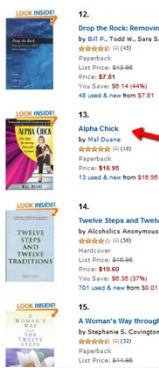




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Alpha Chick by Mal Duane
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Definition of Alpha Chick:

An Alpha Chick is an awakened, authentic and abundant woman.

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An Alpha Chick is an awakened, authentic and abundant woman.

- Awakened: She accesses a higher consciousness.
- Authentic: She has discovered and accepts who she truly is.
- Abundant: She is the deliberate creator of her own life.

Welcome!

To the Alpha Chick Tele-seminar. In this Seminar, we're going to discuss your personal journey to become your own unique Brand of Alpha Chick.

I'll be answering questions at the end of the presentation, so be sure to jot down any thoughts you have along the way.

While it can prove daunting to begin any journey, transforming your life is easier than you might think. It only takes 5 steps of faith:


5 Steps of Faith

- Focus




5 Steps of Faith

- Focus
- Acceptance & Attitude



5 Steps of Faith

- Focus
- Acceptance & Attitude
- Identification & Intention



5 Steps of Faith

- Focus
- Acceptance & Attitude
- Identification & Intention
- Thought



5 Steps of Faith

- Focus
- Acceptance & Attitude
- Identification & Intention
- Thought
- Healing & Helping



5 Steps of Faith

- These steps will help you clarify who and what you want.



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- They will help you to release limiting behaviors that continue to cause you pain.



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- They will help you to release limiting behaviors that continue to cause you pain.
- They will help you set intentions for new action steps to create the life you want.



Start a Spiritual Practice



Start a Spiritual Practice

First, create a sacred space in your home where you can sit and unwind. It can be as simple as a pillow in a corner, a favorite comfy chair, or an area rug. But it should be a quiet space, free of distraction.



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First, create a sacred space in your home where you can sit and unwind. It can be as simple as a pillow in a corner, a favorite comfy chair, or an area rug. But it should be a quiet space, free of distraction.

Decorate your sacred space with candles, favorite photos, inspirational quotes – anything that makes you feel comfortable and relaxed.



Step 1: Focus



Step 1: Focus

Spend time in your sacred space. Close your mind down, concentrate on your breathing and connect with the divine presence within.



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Spend time in your sacred space. Close your mind down, concentrate on your breathing and connect with the divine presence within.

Whether it's through meditation, prayer, or writing; find a way to connect with your inner voice – your higher power. It is inside of you, and you'll know it when you find it, because it'll just "feel right."



Step 1: Focus

Take the time to ask yourself poignant and revealing questions and your subconscious will make room for the answers. Your transformation begins when you have the courage to honestly examine your beliefs and addictive behaviors – and this is what **Focus** is all about.



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Now that you have found your **Focus**, it is time to take step 2 of the 5 Steps of Faith: **Acceptance and Attitude**.



Step 2: Acceptance & Attitude



Step 2: Acceptance & 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.



Step 2: Acceptance & Attitude

In life, we can cling to denial so vehemently, that it may become all we know. It blocks out positive energy and binds us to the past.



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In life, we can cling to denial so vehemently, that it may become all we know. It blocks out positive energy and binds us to the past.

The main idea behind the **Acceptance & Attitude** step is to finally identify and accept what has happened in your past and stop resisting it, so you can approach life with a new attitude. Once you accept what has happened to you, you'll notice that your attitude will change almost immediately.

Step 3: Identification & Intention



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In this step, I will encourage you to identify 3 negative behaviors that block your potential, then set intentions for positive actions so you can change them.



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In this step, I will encourage you to identify 3 negative behaviors that block your potential, then set intentions for positive actions so you can change them.

The main idea behind the **Identification & Intention** step is to map out ways to actively change your life within the Mental/Emotional, Spiritual, Financial/Career and Physical realms.



Step 3: Identification & Intention

By setting intentions and actively seeking to change your life, you will learn to work positively and consistently to get the things you want out of life, whether it is a new love, a bigger house, a better relationship with your boss, or a closer bond with your family.



Step 3: Identification & Intention

Are you ready to start setting intentions, so you can create a new vision for an exceptional life filled with well-being?



Step 3: Identification & Intention

As you grow, your needs will change, as will your intentions. Please don't ever stop setting intentions for yourself. I encourage you to continually think about ways to actively change your life within the Mental/Emotional, Spiritual, Financial/Career and Physical realms.



Step 4: Thoughts



Step 4: Thoughts

You'll notice, especially as you work through the 5 Steps of Faith, that you tend to repeat patterns in your life. One of those patterns is reverting back to past negative feelings when you are in a place of insecurity.



Step 4: Thoughts

In this step, I ask you to shift your thoughts to the present when you find yourself reverting to past pessimistic thoughts and damaging feelings. We'll identify these self-defeating thoughts, and discover ways to deal with them, including creating affirmations to help you shift from the past back to the present.



Step 4: Thoughts

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.



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This brings us to step 5 of the 5 Steps of Faith:



Step 5: Healing & Helping



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



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

As an Alpha Chick, you share this knowledge and help other women learn to tap into their power. To continue to heal, you must reach out and help others with their journey.



Step 5: Healing & Helping

I embarked upon step 5 when I decided to write my personal story and share it with the world. How you decide to teach other women is up to you. It could be one person at a time, or it could be more.



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I embarked upon step 5 when I decided to write my personal story and share it with the world. How you decide to teach other women is up to you. It could be one person at a time, or it could be more.

Start by identifying one activity of service that you would like to perform, then identify an individual that you think would benefit from the 5 Steps of Faith.



Step 5: Healing & Helping

As you discover new ways to reach people and share your knowledge, you will become more and more focused, enlightened and powerful.



Step 5: Healing & Helping

As you discover new ways to reach people and share your knowledge, you will become more and more focused, enlightened and powerful.

Practice the 5 Steps of Faith and you will become your own unique brand of "Alpha Chick."



Question & Answer

Now I will take the time to answer any questions you may have.