



SIMPLY PROFOUND

Simple Steps. Massive Transformation.

A Quick-Start Guide to Navigating Disruption in 2026

Manifest clarity, alignment, and purpose—one intentional shift at a time

Welcome

I'm so glad you're here. This is a powerful and timely moment—an invitation into new vision, deeper alignment, and conscious manifestation.

For over 20 years, my work has centered on one focus, the Path to Purpose, a rediscovery of you are, and Mindset Mastery, helping you gently shift to greater expansion—mind, body, and spirit aligned with God's design and the greater flow of life.

The path to purpose, however, is rarely linear. Disruption often appears just as we begin to feel settled. The real question isn't *if* disruption will come—it's *how* we respond. Can we remain grounded, receptive, and disciplined when life knocks us off our familiar path?

We're often taught to see disruption as a setback. I see it differently.

Disruption is an invitation.

That's what this Quick-Start Guide is about—reframing disruption and learning how to move through it with clarity, faith, and intention, so we don't just recover—we evolve.

In Genesis 12, we encounter Abram—later Abraham—living comfortably in what he knows. Suddenly, God calls him *out* of the familiar. One invitation. One step. A massive transformation that would redefine his purpose—and history itself.

Reframing Disruption

“What we call disruption is often God’s feedback loop—redirecting us from comfort into clarity, vision, and purpose.”

The *Simply Profound* Framework

- **Simple shift:** Disruption → Invitation
- **Profound impact:** Alignment, purpose, manifestation
- **Small step:** Responding when called
- **Massive transformation:** Becoming who you were always meant to be

Desire Revealed

“It would seem that our Lord finds our desires not too strong, but too weak...”
— C.S. Lewis

Disruption often reveals not that we want too much—but that we’ve been settling for too little. When familiar structures fall away, we’re invited to examine what we’ve been chasing for comfort, security, or validation instead of deeper meaning, alignment, and wholeness.

What feels uncomfortable is often **feedback**—calling us beyond distraction into clarity and purpose.

Disruption isn’t a setback.

It’s a feedback loop for sustainable growth.

7 Simple Steps to Navigating Disruption

1. Pause

Resist the urge to immediately fix or force clarity.
Disruption asks for stillness before action.

2. Name What’s Changed

Clarity begins with honesty.
What is no longer working, true, or sustainable?

3. Regulate Your Nervous System

Before meaning comes safety.

Slow your breath. Ground your body. Return to the present moment.

4. Get Curious, Not Critical

Ask “*What is this revealing?*”

Instead of “*What did I do wrong?*”

5. Clarify What Matters Now

Disruption reorganizes priorities.

Let values—not fear—lead your next step.

6. Choose One Aligned Action

Not everything needs to be solved.

One small, intentional choice restores momentum.

7. Integrate the Lesson

Don’t rush past the insight.

Let what you’ve learned shape how you move forward.

Next Steps – Manifest 2026 with Coach J & Team

- I. Reassess – Decluttering Your Life
- II. Reset – “Sacred Departure”
 - a. This phrase implies that a "reset" isn't just stopping; it is an intentional *leaving* of what no longer serves the soul to make room for next (substant)
 - b. Realignment
- III. Restart – Purpose Driven Impact: Infused Intuition & Strategy
 - a. You must see it before you can have it
 - b. Star counting - Visualizing beyond the current cloud
 - c. Long-Term Resilience
 - Learning by doing
 1. Pausing & breathing
 2. Intuitive Drawing Exercises

3. Elevated thinking

IV. Food & Eating Segment

a. Intentional Fuel

- i. Eating to relieve stress.
- ii. The sacred vessel to enter the will of God.

b. The Table of Reset

V. Summary Checklist for Manifestation

Habit	Daily Practice	Purpose
Lookup	Star-counting (Visualization)	To see beyond the current cloud
Buildup	Small Altars (grounding)	To anchor the Promise in the present
Lighten up	Sacred Shedding (Health/Clutter)	To move quickly when God says Go
Eatup	Manna Mindfulness (Nutrition)	To fuel the body for the journey ahead
Wait up	Tenting (Flexibility)	To remain detached from the drama

All of this is based on Abraham and his move from Ur to Cannan.

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Manifest