When fear gets loud, return to those three anchors.

If education is a priority, your role as a student may call you to ask for help before you fall further behind. If family matters most, your next goal may be to begin a conversation you have been avoiding. The step can be small and still matter.

Facing fear also means using judgment. Consider the risks, prepare where you can, and involve people you trust. Courage includes knowing when to ask for help or choose a different plan.

My challenge this month is simple: name one fear, connect it to a priority and role, and choose one manageable action. Write down when you will take that step and who can encourage you. Give yourself a chance to learn as you go.

You do not have to solve every uncertainty today. Start with the next step that reflects the person you want to be. Let what matters help you decide what comes next.

Live by Design, Not by Default.

Marc Dickerson

Founder, Priorities, Roles, and Goals

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QUOTE OF THE MONTH

"I learned that courage was not the absence of fear, but the triumph over it."

NELSON MANDELA

Full PRG reflection on page 7

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PRG Key Insight

Give Fear a Smaller Job

Clarity starts when you name what matters and choose what comes next.

BY MARC DICKERSON

Fear can make a single decision feel like a judgment on your whole future. A student delays asking for help. A parent postpones a hard conversation. An employee leaves an application unfinished. Each situation deserves a closer look. **Name the concern before you name the goal.** Are you worried about rejection, embarrassment, uncertainty, or a real risk? A specific fear gives you something to examine instead of a cloud of worries to carry.

PRG provides three useful anchors: **what matters, who you are in this situation, and what you will do next.** Your priority explains why the effort is worthwhile. Your role identifies the responsibility you can own. Your goal turns that responsibility into an action you can see on the calendar. You cannot control every response or result, but you can choose a responsible contribution. Begin with the part that is yours to do.

THE PRG ACTION MAP

01 PRIORITY	02 ROLE	03 GOAL
What matters here?	**What responsibility is mine?**	**What will I do, and when?**
Education I want to understand the work.	**Student** I can ask questions and practice.	**Ask for help** Write one question; ask my teacher after class tomorrow.

Make the first step small and specific. “Be more confident” is difficult to schedule. Preparing one question, drafting an opening sentence, or practising for five minutes gives you a place to begin. Add a date and identify a person or resource that could help. If a situation involves genuine danger, protection and appropriate help come first. Courage includes setting a boundary and recognizing when support is needed.

Review the action without judging your worth. Ask what happened, what surprised you, and what you will change. A difficult attempt can reveal a missing skill, an unrealistic deadline, or a better source of help. Adjust the plan while keeping the priority in view. Success this week may be starting the conversation or asking the question. Give yourself credit for a thoughtful effort, then decide the next step.

Your next goal: Because ___ matters, in my role as ___, I will ___ by ___.

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Spiritual Health

Faith for the Next Step

A Christian reflection on honest prayer, steady support, and purposeful action.

BY MARC DICKERSON

> *"What time I am afraid, I will trust in thee."*
>
> PSALM 56:3 | KING JAMES VERSION

Fear often enters through the things we cherish: our family, health, work, and future. We may wish prayer would give us a complete explanation or an immediate answer. Psalm 56:3 offers a different starting point: **bring fear into a relationship of trust.** The verse names the feeling honestly. We can pray with questions still unresolved and ask for wisdom for the next decision. Faith gives us somewhere to bring what we are carrying.

Trust also has an everyday expression. It may look like keeping an appointment, apologizing, preparing carefully, or accepting a meal from someone who wants to help. Some concerns call for action; others require patience while we wait. Our five spiritual roles offer practical ways to remain connected to God and people through both. Choose a practice that fits your present season. You do not have to do everything at once to begin faithfully.

FIVE SPIRITUAL ROLES / A PRACTICE FOR EACH

ROLE	A QUESTION TO BRING	ONE FAITHFUL RESPONSE
Worship	Where is my attention going?	Pause in prayer; name a reason for gratitude.
Fellowship	Who can share this concern?	Call someone you trust and ask for prayer.
Discipleship	What wisdom do I need?	Read Scripture in context; discuss your questions.
Ministry	Who could use my help?	Offer a manageable act of care or mentoring.
Mission	Where can I offer hope?	Listen well; share encouragement with respect.

Make room for honest prayer. Write one concern, one thing within your control, and one request for guidance. Then choose an action that reflects your values. A few consistent minutes of reflection can be a practical place to start. Return to the practice when the day becomes crowded.

Let support be part of your faith. Speak with a trusted pastor, friend, or mentor who will listen without dismissing your concern. Accept practical help when it is offered. Prayer, community, and professional care can work together. Ongoing fear does not make you unworthy of compassion or care.

Bring the fear honestly. Receive support. Choose one faithful response.

Scripture: Psalm 56:3 (KJV) | Read the passage

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Alison Tingle: A Reason to Keep Going

The faith, people, and purpose that helped her through cancer

INTERVIEW BY MARC DICKERSON

In 1994, Alison Tingle was beginning the teaching career she had grown to love. Volunteering in her daughter's kindergarten classroom had inspired her to return to school and enter education. She had found a calling: making a difference in children's lives.

At home, she was raising two daughters, navigating divorce, and settling into a house she had just bought. Between her family and a new classroom, she was finding her way through a year of change.

Then, near the end of that first teaching year, her doctor found a lump in her neck. Alison expected surgery to address a thyroid problem. After the operation, she learned it was cancer. Her new beginning had become a season of uncertainty.

> ***"It was really scary at that time."***

Alison worried about her health, her children, and whether time away would affect her new job. She did not pretend the fear was absent. Instead, she kept returning to what she could do next.

> ***"I never questioned why."***

That meant taking her medicine, attending appointments, and following her care team's instructions. When the cancer returned about six months later, she faced treatment again. Recovery stretched over roughly five years, but she had two important reasons to keep going.

Her Daughters Gave Her Purpose

Her daughters, nine and three, were at the heart of that determination. She knew their father and her extended family would care for them if necessary, but she wanted to be there herself.

> ***"I just knew I had to get through it for them."***

Treatment made that desire especially difficult. Radioactive iodine used to treat her thyroid cancer left radiation in her body, requiring temporary separation to protect her daughters from exposure. The girls stayed with her parents. Visits through a window, handmade cards, and daily conversations helped them stay connected.

Support She Could Count On

Her parents' help continued beyond those separations. They kept the girls overnight so Alison could rest. Her aunt brought meals to the hospital every night, even though she could not enter the room. Colleagues helped financially when time away from work affected her pay.

Alongside that practical support, Alison leaned on her faith and church. Her mother had taught her to work through problems, and a caring medical team helped her feel supported. Those people and beliefs gave her strength for the next step.

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What She Wants Others to Know

Accept help, keep asking questions, and take the next manageable step

INTERVIEW BY MARC DICKERSON

Let People Help You

The support Alison received became the starting point for the advice she now gives others facing cancer. Family, friends, colleagues, and neighbors may each have something different to offer.

> *"Definitely lean on your support."*

For someone used to being independent, that was not an easy lesson. Alison had to allow others to do things she normally handled herself. Accepting help became part of how she got through, and a reminder that she was not alone.

> ***"People want to help you, so let them."***

Ask Until You Understand

That willingness to seek help mattered in the doctor's office, too. Alison remembers asking the same questions repeatedly because there was so much to absorb. She encourages people to learn about their diagnosis and build trust with their doctor and the staff.

> ***"It's okay to ask your doctor a thousand times."***

For Alison, following treatment and asking questions went hand in hand.

Keep Taking the Next Step

Alison acknowledges moments of discouragement. For her, it helped to turn her attention back to what she could do next. Remembering her daughters gave that effort purpose, while faith and support helped her follow through.

A Life of Making a Difference

The first-year teacher who worried about keeping her job went on to build an award-winning career. Now in her 33rd year, Alison is a special education coordinator, a National Board Certified teacher, and a past Teacher of the Year at Blades, West Seaford, and the Seaford School District.

Her experience also shaped her awareness of students facing health concerns and struggles others cannot see.

That understanding reaches beyond her classroom. Over the years, Alison has spoken with others facing a similar diagnosis, sharing her experience so someone else has a person who understands.

> ***"I think that's part of the journey too."***

Her advice grows from what helped her: let people in, keep asking questions, and concentrate on the next step. The woman who once needed others to help her through now offers that same support to someone else.

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Mental Health

Read with Purpose. Grow with Support.

Use books, reliable information, and helpful people to turn learning into action.

BY MARC DICKERSON

When worry fills our attention, reading can offer a welcome pause or help us explore an unfamiliar experience. A story may invite reflection; a well-chosen guide may give us words for a question we want to ask. **Choose material that serves a purpose you value.** You might read for enjoyment, to understand a challenge, or to develop a skill. A library book, an audiobook, or a short article can be a useful starting point.

Check the source before trusting the advice. For health information, look for qualified authors, evidence, review dates, and a clear explanation of who publishes or funds it. Be cautious with dramatic promises or posts selling a simple cure. NIMH and MedlinePlus offer places to begin. Write down what you still do not understand and discuss health decisions with a qualified professional. Gathering information is most useful when you can judge its quality and relevance.

BUILD A READING HABIT AND A SUPPORT NETWORK

Match the Resource to the Need

YOUR LIBRARY

Ask for an accessible book, audiobook, or a starting point on a topic.

NIMH + MEDLINEPLUS

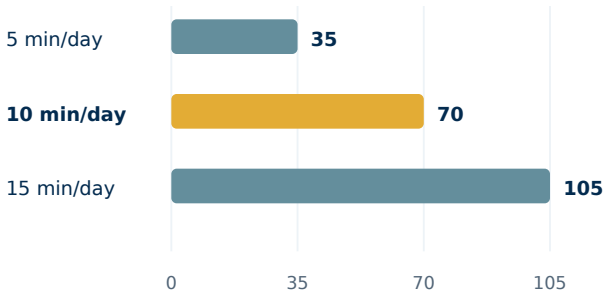
Use reviewed health information to prepare better questions.

A COUNSELOR OR CLINICIAN

Seek help with persistent concerns and decisions about your care.

Small Reading Blocks Add Up

EXAMPLE PLAN | MINUTES PER WEEK



Daily minutes x 7. A plan, not a health score.

Read, reflect, then try one idea. Choose a regular time and a manageable amount. Afterward, record one useful idea, one question, and one action. Discussing a book with a friend or group can make room for another perspective. You do not need to finish every book; choose what is useful and engaging for you.

Make information part of your support plan. Reading can be enjoyable self-care alongside rest and connection. If searching leaves you distressed, pause and ask someone qualified for guidance. If concerns persist or disrupt daily life, contact a primary care provider or mental health professional. Reading cannot diagnose you or replace care.

One useful idea. One honest question. One action that supports your life.

Resources: NIMH - Caring for Your Mental Health

MedlinePlus - Evaluating Health Information

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Aligned Living with PRG

Put What Matters on Your Calendar

BY MARC DICKERSON

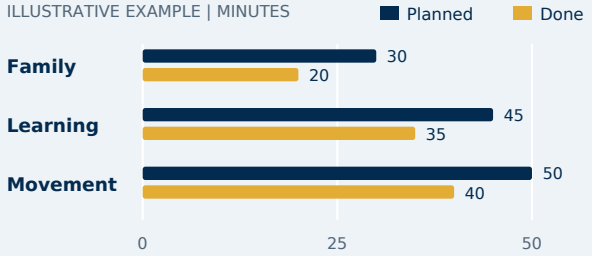
PRIORITIES > ROLES > GOALS

It is possible to stay busy while postponing what matters most. Fear can make an honest conversation, a new learning goal, or a needed change feel easier to delay. **Aligned living begins with a deliberate choice:** identify a priority, name your role, and give its next action a place in your week. Your calendar will never capture everything you value. It can, however, show whether your intentions have been given a realistic opportunity to become action.

Plan for the week you actually have. Consider work, caregiving, rest, and existing responsibilities before adding another commitment. Choose a modest action you can repeat: ten minutes of conversation, a short reading session, or suitable movement. Decide when it will happen and what support you need. A backup time can help when plans change. Protecting one meaningful commitment may also require declining, delaying, or simplifying something else. Give yourself permission to make that choice thoughtfully.

A Weekly Alignment Check

ILLUSTRATIVE EXAMPLE | MINUTES



Ask what the numbers reveal.
Family: Was the conversation meaningful?
Learning: What did I understand?
Movement: Did the plan fit my needs?

Use the gap to adjust timing, size, or support. Minutes show activity, not your worth.

Review with curiosity. If a commitment slipped, ask what got in the way. Was the goal too large, the timing poor, or the help missing? Keep the part that worked and revise the part that did not.

Let your roles guide the next choice. Family may call for listening; education may call for asking a question. When fear appears, return to the priority and choose a manageable action that serves it.

THIS WEEK: Choose one priority, schedule one action, and review it with honesty.

Quote of the Month

"I learned that courage was not the absence of fear, but the triumph over it."

NELSON MANDELA

Courage often begins while we are still uncertain about what comes next. Asking for help, facing a difficult conversation, or trying again after a setback can each be an act of bravery. Mandela's words remind us that fear can be part of our experience without having the final say in our decisions.

Source: Nelson Mandela Foundation

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Physical Health

My Journey Toward More Mindful Movement

BY DANNA CARTER

For most of my life, movement was simply part of who I was. I grew up playing sports and working on the farm, and spent years playing field hockey, running, lifting, coaching, and challenging myself physically. I understood early on how good it felt to move, feel strong and capable, and challenge myself. I never really questioned my relationship with exercise because movement was simply part of who I was. **I just moved.**

But over the years, my body changed. Injuries and old aches started to catch up with me, and movements that had once felt natural didn't always feel good anymore. I could still work out. I could still push myself. But I started realizing that **doing more wasn't necessarily what my body needed.**

Then I retired from education after nearly 30 years. Retirement brought a whole new season of life. I had more freedom, but I also had to figure out what movement, purpose, and self-care would look like without the structure that had shaped so much of my life.

That's when Pilates began to change the way I thought about movement. I didn't stop wanting to be strong. I didn't stop wanting to challenge myself. Instead, I started paying more attention to **how** I moved. I started noticing my breath, my alignment, my core connection, my balance, and all the little things I had often rushed past in other forms of exercise.

Pilates taught me that strength isn't always about pushing harder. Sometimes strength is control. Sometimes it's stability. Sometimes it's slowing down enough to feel what's happening in your body. And sometimes, strength is knowing when to modify.

The more I learned, the more I wanted to understand the method behind it. I began training in classical Pilates, and what started as something I was doing for myself eventually became something I wanted to share with others.

Then came the Loft. A 1936 barn loft became a place where movement could feel a little different. A place where we could build strength, mobility, stability, balance, and body awareness without feeling like we had to prove anything.

The Loft is a place where you can come as you are, move with intention, connect to your breath, and finish with a walk down the dirt lane between open fields. Movement extends beyond the mat and into real life.

In helping others find their way into movement, I've continued finding my own way, too. I still run. I still strength train. I still challenge myself. **I'm still moving.** But my relationship with movement has changed.

I'm less interested in simply asking, *"How much can I do?"* I'm more interested in asking, **"How can I move in a way that supports the life I want to live?"**

That's what mindful movement means to me. It isn't about giving up strength or challenge. It's about being more intentional with both. It's understanding that our bodies change, our seasons change, and sometimes the way we need to move changes with them.

And that's okay. We can adjust. We can learn. We can slow down. We can try something new. We can keep showing up.

Because movement isn't just about what our bodies can do. It's about staying engaged in our lives and feeling strong enough to participate.

That's what I hope people find at the Loft.

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Move. Breathe. Walk. Strengthen.

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Dealing With Stress

Steady Yourself. Take the Next Step.

Face everyday fears with preparation, manageable practice, and support.

BY MARC DICKERSON

A deadline, difficult conversation, or unfamiliar responsibility can make ordinary decisions feel urgent. Stress can affect both mind and body, so begin by noticing what is happening: tight muscles, worry, poor sleep, or the impulse to avoid a task. **Pause before deciding what the feeling means.** Breathe gently and comfortably, write down the concern, and separate what you know from what you predict. Then ask: What needs attention now, and what can wait?

Check safety before choosing a challenge. Real danger calls for protection, boundaries, and appropriate help. For an ordinary, safe situation you have been avoiding, a gradual approach may help you practice. Break the task into steps and choose an easier starting point. The NHS notes that avoidance can bring short-term relief while making a fear harder to face. Give yourself a manageable way to begin, then repeat and adjust as you learn.

A PRACTICE LADDER / SPEAKING IN A GROUP

EXAMPLE SEQUENCE | CHOOSE A PACE THAT FITS YOUR SITUATION



Repeat a manageable step before moving on. This is a practice sequence, not a clinical score.

Prepare for the effort and the recovery. Keep basic routines in view: regular meals, suitable movement, sleep, and contact with supportive people. A brief journal can help you notice patterns and questions to discuss. Ask for practical help, such as feedback on an opening sentence. Choose a level of challenge you can work with; adjust the pace when needed.

Measure learning as well as completion. After an attempt, record what you expected, what occurred, and what to try next. Progress may include speaking while nervous or returning after a setback. If stress or fear persists, disrupts daily life, or relates to trauma, seek guidance from a qualified mental health professional. Support can help you decide on an appropriate approach.

A thoughtful step counts, even when you still feel nervous.

NHS Every Mind Matters - Facing your fears

NIMH - I'm So Stressed Out!

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Facing Adversity

Facing Your Fears: Finding Courage, Faith, and Support

BY FRED SAYIN

Fear is an uncomfortable emotion that can arise when we anticipate danger, pain, embarrassment, or an unwanted outcome. Sometimes fear alerts us to a situation that deserves caution. Other times, it keeps us from taking a necessary step, asking for help, or trying something new.

Consider a student who keeps putting off homework. What looks like laziness may be fear of failure, embarrassment, or making a mistake. A person who delays a difficult conversation may be afraid of rejection. Before judging ourselves or someone else, it helps to ask: What fear might be behind this hesitation?

One change I encourage is moving our goal from perfection to excellence. In my faith, perfection belongs to God. We can give our best effort, learn from mistakes, and keep growing without expecting ourselves to get everything right.

Faith in the Face of Fear

As a Christian, I once struggled with the phrase “fear of God.” Did it mean being frightened and wanting to run away? Through prayer, I came to understand it in terms of worship—a deep reverence, awe, and respect for God. That understanding helped me see faith as a source of strength.

A memorable experience during college brought fear, faith, and a little humor together. I had permission to spend Friday night in a Scout hut so I could help with a pancake fundraiser the next morning. Running late, I began walking after dark near Tampa, Florida, despite warnings about safety in the area.

Along the way, five dogs approached me, barking and growling. Frightened and without anything to protect myself, I remembered a prayer I had recently learned at my mother’s prayer group. I said, “In the name of Jesus Christ, stop bothering me.” Then, for reasons I still cannot explain, I began singing “Kum Ba Yah.”

The dogs ran away. I still joke that my singing voice may have helped!

I am grateful that the situation ended safely. Looking back, I also recognize that taking safety warnings seriously would have been the wiser choice.

Helping Children Feel Heard

As Halloween and the holiday season approach, children may express fears about darkness, frightening stories, unfamiliar situations, or family tension. We do not have to agree with a frightening explanation to take a child’s feelings seriously.

Instead of laughing or dismissing the concern, try asking, “What frightened you?” Listen, offer reassurance, and help the child understand what happened.

Behavior can also give us clues. A tantrum may signal overwhelm. Withdrawal may reflect uncertainty. Clinginess may be a request for reassurance. These are possibilities to explore, rather than conclusions to assume. Clear expectations and compassion can work together.

Taking the Next Step

When fear rises, pause. Breathe slowly and comfortably. Use encouraging self-talk. Ask a trusted adult, friend, or mentor for support. Prayer, a quiet break, or a moment of appropriate humor may also help you regroup.

If teasing or bullying occurs, adults should stop the behavior calmly, support the person targeted, and address the misconduct without turning another child into the joke.

The PRG framework gives us a practical starting point: identify the **priority** fear is affecting, recognize your **role**, and choose one manageable **goal**. That might mean beginning an assignment, asking for help, or preparing for a respectful conversation.

You do not have to solve everything at once. Start with one thoughtful step—and remember that you do not have to take it alone.

Connect with Fred

Fred Sayin is seeking opportunities around Seaford, Delaware, to introduce his new anti-bullying program, beginning with kindergarten students. His children’s book about bullying and ways students can respond is currently being edited. His previous books include *Everlasting Chaos* and *Following the Orienteering Course of Life*. To express interest in a speaking opportunity, contact PRG Pulse at **marc.dickerson@prglife.org**.

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Four Key Takeaways

1 Courage begins with one step.

You can feel uncertain and still choose a thoughtful, manageable next action.

2 Support is part of strength.

Alison and Fred remind us to lean on faith, trusted people, and practical help.

3 Learning creates new options.

Read, ask questions, and use reliable resources to guide your next decision.

4 Adjust with intention.

Danna's story reminds us that our approach can change as our lives and bodies change.

Four Calls to Action

1 Name one fear.

Write what concerns you. Identify the priority it affects and the role you hold.

2 Reach out this week.

Ask one trusted person for specific help, encouragement, or a useful resource.

3 Learn and apply one idea.

Set aside ten minutes to read. Write one question and one action to explore.

4 Schedule your next step.

Choose a realistic goal, put it on your calendar, and review what you learned.

Upcoming PRG Events

Bring PRG to Your Group

Plan a workshop, seminar, or speaking session for your school, team, church, workplace, or community organization.

Start the conversation
Tell us about your audience, the challenge you want to address, and your preferred dates. Together, we can explore a session built around priorities, roles, and goals.

For upcoming dates, availability, and participation details, contact Marc Dickerson.

marc.dickerson@prglife.org

PRG Products and Services

Choose Your Next Resource

Start here: The free PRG Introduction introduces the framework. Keep learning with PRG Pulse each month.

Read and plan: Explore *Priorities, Roles, and Goals: The Program*, the Workbook, and the Power Plan.

Build with support: Ask about Growth, Standard, VIP, or group programs, plus workshops and speaking services.

Explore resources and current options at **www.prglife.org**

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PRG Question

What fear is holding you back from a priority that matters, and what one supported step will you take this week?

Closing / Thank You

Thank you to our writers, Alison Tingle, our sponsors, and every reader who makes PRG Pulse possible. This month, name what matters, accept support, and take one thoughtful step forward. Keep showing up for the life you want to live.