Manifest Destiny is a term for the wide-spread attitude during the 19th century period of American expansion that the United States not only could, but was destined to, stretch from coast to coast. Americans believed it to be their destiny to bring civilization, which included religion and technology, to the west. This attitude helped fuel western settlement, Native American removal, and war with Mexico. Directions: Once you have read the meaning behind "Manifest Destiny," examine this painting titled "American Progress" that was created by author John Gast in 1872. In the painting, circle four parts of this painting that you believe shows what "Manifest Destiny" was all about. Then, connect your circle with a box below and explain how it fits the definition. One place where I see Manifest Destiny is . . . Another place where I see Manifest Destiny is . . A third place where I see Manifest Destiny is . . . A fourth place where I see Manifest Destiny is . .