

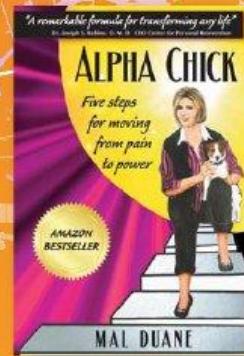


# ALPHA A CHICK

## ACTION GUIDE

**Mal Duane**

*Recovery Coach & Author*



AlphaChick.com  
malduane@alphachick.com

# *Alpha Chick*

Action Guide

Adapted from the book

*Alpha Chick*

*5 Steps for Moving From Pain to Power*

By Mal Duane

For additional information

[www.AlphaChick.com](http://www.AlphaChick.com)

## Legal Information

### Copyright

Copyright © 2012 Mal Duane. All rights reserved.

No part of this e-report may be reproduced or transmitted in any form or by any means, electronic or mechanical including photography, recording or any information storage and retrieval system without written permission from the author and publisher.

[www.AlphaChick.com](http://www.AlphaChick.com)

When you buy an e-book or e-report from **Alpha Chick**, you purchase the right to possess one (1) electronic version of the e-book or e-report. You may also have one backup copy of the e-book or e-report on a hard disk or other storage device.

If you become aware of unauthorized copies of any of our books or reports in either electronic or hardcopy form, please let us know the details by sending a letter to our physical address or an email to: [mal@alphachick.com](mailto:mal@alphachick.com).

### Disclaimer

The author and publisher of this e-report and the accompanying materials have used their best efforts in preparing this e-report. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this e-report. The information contained in this e-report is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this e-report, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall not be responsible for any errors or omissions, and shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

## Other Works by Mal Duane

Paperback at [Amazon](#)

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

e-Reports at [AlphaChick.com](#)

*Discovering Your Alpha*

*Understanding the Law of Attraction*

*Action Guide Workbook*

## Table of Contents

Legal Information .....	i
Copyright .....	i
Disclaimer .....	i
Other Works by Mal Duane .....	ii
Table of Contents .....	iii
Alpha Chick Vision Mission .....	1
Congratulations from Mal.....	2
Psst .....	3
You Have To Start Somewhere .....	4-13
Step 1. Focus .....	5
Step 2. Acceptance & Attitude .....	7
Step 3. Identification & Intention .....	9
Step 4. Thoughts .....	11
Step 5. Healing & Helping .....	13
Now What? .....	14
Taking Action .....	15
How to Contact Mal.....	16
Coming Attractions .....	17
Mal's Library of Love .....	18-20
Books.....	18-19
Audio .....	19-20
Raving Fans Say .....	21
Resources.....	23
Save Your Notes Here .....	24

## Alpha Chick Vision Mission

The **Alpha Chick** Vision is a world where *women discover their voice* and are *free and secure to wholeheartedly embrace it*.

The **Alpha Chick Mission** is to passionately reach out to all women everywhere, to educate, to guide and to support each woman in her own personal implementation of the self-empowering **Five Steps of FAITH** of the **Alpha Chick** Process.

We are committed in our calling to invite each and every woman to create a life filled with self-love, joy and abundance - and then to join us to bring other women to this awakening.

Through **Alpha Chick's** outreach via [alphachick.com](http://alphachick.com) and its services of personal coaching and seminars, we will spread a clear message that we are created to live lives of *joy and abundance*. Most importantly, we are given life to express our highest potential as the feminine voice, blooming exactly where we are each planted on this earth.

We are determined to reach out to all of our sisters, and *we will be heard!*

*Mal Duane*

Congratulations for taking the next step in your journey!

I want to thank you for buying and for reading *Alpha Chick*.

I shared my personal and painful story with you so you would understand that I have walked in your shoes and have 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 to 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 are all given this divine presence and energy. Unfortunately, most of us are unaware that it exists or are not taught how to access it. *The Five Steps of Faith* will reconnect you to this higher power, your divine inner knowing.

Above all, know that nothing is beyond your reach when you energetically align yourself with your new beliefs. And before long, you’ll realize you have the ability within you to break through your fears, to move past your hopelessness, and to have everything you desire!

I continue to use these steps daily to create the miraculous life I now have.

Live faithfully,

*Mal*

P. S. When you start this process toward your “awakening”, please send an email to me; I want to know how you’re progressing. If you get hung up on some part of the Steps, email me as well. I’m here to help you work through your “stuckness”, as this is a very, very powerful part of the transformational process.

Pssst!

This Guide is full of tips and tricks and steps you can take to help you begin to create your *mental, emotional, physical, financial and spiritual journey* to be your true **Awakened, Authentic, Abundant** self.

The time is right; so dig in now.

And turn the page!



## You have to start somewhere

The foundation to the *Alpha Chick 5 Steps FAITH* process begins with starting a spiritual practice. *A spiritual practice is something you create personally that is specific to you.*

There is no right or wrong way to do this.

It's a personal experience that you make your own.

So here goes!

## 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 breaths. On the *inhale* breath you bring in positive energy and on the *exhale* you release stress, anger or hurtful feelings.
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 altar 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. Every day add a few more minutes to your spiritual practice.
5. Record notes.

*What could I add to my safe sanctuary?*

---

---

---

---

---

---

---

---

---

---

*What thoughts keep running through my mind?*

---

---

---

---

---

---

---

---

---

---

---

*Did I receive any inspired actions?*

---

---

---

---

---

---

---

---

---

---

---

**Additional Notes:**

## 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.*

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?

---

---

---

---

---

---

---

---

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.

---

---

---

---

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

---

---

---

---

---

---

---

---

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

---

---

---

---

---

---

---

---

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

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

### Step 3. Identification & Intention

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

1. Get your **Attraction Quadrant** sheet (Page 11 of this *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 not as potent.

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

---

---

---

---

---

---

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

---

---

---

---

---

---

## 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 to your present situation?

---

---

---

---

---

---

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

---

---

---

---

---

---

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

---

---

---

---

---

---

7. Write three new affirmations for yourself.

---

---

---

---

---

---

---

---

---

---

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

## Step 5. Healing & 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 back your personal power. 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?

---

---

---

---

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

---

---

---

---

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

---

---

---

---

4. List one activity that you feel empowers you.

---

---

---

---

## Now What?

I want to commend you for working through 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 a more detailed account about the *Five Steps* process.

The book can be purchased at [Amazon.com](https://www.amazon.com), or you can go to [AlphaChick.com](https://www.alpha-chick.com) for more information about the book, our newsletter or our coaching services.

No matter what you decide, remember that *you are meant to live a joyful and prosperous life*. And my mission is to help you to connect with that wonderful inner voice that can help you to achieve all you desire.

Throughout all this, you can fall victim to your circumstances or you can look within and find the faith to overcome them.

The choice is yours!

## Taking action

While this information is fresh in your mind and while you're in an "I want to take action now" frame of mind (or close to it), take a second to click to [AlphaChick](#) to sign up my newsletter, which you'll discover, like this [Action Guide](#), is full of tips and tricks and steps you can take to help you begin to create your *mental, emotional, physical, financial and spiritual journey* so you can be your true [Awakened, Authentic, Abundant](#) self.

Further, if you would like to connect with me to find out how I *help women transform their lives from pain to power*, [please answer these questions](#) and email or fax your answers to me at

[malduane@alphachick.com](mailto:malduane@alphachick.com), or fax it 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 me?

[After I review your answers, I will be in touch with you so we can discuss how I can best help you.](#)

## How to Contact Mal

MAL DUANE, Certified Professional Coach, is available to share her compelling story and her unique *Five Steps for Moving from Pain to Power* with you as a personal coach or with your organization.

Contact **Alpha Chick Associates** to discuss speaking, coaching or teleseminars.

Please visit [AlphaChick.com](http://AlphaChick.com) for additional information, or contact:

**Alpha Chick Associates**  
256 Salem End Road  
Framingham, MA 01702

## *Mal Duane*

Mal Duane CPC, CRC  
Women's Empowerment Coach  
Author, Coach and Speaker

\*\*\*\*\*

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

Number 1 Bestseller on Amazon: <http://amzn.to/GFmT42>

[www.AlphaChick.com](http://www.AlphaChick.com)

[www.Facebook.com/alphachick](http://www.Facebook.com/alphachick)

[www.Twitter.com/alphachickbook](http://www.Twitter.com/alphachickbook)

[malduane@alphachick.com](mailto:malduane@alphachick.com)

508-416-1800

## Coming Attractions

This *Action Guide* is part of a series of “teleseminar excerpts-to-e-reports” based on my book, *Alpha Chick, Five Steps for Moving from Pain to Power*, all which will be available to you and the general public over the coming months.

This means you’ll want to be sure to get on my mailing list to know when and where these sessions, events and e-reports will be available.

You’ll also want to follow along with me via my newsletter, podcasts, blog posts, and various other empowering opportunities accessible through [AlphaChick](#).

## 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.

Because of this, 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 would recommend. Thus, over the course of many years, I began to keep (and have continued to do so) a list of my top twenty-five favorites in each category. The list often changes because of the new books I read and love.

I hope it will be helpful for you, as it provides 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."*

## Raving Fans Say

*"Thanks for having me on the Telesummit yesterday, Mal. That was the deepest and most revealing multi-guest Telesummit I've been on to date. What a remarkable journey you've been on."* Blessings, **Brenda Adelman.**

*"Your website and work stands out to me as being very inspiring and interesting. It's clear that you are making a difference to many women's lives and business owners in general. I would like to invite you to further your own movement by sharing your experience and knowledge with others from my stage."* **Placida**

*"This is a grand tool to use and for women especially because we sometimes don't take the time to go into ourselves in a healthy way so as to produce healthy and godly attitudes that will help us with our busy lives, with our friends and family, also at work. Women must be eating this up like passion fruit because I know that I am. I will continue to study in the mornings, as I do, but I will add quite a bit more to it from your 'Alpha Chicks' Action Guide. You will be in my prayers along with many women that I will be sharing this outreach to. I promote my website daily and will promote these tools you have provided, also. Not much impresses me but you and your vision does."* **TL.**

*"The day I met Mal @ the Healthy Living Expo was a pivotal day in the start of my transformation. We were given a slip of paper to write something that we would like to rid ourselves of. I thought about it for a while. I wasn't sure there were so many things! I wrote down, I wanted to get rid of my very low self-esteem that was instilled in me as child leaving me to overdose on my prescription medications when I couldn't cope & also turning to cocaine then crack. I didn't feel comfortable sharing w/the class but once it was over I shared w/Mal. She read it then we ripped it up & threw it in the "ol' shit" bucket. I have been clean since then w/only 1 slip. I am still working on the 5 steps of becoming an Alpha Chick bc I'm having a hard time w/acceptance. Every day I feel more and more an Alpha Chick :). "* **Greta-Ann.**

*"Things are GREAT! I've found or re-found my energy. The gratitude journal really helps! And I feel like I'm back on my stride. Thanks to Alpha Chick Power!"* **DebbieC.**

*"that I was a hopeless romantic with low self-esteem. Wow, how insightful" that line hit me physically as well as emotionally. The jolt even surprised me! There is something in this book that makes me want to read it and at the same time I think I shouldn't be able to relate because of the extreme differences in back grounds. Hard to pick up and hard to put down...not sure I'm ready for this but think I need it. I'm pushing it aside and it pulls me back...going to take my time :). "* **K.C.**

*"When I first met Mal, I was in such emotional pain. She spoke to me and I was immediately touched by her words, her transparency. She is so real, so compassionate. I felt there was no judgment on her part of my situation. She really helped me to start to understand my pain and to feel better. I feel like she is a gift from God."* **Rachel A**

**Jennifer** wrote: *"Ladies, put down that "Shades of Grey" you're reading and get a copy of "Alpha Chick"...what an eye-opening and mind-opening read/practice...thank you for sharing & writing it, Mal!"*

## Resources

**Empowerment Coaching:** Mal Duane  
[malduane@alphachick.com](mailto:malduane@alphachick.com)  
508-416-1800

**Recovery Coaching:** Mal Duane  
[malduane@alphachick.com](mailto:malduane@alphachick.com)  
508-416-1800

**Free Coaching Group:** <http://www.facebook.com/groups/AlphaChickGroup/>

**Alpha Chick on Youtube:**  
[http://www.youtube.com/user/alphachicktube?feature=results\\_main](http://www.youtube.com/user/alphachicktube?feature=results_main)

[Amazon](#)

[www.ReadersFavorite.com](http://www.ReadersFavorite.com)

Save Your Notes Here