

Deepen Your Purpose.
Take Your Work to the Next Level.

DESTINY WRITING

A Revolutionary Approach to Manifesting
a Vivid Vision of Your Most
Fulfilling Future in Business and Life



MARSH ENGLE

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*The beauty of writing our destiny
is that it gives us a sense of sovereignty –
an unbridled power of giving focus to
the truth of all we are becoming
and where we are going.*

Hi, Marsh Engle here.

We need not look too far to see we are living in unprecedented times where if you want to thrive in a world that is changing so rapidly you need to know how to change with it.

If you are feeling the call to deepen your purpose and take your work to the next level, there's never been a mightier or more fertile moment than this one right now.

That's why I'm excited to bring to you *DESTINY writing* where I'm going to help you to craft a crystal-clear vision of your destiny in just 21 days, 15 minutes a day.

Over the next 21-days I'll show you ways to motivate past the edge of what you believe is possible and into a flow of new ideas, answers, solutions, and directions. A dynamic collection of 21 daily writing prompts will guide you and help you reveal untapped 'superpowers' that equip you to deepen your purpose.

In addition to the daily writing that you'll complete, we'll join together in four 75-minute workshops where we'll enter into some deep dialogue and transformational conversations. You'll discover how unique challenges from the past can be turned into valuable touchstones pointing towards your legendary destiny.

Plus, creative activations and guided meditations will help you to ignite an unfailing intuitive mindset.

Step-by-step the DESTINY *writing* practice will give you a revolutionary approach to discovering how and why your life has equipped you for this moment and ways to take your life and your work to the next level.

Imagine your future infused with intention, intuition, mindfulness, and true esteem.

Whether you're longing to create a career that fully honors your calling; or, you want to build on the success you've already achieved and create the clarity for even greater impact ... it's time to tap into a level of purpose-driven fulfillment so unimagined, so rich, so vibrant that your relationship with your power to succeed will never be the same!

Throughout this guide you will learn ways to:

- Craft a vivid, vibrant, soul-inspired vision of your future.
- Create from both the infinite organizing power of your mind and your intuitive intelligence.
- Learn how to slow the overthinking mind.
- Use guided meditations to tap your spiritual capacities to establish higher energy states.
- Put your creative callings into action so you can wake up every single day energized, focused, motivated, and inspired.

- Receive inner guidance that can only be accessed by connecting with your higher intuitive capacities.
- Experience breakthrough creativity motivating past the edge of what you believe is possible and into a flow of new ideas, answers, solutions, and directions.

But, most of all, you will define a destiny that's fully and authentically expressed — seen for ALL you truly are.

"Supporting women to discover their sacred destiny, unique genius and thrive in their life's work are my greatest passions. As you move through this study guide and explore the writing prompts, you'll never see your life, your potential, or your future the same – and, the truth is, it never will be the same!"

It is my hope that through the pages of this study guide and the step-by-step DESTINY *writing* practice it provides, you will begin to explore and discover your most inspired future.

I'm thrilled to be with you on this journey!

Marsh Engle

*It begins with one single idea,
one single flash of an insight.
Our greatest power to manifest
begins with learning ways to
read the greatest desires of
our highest destiny.*

*Writing is one of the most powerful and effective tools we have to
define our creative callings, accelerate our career,
and manifest a soul-inspired destiny.*

*That's because of how writing can lead us from
confusion to clarity, from isolation to impact,
from resistance to radiant results.*

The Practice of DESTINY *writing*

*An Extraordinary Tool for Crafting a Vivid Vision of Ways to
Deepen Your Purpose and Take Your Work to the Next Level*

DESTINY *writing* is a highly effective tool that opens communication between your conscious, cognitive mind and the unconscious, intuitive mind.

To begin, decide upon a specific period of time -- 2 minutes, 5 minutes or 15 minutes – for your DESTINY *writing* experience each morning. Once you have developed the habit of writing each morning you can increase the time that you choose to allocate to your practice of DESTINY *writing*.

Be in a comfortable environment, preferably one where you will not be interrupted! Turn off all phones, shut down your computer, remove distractions.

Next, reflect upon the writing prompt that has been provided for the day. Consider this to be your starting point.

Then place pen to your page and begin writing....

The DESTINY *writing* practice is designed to develop your self-awareness; you will not be judged on what you write and will not need to share it with anyone unless you decide to do so. You do not need to be concerned with spelling, grammar, or the quality of your handwriting.

If you feel inspired and in flow, by all means keep writing. You can write beyond your allocated time but do your best to avoid stopping before fulfilling your commitment of time. This may mean that you repeat the same sentence or ideas several times. What's important is that you keep the pen in motion. It's this movement that facilitates the flow of new insights.

Once you start writing, other topics – beyond the topic of the daily writing prompt – may begin to flow. When you find yourself moved to write about something different than the topic originally intended, ask yourself:

1. Is this a valid part of my writing process?
2. Or, am I resisting expressing something?

Then, continue writing, keeping in mind, what you write need not make sense, or be perfectly structured sentences. The aim of the DESTINY *writing* practice is to create a deepening relationship with your own thoughts, ideas, and feelings.

The Practice of DESTINY *writing*

The Benefits

Writing by hand helps you think outside the box.

It gives your mind free reign to breathe and express itself beyond your usual routine. In this way, writing by hand pushes your mind forward towards new observations and conclusions.

It forces you to slow down and draw out new insight from your stream of consciousness.

- **Your words will serve to center you and clear your mind.**

Each morning we wake with a myriad of thoughts floating in our minds. We need to channel that energy. DESTINY *writing* will clear your mind to focus on underlying insights – allowing you to dedicate your mind-power to more highly energized creative thinking.

- **Your words will accelerate creativity, ideas, answers and solutions.**

In order to retrieve your creativity and amplify your intuition, you need to tap into it. And it's through the easy flow of the DESTINY *writing* practice that you'll find ways to do exactly that.

- **Your words will help to still your inner critic.**

All too often and too easily, your inner critic can steal creativity, confidence, and forwarding movement. Getting to know this voice will more readily allow you to move past the influence of this voice.

- **Your words will make you less anxious.**

Writing helps to calm anxiety. A lot of our frustrations and sadness come from muddled and unexpressed thoughts, which often repeat in a loop in our minds. Emotions like frustration, self-doubt, anger, fear, vulnerability, procrastination ... can be released onto the page.

Getting feelings out and seeing them written on paper will help to ground you and amplify your focus. A study found that writing leads to greater and more honest self-disclosure.

- **Writing to empower.**

And, of course, writing can empower you. DESTINY *writing* slows down your thoughts and boosts mindfulness. The act of writing induces states of calm by increasing activity in parts of the brain similar to meditation.

So, whether it's reducing stress, changing your state of happiness or increasing your knowledge and self-awareness, DESTINY *writing* ultimately changes your mind, and that in turn gives new meaning and focus to your life.

The Practice of DESTINY *writing*

An Extraordinary Tool for Crafting a Vivid Vision of Ways to Deepen Your Purpose and Take Your Work to the Next Level

Who is DESTINY *writing* designed for?

DESTINY *writing* is written for the woman who knows her greatest power to create goes well beyond the day-to-day pushing for results – she knows her true power to contribute to the world is one that unleashes an unbridled expression of her heart, enlivens her soul, and stretches her creative spirit.

You are very likely a woman who knows how to succeed. In fact, you've already achieved a lot. The truth is it's not at all unusual for people to compliment you for what you've created and accomplished.

But, deep inside you feel something is missing.

You sense ...

There is more to know about your real power to create.

There is more to discover about the capacities of your intuition.

There is more to awaken in the field of your potentials.

There is a deeper sense of purpose ready to emerge.

There are qualities of your destiny you've yet to discover.

In essence, you sense it is time to get things moving ... ignite higher creativity, greater clarity, insight and direction, initiate forward movement.

That time is now!

Creative Contract

I, _____,
understand that I am entering into a
guided experience with my own creative
potentials. I commit myself and pledge
my full attention to the duration of the
program. I promise to fulfill the
DESTINY *writing* practice each day.

I, _____,
further commit to practice gentle
acceptance and support myself through
excellent self-care – including body
movement, nourishment and adequate
sleep – for the entire duration of this
program.

Signature:

Date:

*Each moment
we can ignite a fresh
new view of life.
But we first must move
beyond our set and
familiar ways.*

*By learning to see
ourselves
with mirror-like wisdom,
we see the world with
clarity and brilliance.*

*We free our creativity,
our beauty, our power.*

*Life becomes an
unbridled expression
of passion, purpose,
meaning and
potentials!*

A Blank Slate

The aim of this exercise is to clear the space to allow fresh creativity to emerge. Here you are invited to list all of your thoughts, apprehension, hesitation and fears you may be experiencing about the process you are about to begin.

ASK: What fears are surfacing as I think about beginning this program?

Whatever fear or apprehension it is, get it on the page(s). To aid you in this exercise, I've created a SHORT list of fears to help you identify those that feel the most limiting. The fact is by identifying and naming the fear you can immediately disengage the 'juice' the fear carries.

Consider this partial list of fears:

Abandoned	Anger	Being Laughed At
Appearing Stupid	Appearing Selfish	Being Different
Making a Mistake	Failing	Succeeding
Being Different	Being Ordinary	Being Denied
Being Seen	Being Heard	Not Being Smart
Being Ridiculed	Being Embarrassed	Being Lazy
Responsibility	Authority	Staying True to Self
Being Overlooked	Not Powerful Enough	Being Confused
Unworthy	Cannot Complete	Being Unaccepted
Isolation	Being Rejected	Lacking Focus
Uncreative	Leaving Past Behind	Being Excluded
Being Disappointing	Being Respected	Being Accepted
Being Embarrassed	Being Reliable	Disappointing Others
Beginning something	Expressing Feelings	Speaking
Personal Power	Leading	Being Confused

A Blank Slate

Date: _____

*Let's get ourselves creating
from a place where
we're most enlivened,
enthused and empowered.*

Before you move into the next steps, begin by calling back your creative power ...

Breathe in to fully embody the totality of:

- Your energy
- your creativity
- your potential
- your purpose

Close your eyes to the external world of seeing.

Open your senses. Listen with whole body.

Welcome this moment by repeating to yourself ...

- I breathe out yesterday.
- I breathe into my presence.
- I breathe out yesterday.
- I breathe into my presence.

Invite in the totality of your energy, your passion, your potential.

Invite the fullness of your creative power to return to your body.

Breathe. Feel this connection.

Create a memory of this connection.

BEFORE YOU GET STARTED.

As you begin this course, it's important to remember is that this is your own personal experience – it is going to be different for everyone.

The following are five practices to support you to gain greater value by bringing greater balance into your experience with this course:

Be willing to feel your feelings. Too often we expend enormous energy denying our feelings. At times you may find that DESTINY *writing* can connect you with your emotions, this is a perfectly natural part of the process. If this occurs, pause to acknowledge your feelings. Keep in mind that emotions can be excellent tools, particularly in defining new self-definitions, directions, and actions.

Set aside sacred time. Gift yourself sacred time to experience insights that arise through your DESTINY *writing* experience. Sacred time is defined as your willingness to give yourself the space to move through the practice at your own pace. This will also create the space for your intuition to speak and be heard.

Dedicate yourself to trust. Trusting inner guidance can sometimes take you out of your comfort zone. Very often you will feel restless or find your mind distracted by things you need to do. These are all signs your creativity is stirring. Devote yourself to trust what you feel and lean into any new insights that arise.

Create your own sacred space. Clarity is amplified by attention to aesthetics and your environment. It naturally responds to beautiful spaces that have been created with and love and intention.

The important thing to keep in mind is that this is your own sacred space. Over time it will become imbued with supportive energies and will have a powerful effect on your consciousness.

Cultivate stillness. Dedicating time to cultivating stillness and quiet time for contemplation is vital for activating the powers of higher creativity. It is challenging to amplify your inner-awareness and move through necessary change if you never create spaces of stillness, silence or reverence.

Stillness is not always a totally still body or sitting in silent meditation. It can be a gentle walk in natural surroundings, with the intention of connecting to new insights. It can be listening to inspirational music.

What is key is that cultivating stillness becomes a regular practice; it is the process and regularity that overtime creates the strengthening within. You will discover abundant resources inside your stillness, resources that lead to your most inspired destiny.