

DESTINY Coaching Program  
Valerie Love, Divine Midwife

# *My Divine Destiny Project*

*Name:*

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*Name of Project:*

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*Be blessed and know you are backed by all the beneficent powers of the universe as you create your **Divine Destiny Project!***

Live the life you were born to live. Choose to live your destiny!  
[www.LiveYourDestinyToday.com](http://www.LiveYourDestinyToday.com)      [valerielove@liveyourdestinytoday.com](mailto:valerielove@liveyourdestinytoday.com)  
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# ***Congratulations!***

Congratulations on committing to create a **Divine Destiny Project** that reflects your purpose, gifts, passions and vision!

What this project will do for you as you fully commit yourself to the process and follow through with sustained, consistent, inspired and purposeful action:

- ÿ Inspire you to reach new heights in your consciousness and life;
- ÿ Challenge you to take new, bold and courageous steps to create the life you love and deserve;
- ÿ Align you with the highest most holy will for your life;
- ÿ Support you in living on purpose, creating your destiny and enjoying the ultimate fulfillment that comes as a natural result;
- ÿ Push you past limiting beliefs and support you in releasing old mental scripts and worn-out ways of being that no longer serve you;
- ÿ Invite you to live, walk, talk, breathe and demonstrate your inherent divinity, dignity, brilliance, magnificence and God essence.

Sound good? Are you ready?

I'm divinely enthused for you!!! And the best part about it is: you've got the support of the universe... God, your Angels & spirit guides, your enlightened ancestors, the Ascended Masters, the indwelling Christ presence, your fellow walkers on the path and your coach.

Your success is assured.

The most important supporting factor in creating your Destiny Project is your  
***DAILY SPIRITUAL PRACTICE.***

In Destiny coaching, everything you do is implemented and supported by right use of ***Spiritual Laws & Principles.***

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***Your Destiny Project consists of 4 simple steps:***

1. Creating and maintaining a **Daily Spiritual Practice** (morning, afternoon & evening) that feeds your Soul and takes you deeper with your healing and higher in consciousness & vibration.
2. Using the A.L.L.O.W. process to choose the subject of your project and writing your intention statement, affirmations and prayer for elegant fulfillment. (See last page for A.L.L.O.W. process worksheet.)
3. Mapping out a Strategy and a Plan to fulfill your Destiny Project.
4. Executing your plan with excellence, resulting in full manifestation of your vision.

***Your approved Divine Destiny Project must meet the following criteria:***

1. The project must be something **BIG** for you—something you've never done before.  
**STRETCH YOURSELF!**
2. It must be a project you can complete, in excellence, by December 31, 2010.
3. It must depend on you to complete, not other people.
4. It must reflect your passions, your purpose, your calling and your unique gifts and talents.  
This is a DIVINE DESTINY PROJECT.

You get to create whatever you desire!!! Isn't that liberating?!?!

***GRADUATION FROM THE DESTINY COACHING PROGRAM IS CONTINGENT UPON THE SUCCESSFUL COMPLETION OF YOUR DIVINE DESTINY PROJECT WITH EXCELLENCE.***

You will have the opportunity to present your **Divine Destiny Project** at a Boost retreat after successful completion.

Use the accompanying guide to create your Destiny Project. The completed project may be in any form you desire, as long as it meets the intention statement you created and offered to the universe.

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**Guide to Creation of Your Destiny Project**

This guide is designed to stimulate your imagination and desire in creating your **Divine Destiny Project**.

Ideas:

- |                               |                             |                                    |
|-------------------------------|-----------------------------|------------------------------------|
| <i>Write a book</i>           | <i>Write an e-book</i>      | <i>Record a CD</i>                 |
| <i>Create a Clothing Line</i> | <i>Take a big trip</i>      | <i>Climb a mountain</i>            |
| <i>Skydiving/Parasailing</i>  | <i>Learn a new language</i> | <i>Start a successful business</i> |
| <i>Create a blog</i>          |                             |                                    |

*Anything else that stretches you!*

Consider the following questions in the creation of your Destiny Project:

What have you always wanted to do and haven't gotten around to it yet?

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What are you most afraid of doing?

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What have you always been curious about?

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If today were your last day on earth, what would you make sure of doing?

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If you could meet/talk to anyone in the world, who would it be?

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If money was not a consideration, what would you be doing?

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You will be coached, supported and encouraged during the process of creating your **Divine Destiny Project**. Remember, what you get out of your efforts will be determined by the energy you put into it, so throw your **WHOLE SELF** into it!!!

You can do this!

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***My Destiny Project is:***

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***My Intention Statement:***

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***My Affirmations:***

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***My Prayer:***

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***My Destiny Project Action Steps:***

Action Step #1:

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Date I will complete this action step by: \_\_\_\_\_

Action Step #2:

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Date I will complete this action step by: \_\_\_\_\_

Action Step #3:

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Date I will complete this action step by: \_\_\_\_\_

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Action Step #4:

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Date I will complete this action step by: \_\_\_\_\_

Action Step #5:

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Date I will complete this action step by: \_\_\_\_\_

Action Step #6:

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Date I will complete this action step by: \_\_\_\_\_

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Action Step #7:

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Date I will complete this action step by: \_\_\_\_\_

Action Step #8:

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Date I will complete this action step by: \_\_\_\_\_

Action Step #9:

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Date I will complete this action step by: \_\_\_\_\_



### **A.L.L.O.W. Worksheet**

In Destiny Coaching, we use the A.L.L.O.W. process to:

- Ask for and open ourselves to receive the HIGHEST & BEST in a given situation, the GOD IDEAL in any area of our lives. (God always has more in store for us than the human self can imagine. This process allows you to tap into the DIVINE IDEAL of the subject in question.)
- Receive a clear vision of what the completed project looks like so that we have clarity of purpose;
- Align the lower self with the Highest Most Holy Self;
- Become highly attuned to God's voice within;
- Become ACUTELY AWARE of what is happening in our lives, gain insight into the meaning and significance of these experiences and use the information gleaned to create what we desire;
- Remind ourselves that the entire universe conspires to get us what we want once we make a clear command;
- Map out the INNER WORK required to manifest what we desire & take COURAGEOUS, CONSISTENT, SUSTAINED, FOCUSED & INSPIRED ACTION until the goal is realized.

#### **A - ASK**

Ask God what the highest and best ideal is for you with regard to this project. Some questions:

- Spirit, what would best serve me with regard to this project?
- What would best serve those I'm here to help/support?
- What is the highest and best for me in this undertaking?
- How can I best use my talents, gifts and passions now to create something extraordinary that honors God as my Highest Most Holy Self?
- What does my completed project look like?

Ask Spirit any other questions that feel right for you so that you can receive a **CLEAR VISION** of what you're doing and where you're going, always being fully led by God.

#### **L - Listen to Spirit**

Listen to God speak as the answers coming forward in your own consciousness.

Go deeper with your meditation practice so that you can hear clearly God's will for you.

Listen to the 'still small voice' within, the intuitive wisdom God is continually pouring through you.

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**L - Listen to your life**

Your life is speaking to you continually. The people, places, situations and circumstances you experience are all present for a reason.

Become HYPER AWARE. You are reading signs, bumper stickers and paying EXTRA special attention to ANY and EVERYTHING that touches your consciousness.

Answers can come from the most unusual places. You have to be PAYING ATTENTION.

**O - Order your steps by writing it out**

Nothing is taken seriously by your brain until you commit it to paper. The very act of writing out what you receive from God and from the messages of your life will concretize your vision and begin its elegant manifestation. This forms the foundation of your plan.

**W - Work: Spiritual, Mental, Emotional & Physical**

What work is required to manifest your potential in this project? Make it worthy of the divine being you are.

Do more than is required.

Go over and above what's asked of you.

Do your BEST... that's excellence.

Decide what spiritual work is required to bring this dream of yours into reality.

Decide what mental work must be done to align your thoughts with the vision.

Decide what emotional work you must do to elegantly manifest your project.

Then, lastly, only after you've done the INNER WORK, is it time to take inspired action to bring forth your new creation!

You'll find it MUCH EASIER to do the physical work required--and much less physical work will be required--after doing the INNER WORK FIRST.

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