



ALPHA A CHICK

**ACTION GUIDE**

*Adapted from the book*  
*Alpha Chick, Five Steps for Moving from Pain to Power*

**MAL DUANE**

For additional information  
[AlphaChick.com](http://AlphaChick.com)

## Congratulations for taking the next step in your journey!

I want to thank you for buying a copy of *Alpha Chick* and reading it.

I shared my personal and painful story with you so you would understand that I have walked in your shoes and experienced many of the same traumatic and emotionally depleting situations. I hope that I have been successful and you are now ready to take the next steps in your journey. I now realize that the path I traveled has brought me to help you to become an Alpha Chick and create the life you desire.



I believe from my deepest inner core that if you practice The Five Steps of Faith, you can overcome your negative forces and painful challenges. Your transformation begins when you have the courage to honestly examine your beliefs and addictive behaviors. If you take the time to ask yourself poignant and revealing questions, your subconscious will make room for the answers. You will emerge from a self-imposed bondage of the past, flourish in the present moment and create the future of your dreams.

Alpha means beginning and indeed at the beginning of our creation we were all given this divine presence and energy. Unfortunately most of us are unaware that exists or not taught how to access it. The Five Steps of Faith will reconnect you to this higher power, your divine inner knowing.

I continue to use these steps daily to create the miraculous life I have. Nothing is beyond your reach when you energetically align yourself with your new beliefs. You realize you have the ability to break through your fears, move past your hopelessness and have everything you desire.

Live faithfully,

*Mal*

## Step 1: Focus

*I focus my consciousness daily on the Divine Presence within through a spiritual practice.*

### **Engage in a form of prayer or meditation daily.**

1. Sit quietly and take several deep cleansing breathes. On the inhale breath you are bringing in positive energy and on the exhale you release stress, anger or hurtful feeling.
2. Close your eyes and create in your mind your sanctuary where you feel safe and completely at peace. It may be a garden or a beautiful little room. Personalize it with surroundings that comfort you. See yourself happily present in this sanctuary. You may also want to create a small alter with cherished little items that you have acquired.
3. Start with a simple word Mantra. It can be any word that you choose that inspires a sense of spiritual essence for you. Keep repeating the word for five minutes. You are trying to clear your unconscious mind. If thoughts race into your mind just return to your safe place and your Mantra. Many use "Om" a universal word for God.
4. Everyday add a few more minutes to your spiritual practice.
5. Record Notes.

*What could I add to my safe sanctuary?*

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*What thoughts keep running through my mind?*

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*Did I receive any inspired actions?*

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Additional Notes:

## Step 2: Acceptance and Attitude

*To accept disappointments, fear, and sorrows so I may free myself from a past that no longer serves me, and to consciously change my attitude so that I may live the joyous life that is always available to me.*

**Are you prepared to release your past beliefs of unworthiness, suffering and gut wrenching anger?**

1. What is the first thing that comes to mind that you need to stop resisting and accept as is?

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2. Breathe deeply and state:

I accept \_\_\_\_\_

I accept \_\_\_\_\_

I accept \_\_\_\_\_

I love myself completely for accepting that \_\_\_\_\_ happened and I now choose to leave it in the past.

I embrace who I am today and forgive all my mistakes.

3. Identify your most nagging negative attitudes.

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4. What actions can you take to change any negative attitudes?

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5. What are you feeling as you release the pain from the past, the old patterns and recognize who you truly are?

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6. List twelve things you are grateful for in the past six months.

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## Step 3: Identify and Intention

*I identify negative behaviors that block my potential and set intentions for positive actions.*

1. Get your Attraction Quadrant sheet (Page 7 Action Guide)
2. Identify three things you want to change in each quadrant
3. Identify three new intentions for each quadrant
4. Daily set one new intention in each quadrant

We set intentions because they are more powerful than setting a goal. Intentions have your soul behind them compared to a goal which is wishful thinking.

1. How did you feel after completing the assignment for the quadrant sheet?

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2. What painful realizations did you come to that you were not aware of before?

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# Attraction Quadrant

## *Mental/Emotional*

Problem	Intention	Action Steps

## *Spiritual*

Problem	Intention	Action Steps

## *Physical*

Problem	Intention	Action Steps

## *Financial/Career*

Problem	Intention	Action Steps



## Step 4: Thoughts

*I shift my thoughts to the present when I revert to past negative thoughts and feelings*

1. Pick three new activities that will help you change your thinking patterns.

A. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

B. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

C. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. What specific things that you think about make you feel good?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. What thoughts do you recognize as your most frequent self-defeating thoughts?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. Are these thoughts linked to your past rather than your present situation?

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5. What can you do to resolve these things/thoughts in your mind?

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6. Do you need to forgive yourself or someone else to feel better and change your thinking?

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7. Write three new affirmations for yourself.

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8. Start your vision folder by adding all the things you would like to create in your life.

## Step 5: Helping

*I heal by reaching out and sharing my journey with others, especially those in need.*

If you have been working the steps faithfully, you should start to feel that you are getting your personal power back. You are accepting and releasing your past mistakes and the people that caused you pain. You now know that your true identity, the divine essence that you were born with has nothing to do with any person, place or thing from the past. You now experience a new belief system. You have the ability to create the life you desire. As an Alpha Chick, you share this knowledge and help other women to tap into their power. To continue to heal, you must reach out and help others with their journey.

1. What is the one activity of service to others that you can add to your list?

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2. How do you think this will make you feel?

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3. Identify one person you know personally that you could do something for that would make a difference in their life.

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4. List one activity that you feel empowers you.

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## Mal's Library of Love

I am so happy to share with you the current selections in my Library of Love. When I started my journey of recovery, I personally found great comfort in many of the books I read and audio programs to which I listened. I would often suggest these to other women whom I met along the way, and over time people began to ask me what I was reading or recommended. So for many years, I have kept a list of my top twenty-five favorites in each category. The list often changes because of the new books that I read and love. I hope it will be helpful for you, providing selections that you feel may enlighten and aid you in your journey of personal discovery.

### Books

Allen, James. *As a Man Thinketh*.

Ban Breathnach, Sarah. *Simple Abundance: A Daybook of Comfort and Joy*.

Beck, Martha. *Finding Your Own North Star: Claiming the Life You Were Meant to Live*.

Butterworth, Eric. *Discover the Power Within You: A Guide to the Unexplored Depths Within*.

Canfield, Jack. *The Success Principles: How to Get from Where You Are to Where You Want to Be*.

Chopra, Deepak. *The Seven Spiritual Laws of Success: A Practical Guide to the Fulfillment of Your Dreams*.

Cruse, Sharon. *Learning To Love Yourself*

.Dooley, Mike. *Infinite Possibilities: The Art of Living Your Dreams*.

Dyer, Wayne. *The Shift: Taking Your Life from Ambition to Meaning*.

Fox, Emmett. *Power Through Constructive Thinking*.

Hay, Louise L. *You Can Heal Your Life*.

Hicks, Esther and Jerry. *Ask and It Is Given: Learning to Manifest Your Desires*.

Hill, Napoleon. *Think and Grow Rich*.

Hill, Napoleon. *You Can Work Your Own Miracles*.

Holmes, Ernest. *The Science of Mind*.

Kushner, Harold S. *When Bad Things Happen to Good People*.

Murphy, Joseph. *Maximize Your Potential Through the Power of Your Subconscious Mind to Create Wealth and Success*.

Ponder, Catherine. *The Dynamic Laws of Prosperity*.

Price, John Randolph. *The Workbook for Self-Mastery: A Course of Study on the Divine Reality*.

Richardson, Cheryl. *Life Makeovers: 52 Practical and Inspiring Ways to Improve Your Life One Week at a Time*.

Robinson, Lynn A. *Divine Intuition: Your Guide to Creating a Life You Love*.

Sharma, Robin S. *The Monk Who Sold His Ferrari: A Fable About Fulfilling Your Dreams and Reaching Your Destiny*.

Taylor, Sandra Anne. *Secrets of Success: The Science and Spirit of Real Prosperity*.

Tolle, Eckhart. *The Power of Now: A Guide to Spiritual Enlightenment*.

Wattles, Wallace D. *The Science of Getting Rich or Financial Success Through Creative Thought*.

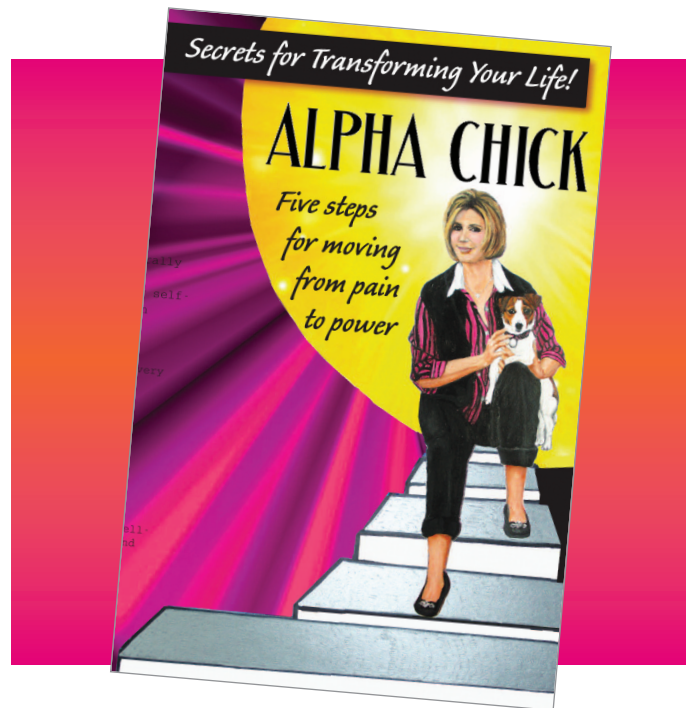
Yogananda, Paramhansa. *The Wisdom of Yogananda, vol. 4, How to Be a Success*.

## Audio/CDs

- Ban Breathnach, Sarah. *Simple Abundance: Living by Your Own Lights*.
- Beattie, Melody. *Codependent No More: How to Stop Controlling Others and Start Caring for Yourself*.
- Beckwith, Michael Bernard. *Life Visioning: A Four-Stage Evolutionary Journey to Live as Divine Love*.
- Bristol, Claude. *The Magic of Believing: The Science of Setting Your Goal and Then Reaching It*.
- Chopra, Deepak. *Reinventing the Body, Resurrecting the Soul: How to Create a New You*.
- Covey, Stephen R. *The 7 Habits of Highly Effective People*.
- Dyer, Wayne. *Manifest Your Destiny: The Nine Spiritual Principles for Getting Everything You Want*.
- Dyer, Wayne. *The Power of Intention*.
- Grabhorn, Lynn. *Excuse Me, Your Life Is Waiting: The Astonishing Power of Feelings*.
- Hay, Louise L. *Self-Healing: Loving Affirmations for Achieving and Maintaining Optimum Health*.
- Hicks, Esther and Jerry. *Ask and It Is Given, Part 1, The Law of Attraction*.
- Hill, Napoleon. *The Science of Personal Achievement*.
- Holmes, Ernest. *Live Again! 2: Spiritual Mind Treatment*.
- Khechog, Nawang. *Tibetan Meditation Music*.
- Orloff, Judith. *Positive Energy: 10 Extraordinary Prescriptions for Transforming Fatigue, Stress, and Fear into Vibrance, Strength, and Love*.
- Peale, Norman Vincent. *The Power of Positive Thinking*.
- Robbins, Anthony. *Awaken the Giant Within: How to Take Immediate Control of Your Mental, Emotional, Physical and Financial Destiny!*
- Rohn, Jim. *The Art of Exceptional Living*.
- Ruiz, Miguel. *The Four Agreements: A Practical Guide to Personal Freedom*.
- Shimoff, Marci. *Happy for No Reason: 7 Steps to Being Happy from the Inside Out*.
- Thompson, Jeffrey. *Brain Wave Suite*.
- Tolle, Eckhart. *A New Earth: Awakening to Your Life's Purpose*.
- Tolle, Eckhart. *Practicing the Power of Now : Essential Teachings, Meditations, and Exercises from the Power of Now*.
- Virtue, Doreen. *Chakra Clearing: Awakening Your Spiritual Power to Know and Heal*.
- Williamson, Marianne. *A Return to Love: Reflections on the Principles of "A Course in Miracles."*

I want to commend you for working with the Five Steps for Moving from Pain to Power. If you have not read *Alpha Chick*, you may want to read the entire book for very detailed information about this process. You can purchase the book on Amazon.com or go to AlphaChick.com for more information regarding the book, our newsletter or coaching services. We are meant to live joyful and prosperous lives. My mission is to help you connect with that wonderful inner voice that can help you achieve all you desire.

We can fall victim to our circumstances or we can look within and find the faith to overcome them. The choice is yours!



**If you would like to connect with Mal and find out how she helps women transform their lives from pain to power, please fill out this form and email back to [malduane@alphachick.com](mailto:malduane@alphachick.com) or fax to 508-848-3838**

1. On a scale of 1-10, how happy are you with your life right now?
2. What are the predominant feelings you are experiencing at this time?
3. What do you want to accomplish more than anything else right now?
4. Do you feel something other than yourself is controlling your life?
5. What area of your life do you find most challenging? (ex: mental, physical, financial)
6. Do you have any current goals you are working on?
7. What would you like to accomplish in a 15 minute free session with Mal?

**I will be back to you shortly after reviewing your answers to see how I can help you.**

**Live Faithfully, Mal**