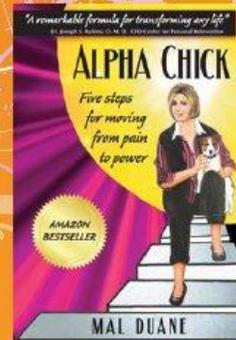




# ALPHA A CHICK

## DISCOVERING YOUR ALPHA

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# Discovering Your Alpha In 5 Easy Steps

By Mal Duane

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## Note from Mal

I'm Mal Duane, bestselling Author, Recovery Coach and highly successful Real Estate Business owner. I've overcome devastating circumstances in my own life dealing with addiction, depression and loss. I've used my own painful experiences to transform my life and as a result I've become an *Awakened, Authentic and Abundant* woman, an *Alpha Chick*.



My book, *Alpha Chick: Five Steps for Moving from Pain to Power* is an Amazon bestseller. I've been featured on *Fox 25 News*, in *Healthy Living* magazine and *Aspire* magazine. In addition, I've been interviewed on over 30 Blog Talk Radio shows in which I've discussed women's recovery and psycho-spiritual transformation. I believe in supporting women through *Holly's Gift*, an educational assistant fund. Plus, I've built a school in West Africa.

All this came about because my own personal experience went on for 25 years *before* I had an awakening. But once I experienced that awakening I never looked back. And that's now been 23 years of absolute bliss. Of course, I have my moments; and like me, I'm not saying you won't have yours. But now you'll know how to deal with them. You'll also know how to handle what life throws at you.

There will always be unsettling events that come along for the simple fact that you do not have control over other people or things. In fact, situations will occur that will challenge you! So the key is to *look for the wisdom in the challenge* as it presents itself. Not the pain, not the fear, but the wisdom! Everything has a lesson connected with it; something you can learn from that will teach you a bit about yourself and where you're going. That's the key!

Here's a little trick; when some incident happens that doesn't go the way you want, perhaps you can examine it with questions like these in mind, "What's really going on here?" "What should I be looking at? What should I learn from this experience?" And, "There's something here that's going to empower me. What is it?" You'll find that with that frame of mind you can work through anything.

Live faithfully,

*Mal Duane*

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.

## 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*

*"Mal, Your message is helping a lot of people realize first of all, that they're not alone." And, "Secondly, there is a way out! It doesn't matter how long you've been stuck; whether it's been a short period of time or a long period of time, there is a way to a better life."*

**D'vorah Lansky**

## Introduction

### **It has to start somewhere**

Walk into any library, book store, flea market, or click online to the numerous online reading outlets like Amazon, Kindle, Barnes and Noble, or Book Nook, to name a few, and you'll see rows and rows of physical books and links to e-books and guides on self-help, self-awareness, goal-setting, empowerment, and the like, for this or that physical, emotional or spiritual concern.

Such issues can range from alcoholism, to abuse (child, sexual, spousal, physical, verbal, etc.) to weight loss, diet, fitness, to motivational, self-help, stress management, low self-esteem, dealing with destructive behaviors, and tips on learning to take action, creating success, becoming a better you; you get the picture!

### **The big reveal**

Over the course of the following pages, you'll be introduced to a "new" way for you, the "budding" **Alpha Chick**, to begin your journey toward being the "best you" you can be in living the life of your dreams.

This new path comes to fruition through this condensed version of the series of **5 Steps of FAITH** presented in the *Alpha Chick: Five Steps for Moving from Pain to Power*.

While more commonly in reference to "Alpha", you might be inclined to think of an "Alpha" dog (the big bad dog at the park that strikes fear in the other dogs or any human passing by), now when you hear reference to "**Alpha Chick**" you'll realize the "Alpha" similarities are actually nil to none.

Instead, the *Alpha Chick* represents and speaks to the woman like you whose new mission in life is to seek to reclaim your power; one who works to discover just *how beautiful and divine you truly are*.

After all, you were born to live on this earth, truly live; to have a wonderful life, to have everything you want out of life. You were not put here to suffer.

### **So what?**

This journey of awakening is extremely important as it doesn't make any difference if you or someone else has been in a dark hole for three months, three years or 20 years. The process to empowerment is the same.

## **Changes are in the air**

By latching on to and reading through these **5 Steps of FAITH**, under the guidance of the *Alpha Chick* in this e-report, you'll soon discover *you really can empower yourself* to be the best you can be.

And in doing so, you'll be an *Awakened, Authentic and Abundant woman*.

The time is right; so dig in now.

Turn the page!

... "I highly respect Mal Duane for writing "*Alpha Chicks*." In telling her story, Mal will be able to help others in the same situations in a unique way. The five steps of the healing guide, *Focus, Acceptance & Attitude, Identification & Intention, Thoughts,* and *Healing & Helping*, each has a chapter of its own to guide you through each step at your own pace. If you are dealing with a painful past, or have an addiction of any kind, I encourage you to purchase a copy of *Alpha Chicks* to help you in your healing process. You will find valuable information that will change your life."

**Reviewed by Joy H. for Readers Favorite**

## Alpha Chick, huh? What's that?

An **Alpha Chick** is an **Awakened, Authentic and Abundant woman**. She taps into a higher consciousness, a higher way of thinking that's actually available to all of us. She's authentic. That means she's *living her life in truth*. She accepts herself just the way she is. She's not trying to be something else. She's abundant. She's creating her own experience. She's the deliberate creator of her own life.

While it can prove daunting to begin any journey, *transforming your life* is easier than you might think. In reality, though, your life really is easier than you think it is. Read on, and I'll show you.

There are five very simple, but powerful, **Steps of FAITH**. Briefly, they are:

- **F**ocus
- **A**cceptance & Attitude
- **I**dentification & Intention
- **T**hought
- **H**ealing & Helping

**Focus**, the *First* of these Five Steps, refers to a shift where instead of looking outside of yourself for answers and validation, you're going to shift so you begin to look within.

The *Second* Step is **Acceptance & Attitude**. In this Step, you -

- Accept yourself just the way you are.
- Learn to love yourself just the way you are.
- Stop the resistance, as it's the resistance that causes you pain.
- Accept yourself and your life just the way they are; in doing so, amazingly, you'll discover your attitude starts to change, too.
- Find everything just seems to lighten up.
- Learn the heavy burden you've been carrying lightens up and begins to disappear.

And then there's the *Third* Step, **Identification & Intention**. What does that mean, you ask? In this Step, you identify what you are doing as far as self-sabotaging behaviors. For instance, *what is keeping you from being the woman you want to be?* When you can identify these behaviors, you can set new intentions.

*New intentions are right actions.* They're right action Steps; things that can take you to where you want to be in life.

**Thought** is the *Fourth* Step. There's been so much written about the power of positive thinking so when considering this Step, I frequently say to women, "You can only hold one thought at a time, so why not make it a good one?"

And finally, the *Fifth* Step is **Healing & Helping**. Once you have healed, you will find that you feel a need to help others to find their power, to find their self-love. Further, the process of going outside of yourself to help others is called "esteem-able" acts; the things that will help you feel even better about yourself.

*"What you give out in life is what you will attract"*

It really all comes down to the "*law of circulation*"; that is, "What you give out in life is what you will attract; what you will bring back to yourself"!

### **On the road to awakening**

As you read these **Five Steps of FAITH** and begin to put into practice the art of setting some new intentions in your life, it is hoped you will be able to *create a new vision for an exceptional life, one filled with hope and with well-being.*

### **And that is a summary of the Five Steps**

Learn to follow these Steps, and discover how they will help you to clarify who you truly are and what you really want out of life. Think about it.

- What is your purpose?
- Why are you here?

In addition, regular practice of these Steps will help you to release your limiting behaviors; the things you continually do that cause you pain. In short, just follow these Steps to determine how to identify these things, these limiting behaviors, these negative thoughts, and learn to release them.

Before long, you'll discover that once the "old", debilitating behaviors have been set free, you'll be able to establish new intentions. Intentions, then, that will be the Steps that help you to create the life you want; the life you're here for that you are meant to live.

Quite simply, the Steps are very, very powerful pieces of the process to your transformation.

*"Alpha Chick is Mal Duane's inspirational memoir for women who want the rewarding, fulfilling and happy life they've always dreamed about but didn't know how to achieve. Listen to your intuition; follow Mal's well-defined, doable steps, and you'll be led into the light of happiness and success!"*

**Lynn A. Robinson, Author**  
***LISTEN: Trusting Your Inner Voice in Times of Crisis***

## Where do I begin?

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.

I do recommend, though, that you create a spiritual practice place by constructing a space where you can go every day; in your home, in your apartment. It doesn't have to be a big area.

- You create a small, wonderful little space where you go to unwind.
- You stop all the crazy thinking, all that racing mind.
- You slow down.
- Your "space" can be just a wonderful cushion or a chair, or even you sitting on a floor.
- You choose what you're comfortable with.

But whatever you develop, make sure it's the same place that you can retreat to every day to stop all the distraction, all the noise, everything that's going on, in, or that's disrupting your life.

### **Make it your own**

Perhaps you'll decorate this sacred space and add a fragrant candle or some wonderful photographs of people you love or places you love; maybe you'll add some of your favorite inspirational quotes close by.

For instance, in "my area", I have little medals that I collect on trips. I also have little Buddha figures that I've picked up on various travels. Everything is on a tray that I purchased so that if for some reason I have to move my space, I have the flexibility to do so. I've actually posted a picture at [Alpha Chick](#) where I share my sacred space and my tray.

For your part, you can create something like this, too, or you just carve out a space that brings you a sense of comfort and relaxation when you look at it.

The key to your peace, though, is that no matter what area or spot or nook or cranny you decide upon, you *must* go to that spot daily, as -

- This is where you're going to connect.
- This is where your energy will start to change.
- When you're in the sacred space you've created, you'll be able to begin to tap into the stillness.

- You will discover that the wisdom, the inner teacher that you are looking for, will start to come through.

Above all, the important thing is that you keep in mind that *it will happen!* It will happen with practice, but it will happen.

And because it will, you need to be in that sacred space, that stillness to focus on for it to happen for you.

## Step 1. Focus

So now let's get down to some of the nitty-gritty with each of the **5 FAITH Steps** of the **Alpha Chick** whereupon you'll be able to see what happens and how you might learn to work out your authenticity. Your new journey begins now, with you examining some of the details of the *First Step, Focus*.

- When you start to shift and you close down your mind, and
- Start to concentrate on your breathing, and
- Start to connect with that inner wisdom, that divine presence that is within you,
- You will begin to discover who you truly are.
- It's a time when you'll be able to hear your authentic voice.

*"I do some journaling, some writing because I get beautiful, beautiful messages after I meditate. For me, it's a very powerful experience!"*

There are several things you can do to **support** this shift in focus.

- One is through *meditation*, like closing your eyes and taking deep breaths.
- If you're a beginner who's not quite comfortable with meditation, you might instead "meditate" through *prayer*
- Or you can do substitute "writing" through *journaling*.

You do what you can to find your way to connect to that inner voice; a voice that's inside of you. You'll know as soon as you find it because you'll have this amazing sense that just feels right.

### **I actually use *all three* of the above components**

For example, I start my daily practice by first reading some spiritual material. Then I meditate. After my meditation, I do some journaling, some writing because I get beautiful, beautiful messages after I meditate. I then write these down; many times there are lessons in there for me for that day; things I need to think about or work on. So, for me, it's a very powerful experience!

Here's a tip for when you're working to *shift your focus*; ask yourself poignant and revealing questions. In the process, you'll notice your subconscious makes room for the answers for you.

You'll also see that your transformation begins when you have the courage to *honestly* examine your beliefs and your addictive behaviors, and that is what "*your focus*" is all about.

## Step 2. Acceptance & Attitude

**Acceptance & Attitude** is the *Second* of the *Five Steps of Faith*. *Acceptance*, though, is a very, very hard *Step* for us women because we're constantly resisting. You want to resist things that have happened in your life. You constantly rehash in your mind something that happened a month, two months; a year ago. You're redoing the dialogue.

**Acceptance** is not about making an incident right or wrong. *It's not judging*. It's strictly acknowledging that the event happened. And as you acknowledge, keep in mind -

- You cannot rewrite the script
- You can't take it away
- It happened
- You can release it
- You do not have to hold on to it
- Nor do you want to keep fighting the situation

Consequently, if you can *accept* your disappointments, your fears and sorrows in order to free yourself from a past that no longer serves you, you will be able to consciously change your attitude and live a joyous life that's always available to you.

### **With practice, *acceptance* becomes easier!**

As a woman today, there are many things that can happen to you; perhaps you've experienced a failed relationship, a divorce, or even the loss of a job, which is rather widespread these days in current circumstances and current times.

Thus, if you can learn to just *accept* that this thing has happened, and then *stop the resistance* to it, you can move on and start to process that *this does not define who you are*.

### **It is not your identity!**

Further, *what happened yesterday is not who you are today*. You can release, and when you do your attitude starts to change; you start to free yourself from these blocks that have been keeping you from your positive energy and keeping you tied to the past.

You need to identify what has happened in your past, and stop resisting it. Once you accept these things, you'll notice your attitude has changed.

"What happened yesterday is not who you are today!"

### Step 3. Identification & Intention

This is one of my favorite areas, particularly since I personally had so many things I needed to give up, so many negative and addictive behaviors that were holding me back, that kept me from realizing my true potential.

This Step became *very empowering* for me.

And so I encourage you to *identify three negative behaviors* that block your potential. Then *set intentions for positive actions* you can do to change these behaviors.

By initially identifying three things, you're not overwhelming yourself trying to take on too much too soon. I'd definitely just start with three, though, as I think you can easily and quickly know what your three things are; they are the three things that cause you the most pain, those that cause you to feel less about yourself.

#### **And the point is?**

The main idea behind **Identification & Intention** is to *map* out a new way to *actively change your life*; the "map" that I feel has four very distinct quadrants. They are:

- Mental/emotional
- Spiritual
- Financial career
- Physical realm

For instance, you might come up with an example that shows you're

- Drinking too much
- Eating too much food
- Shoring up too much negative self-talk
- Procrastinating too much when it comes to pursuing new job opportunities.

For a sample quadrant sheet/form that you can download and use to help you identify your problem areas, click to the [Alpha Chick](http://www.alphachick.com) Web site. Or, you can use mine as an example to *create your own worksheet*. Be sure to include the four areas, though. When that's finished, choose three things to post in the appropriate sections of the worksheet.

## **I saw the light**

For my part, my focus was that I was drinking too much and wanted to stop.

And so it was necessary for me to *identify positive action steps* that would help me stop the negative, self-sabotaging behavior. Here's an example of my action steps and what I did.

*"Identify positive action steps that help you stop the negative, self-sabotaging behavior."*

- Instead of immediately fixing a drink when I got home at 5 o'clock, I went for a walk.
- Since I wanted to try to have a healthier diet, I made a conscious effort to go to the supermarket to get fresh vegetables and other healthy foods.
- I stayed away from friends who were not supportive of me, like those who were drinking or not eating well. (In short, I stayed away from my party friends.)

So those were the *three, positive action steps* I planned to take in order to stop the self-sabotaging behaviors that were holding me back.

By setting those *new intentions*, I discovered I was *consciously and actively* seeking to change my life.

In addition, when you do that, you, too, will learn to work *positively and consistently* to get the things that you want out of life. For instance, you could:

- Give up an abuse of food or alcohol or anything else that you're taking too much of
- Attract a new love in your life
- Find a bigger house
- Secure a better job
- Develop a closer relationship with your family

It all comes down to this: *you* make your energy *work for you*.

Simply, for your part, when you set your new intentions you are able to use not just your own energy but also the *Universal* energy you attract because you set that intention.

## **It's a dual-purpose intention**

## Goals vs. Intentions

Over the years, I've noticed that in many of the dialogues I've had with women about intentions, two common questions always arise:

Why an intention?

- Why not write my goals?

*Goals are like wishful thinking, but on paper!*

*Goals are like  
wishful  
thinking,  
But on paper!*

When you set an intention, you are putting your soul behind that intention. It has much more energy, much more commitment. That's why an *intention manifests much faster than a goal*; because of the *energetic commitment* you put behind it.

Take some time now to think about the ways you can actively change your life. Then look at those four quadrants on the map; post your intentions to a form, set the next Step, your *positive action* steps; your new intentions to that transformation.

## Step 4. Thoughts

If you're like most, you've read (and perhaps studied) a lot of material about the power of what you think. However, as a rule you don't really hold on to just how powerful those points truly are.

It's easy to forget that *what you think about is ultimately what you are going to attract into your life*. You'll notice this, especially, as you work through these **Five Steps of FAITH**; you, like many, tend to repeat patterns in your life.

One such pattern is to *revert back* to past negative feelings when you get into a place of insecurity. Thus, you need to pay attention to those thoughts when you get the feeling you're regressing to that other place.

In this Step, then, when you find you are returning to the past, the pessimistic thoughts and the damaging feelings, I ask that you *shift your thoughts to the present, to where you are today*.

- Make it a point to identify and to focus on your self-defeating thoughts
- Learn ways to deal with them
- Create affirmations that will help you shift from the past to the present

### **The past makes the present**

It must be one of the "cardinal rules" that we women hold on to our past like it's old luggage. Have you noticed that you just keep dragging it around with you? From my own personal experience, I know that all the things that happened to me that hurt me as a young woman, created my identity and how I felt about myself.

And ultimately that low self-esteem and low self-worth, and the *always looking for validation from others*, are what motivated me to drink. It's that simple. I didn't really have an addiction in the sense that I had a physical need; it was *an emotional need!*

### **Actually, this is very common with women**

Sherry Gaba, Celebrity Life Coach and Psychotherapist from *Celebrity Rehab*, (she's in LA), and I recently had a wonderful discussion about the emotional needs of women and how those needs can lead us to abuse things, including ourselves.

### **Connections of change**

If you've been working through these Steps as you're going through this e-report, you may have noticed how they build upon each other; it's a process, it flows.

For instance, the **Focus** goes to **Acceptance & Attitude**. Then after **Acceptance & Attitude**, you work with **Identification & Intention**. To now arrive at your **Thoughts**.

In addition, in this progression you should start to feel that you are getting your power back, especially since you are now connecting to self-love and self-esteem; you are feeling your self-worth.

- You are accepting and releasing your past mistakes and the people that caused you pain.
- You now know your true identity.
- It's the divine essence that you were born with that has nothing to do with any person, place or thing from your past.
- You now experience a new belief system.
- You have the ability to create the life you desire.

The first day of spring, is a perfect time to start this process!

*"Be conscious of the seeds you plant in your mental garden  
Because what you plant now is what you will experience tomorrow;  
As that's what's going to blossom in your garden!"*

That's why it's so important to *pay attention* to what is going through your mind.

For my part, there was a time I wore a rubber band around my wrist; every time I caught myself going back to "negative thinking" about myself, about my past, things that I felt, mistakes I'd made and things I did that I did not feel good about, I would pull that elastic band so it would snap on my wrist.

### **That was my barometer, my correction.**

It was just a little snap to say, "Wait a minute, time to stop, time to shift my thinking to thoughts that are going to empower me and help me."

I can't emphasize enough that you *pay attention* to what is so, so important.

### **Moving right along**

As you progress through these Steps and begin to feel better about you, you'll discover you're starting to think thoughts that *empower* you. While you don't yet completely understand your true identity, *you are* feeling your power.

In fact, you're in touch with the internal teacher that is within you; the one you never learned how to access. This is what the *Alpha Chick 5 Step FAITH* process is going to do for you.

**You'll find your authentic voice**

You'll also discover that once you've completed the first Four Steps, you'll have entered into a state of *Healing & Helping*.

And this is such a wonderful, wonderful place to be in life!

## Step 5. Healing & Helping

If you look closely at the cover of my book, *Alpha Chick*, you will see that I am sitting on the *Fifth Step*.

That step is the *Step* of **Healing & Helping**.

- I know I have healed all my old wounds.
- I know I have accepted me for who I am.
- I love me today for who I am.
- I've accepted my journey.

Upon reflection, this (fifth) place in the *Steps* makes perfect sense.

I was meant to travel the path that I did because it brought me to this point of writing a book and of sharing my message of personal transformation with women everywhere.

- It's a message to let you know you, too, can use these *Five Steps* to change your life.
- With the *Five Steps*, you can change anything, anything at all that's going on in your life,
- You can change that situation for you.

And so with this Fifth Step

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

**That's what motivated me, and that's what continues to motivate me.**

I wanted to *share* my journey.

When you get right down to it, I'm just the woman from next-door who had a pretty rough ride for 25 years before I had a *spiritual awakening* and discovered who I truly was.

*"Alpha Chick by Mal Duane is one of the most empowering books ever. Mal is the real deal, conquering her fears and recreating her life in a better way, a fairy tale at its best, overcoming many obstacles in her life. Her 5 steps, moving from pain to power, based on the acronym FAITH, are a testimony to spiritual healing, love and gratitude and the fact that our thoughts truly do create our reality. I am so very proud to have had the opportunity to talk with Mal and have her on my show, 'Modern Day Spiritual Journey.'"*

**Rhonda M Brackett, USC Radio Productions host**

## Final Points to Ponder...

When I introduced the individual **Five Steps** earlier in this report, I spoke briefly about "*The Laws of Circulation.*"

There are two Universal laws.

One is called "*Circulation*". The other is "*Reciprocity*". With either of these, that's really what happens. You are now giving out to the Universe another form of energy. You are giving

- Empowerment
- Knowledge
- Support to other women.

When you do these, this is what comes back to you in life. Much like a boomerang, it circulates `round and it comes back.

That's why the Fifth Step is so spectacular; because you are doing well.

You are doing "esteem-able" acts in an effort to help others.

### **It's not just about you**

It's a wonderful thing when you take yourself out of thinking about just you all the time, when you think about others. Perhaps you've noticed that when you feel very, very good about yourself your focus is not on you but on others, and when you're helping others.

It's a very empowering tool, and it builds such wonderful self-esteem and self-love.

As I indicated earlier, when I began to write this e-report I was at the *Fifth Step* of **Helping & Healing**. And so, my mission now is to share this message with the world, with as many women as I possibly can because *I know this process works*.

For your part, *if you commit to the Steps* and stay with them, the process is not hard to get through. Although you will see the progression is not a band-aide, an instant fix; it does take some discipline.

*"When you feel very, very good about yourself, your focus is not on you but on others."*

## **Commit and share**

When you commit to doing this and then go teach other women, whether it's one person or more at a time, you and I and the others are collectively improving the Universe.

By identifying one service that you could perform and then identifying one individual that you know who would benefit from that service, you are in fact at the *Fifth Step* in the process of **FAITH**. Share your knowledge, and as you do so you'll become more focused, more enlightened and more powerful than you ever thought possible.

Practice these Steps to become your own unique brand of *Alpha Chick*.

Alpha is just the beginning.

- It's the beginning of this empowerment for women,
- The discovering of how beautiful and how divine you truly are.

You were born to live on this earth, to have a wonderful life, and to have everything you want out of life.

## **You were not put here to suffer!**

Unfortunately, through the years as you grow you are subject to other peoples' opinions; filters are put on you by society--from the media and from all kinds of influences outside of yourself that take away that feeling of perfection you felt as a child.

So now it's time to recapture that spark; to bring back that feeling of perfection because *you really are* a perfect being.

## **A Bo Derek kind of 10**

Women are perfect, divine beings, and you have the ability to reclaim that wonderful self-love, that purpose in your life to have a clear vision about who and what you want to be.

And through this *Five-Step* process, you are able to do just that!

Now, make it a point to set aside some time each day to practice these Steps. And before long, you'll discover you've become your own unique brand of awesome *Alpha Chick*.

## 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 for a *complimentary copy* of my **Alpha Chick Action Guide**. 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.

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 back to me at

[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 me?

*After reviewing your answers, I will get back with you shortly to discuss how I can help you.*

## Tell Me More, Tell Me More (Q & A)

### 1. What is personal transformation?

*Helen in California*

*Personal transformation* is the art of being able to pull all the parts of your life together so that everything works in a wonderful synchronicity. For example, a woman is overweight. She frantically pursues dieting, but that's all she does. She's really only addressing one issue; the fact that she's overweight.

*Thus, when you just work on one negative thing it doesn't mean everything else is going to fall into line and work smoothly.*

The **Five-Step** process embodies *all* components of your life.

- Mental
- Spiritual
- Emotional
- Financial

You pull everything together so it works as a cohesive unit; in order for you to experience personal transformation, a growth, a change; one that's a dramatic transformation in your life from where you are to where you want to be.

### 2. "What should someone do who's been in an abusive relationship for two years—but is afraid to leave?"

*Barbara in Florida*

I'm going to assume that when you say *abusive* you mean "verbally abusive, emotionally abusive and, potentially, physically abusive". As women, we make excuses when people treat us poorly because, unfortunately, we think we're the cause of that bad behavior. So we say, "Oh, well; what did I do to cause this? What did I say to cause that behavior?"

But that is truly not the case.

*Abusive behavior is the other person's problem.* It is **not** your problem. You did not create that behavior.

Whether you're in a relationship or a marriage, your partner or the person you're with, *does not have the right* to subject you to abusive behavior!

- Studies show that such behavior is often tolerated because of a *lack of self-love* on the part of the abused person.

- Once you *restore your self-esteem and your self-worth*, you will be in a better position to see that *this behavior is inappropriate* and that you really *deserve better*.

### **I can't stress this enough**

If you are in a physically abuse relationship, *walk away (better yet, run) from that situation immediately* (or as soon as you safely can), because that destructive behavior means *danger*.

- *No one* has the right to expose you to a dangerous situation or to a circumstance where you will be physically abused.
- *No one* has the right to be verbally and emotionally abusive to you.
- In the event you cross the threshold to the physical, *you must* make an *immediate* exit.

### **Getting away from toxicity**

I know it can be *difficult and fearful* to walk away from a toxic relationship like this because you may say,

- "Will I ever get anybody else?"
- "Will he come after me?"
- "What will happen?"

If you feel there's a threat where that someone will retaliate against you,

- You may need to *seek guidance* on how to best exit the situation.
- You may want to *consider filing a report* with the proper authority.
- In the instance of a physical threat, it's also crucial that you *report* the circumstances surrounding the perceived threat.

In addition, if you can get away from this situation, relocate yourself from this lethal scenario and work on the process of building/re-building your self-esteem and your self-love.

- You do not need to live this way
- You do not need to have that kind of relationship
- You do deserve better!

In fact, you will attract better if you can pull yourself away from it, because *the way you think about yourself* is what's creating the abuse in this relationship in a very indirect way.

This person knows they can get away with the abuse because they know you do not have self-esteem. Otherwise, if they thought they could not get away with it, they would not do this.

And so, it's extremely important for you to look very hard and very honestly at this situation, and to start to make some immediate changes.

**3. "You have explained the difference between an 'intention' and a 'goal'. How are they different? What is an example of a 'goal stated as a goal' and a 'goal stated as an intention'?"**

*Nancy in Colorado*

Often when you're advised to set goals, you've been instructed to, "Write down your goals for getting a new job," or, "Write down your goals for the New Year," or "Make a list of your New Year's resolutions"; things like that.

Now I'm a believer in writing things down because I think when you write them down you become very, very clear on what you're trying to do. But when you write down a goal, it's on paper and then nothing else happens!

There is no follow-up to that goal, unless you create a very well-thought out, well-planned, four, five, or six steps for that goal. But most people don't do that. They just have their wish list of goals. Therefore, there's not a plan of action to support the goal.

On the other hand, when you "*set an intention*" for a positive action, something new, you're first of all filling a void.

- You've identified a negative behavior.
- You're now replacing it with a new intention.
- You've created a space here where you're putting this new intention.
- You're filling a void.

Secondly, your intention has way more emotion and energy behind it. It's a greater sense of commitment on your part.

**The "intention" is actually the "action" Step**

That's the difference, because you're writing it down; *intentions are positive action steps*. It's a process of fulfillment. Rather than saying:

- "I want to lose weight". (That's a goal.)
- You say, "I'm going to eat a healthy breakfast". (Intention.)
- "I'm going to have a shake at lunch". (Intention.) That's a right action step.
- "At dinner, I'm going to have protein and vegetables", that's a right action step.
- So there's the difference; the intention is actually an *action* step.

It's something *you are going to do*. A verb in the statement makes it easy to see.

**4. "Do you get strength from God for this, or do you get your strength from the program and integrate it into your life?"**

*Tanya, Fall River*

You're obviously a believer of God; I am, too; although not everyone is. But yes, God is our higher power, our divine guidance, our higher consciousness, that *Christ Consciousness*.

I'll use that term where you're a believer in God. That is your true direction in life. That's your true guidance. That's how you learn. That's your wisdom that you are born with that you can access.

That wisdom, that communication or influence of God in your life is very, very powerful in conjunction with working through these *Five Steps*. When I talk about the **Focus**, for me, it is that first Step in shifting and connecting with my Christ Consciousness, that higher consciousness that's available to me.

But not everyone believes in God, and so I want you to be comfortable that it's still there for others; whatever you want to call it, whether it be Mother Universe, spirit guide, guardian angel. Whatever the terminology is that feels right to you; it's fine.

For those of us who believe in God, you and I have a connection to Him that leads us and guides us to make the right choices in our lives. By settling down, quieting your mind down, getting still, you are able to access that guidance.

**5. "What if I have trouble believing in God?"**

*Cindy, New Hampshire*

When I first started this process on this path, my faith in God was not very good. I was raised as a Catholic, so to me Catholicism, religion, was about guilt; it was about being reprimanded for things. So as a young woman, I did not have a good connection to my faith. For me, it was just a huge guilt thing.

**Spiritual awakening**

But as I started to go down my spiritual path, my *spiritual awakening*, my personal transformation, into sobriety, I soon discovered there was definitely a force, an energy that was far more powerful than I.

When I'm talking about "force" or "energy", I'm referring to the One that created the Universe that has all the trees bloom; that keeps the sky blue, that kind of universal energy.

If that's God to some, great! If it's universal energy to others, that's fine too.

When I started my journey, I heard a voice that gave me instructions, very specific instructions, on how I would survive. But I had work to do and I had lessons to learn, and when I finished with my lessons and I mastered them, I would need to go and teach others.

I recognized that that voice was definitely something far greater than I.

That voice is available to you; for you, it may not be God. It may just be a higher power. That's the way I looked at it for a very long time. I said, "This higher power is guiding me." I've since gone a step further and I now believe that it's really my "divine connection" that is guiding me.

Now, if you have trouble believing in God that's okay. That's not part of it. You don't have to believe in God to make this work for you or to experience the level of personal transformation that you may want.

It's all perfectly fine.

**6. "It's often said that we are not put on this earth to experience suffering, so why is there suffering in the world?"**

*Sharon, New Jersey*

Oh, that's a tough one! Unfortunately, life is not a bowl of cherries. Things happen because you cannot control other people. You can only control yourself and what you think.

There is suffering in the world because of unconscious behavior from other people, and that's what creates some of the tragedies you and I experience; 9/11, for instance; things like that that were unconscious behavior and hatred; and fear that caused that.

If you can understand that there are other mindsets out there, that there are people that think differently than you do, all you can do is send love. You have to keep your heart open, even for the person that hurts you personally, if you can forgive.

I tell women who've been through some really, really awful things with abuse and whatnot that forgiveness frees you.

- Just know that *you're not doing the forgiving* for the other person.
- You're *freeing yourself* by forgiveness.
- You're letting the perpetrator, the violator, that person--you're releasing him by your forgiveness.

## **You're empowering yourself**

By sending love out to the world, to the people that are creating these acts, it is hoped, you pray, that that love will be absorbed in an unconscious way to help them change their mindset.

## **It's the Universe**

Sadly, there will always be people that are going to create suffering for others. So all you can do is to forgive those people and then consciously send love and support to the people that have been hurt, and also to the perpetrators so that perhaps they will sense that and start to make a shift in their own thinking process.

## Coming Attractions

This e-report, *Discovering Your Alpha In 5 Easy Steps*, is one in a series of “teleseminar excerpts-to-e-reports” based on my book, *Alpha Chick, Five Steps for Moving from Pain to Power*, which will be available to you over the coming months.

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

You’ll also want to follow along with me via my newsletter, podcasts, blog posts, and 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.

I would often suggest these to women whom I met along the way, and over time people began to ask me what I was reading or what I would recommend.

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 my list will be helpful for you, providing selections that you, too, 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...

"Reading *Alpha Chick* shook me awake in ways that few other motivational books have. Mal's 5-step approach seems both wise and practical; however, the true power of the book lies in her amazing personal story, which she tells with heart, courage, and humility. *Alpha Chick* has somewhat of a fairy tale ending to it, except that Mal helps us to understand that happily-ever-after has to come from within. Upon finishing the book, I found myself thinking: "So just what is your excuse, Pamela, for not stepping out and being all you know you can be"? I couldn't come up with a single one."

**Pam Aronson, Certified Reiki Practitioner**

\* \* \* \* \*

"I loved reading this book. It is a welcome change from self-help books that seem like homework because they have so much psychological mumbo jumbo and I walk away knowing that what I read will not apply to my daily life. Mal Duane makes this book truly entertaining and I felt like I could relate to her journey. The five steps are something I can and will implement because they actually make sense to me. Thank you, Mal Duane; I am going to recommend this book to all of my friends in recovery and also those that are not!"

**Erin Connolly**

\* \* \* \* \*

"I love this book! *Alpha Chick* is an inspiring guide to experiencing personal freedom, healing and joy. Mal, your compassion and wisdom are authentic and heart-felt. Thank you for sharing this life-transforming formula that has the power to help people discover and live their true potential!"

**Kimberly Ann Coots**  
**Spiritual Counselor and Best-Selling Author of Divine Worth**

\* \* \* \* \*

"With great courage, conviction and eloquence, author and entrepreneur Mal Duane takes readers on an intimate journey of self-discovery and triumph. By sharing her most intensely personal experiences, she touches the heart and uplifts the soul of every woman who has ever struggled with feelings of inadequacy, self-doubt and

*fear. No matter what your challenges have been, you'll find renewed strength and inspiration as you follow Mal's practical steps to becoming an **Alpha Chick** and living a life of fulfillment on every level!"*

**Daria DiGiovanni, Author, Copy Director and Partner  
Parasol Creations**

## 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:

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## *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>

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## Resources

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### **Sherry Gaba**

*Celebrity Life Coach and Psychotherapist*

[SGABATherapy.com](http://SGABATherapy.com)

### **Daria DiGiovanni**

Author, Copy Director and Partner

**Parasol Creations**

### **Rhonda M Brackett, USC Radio Productions host**

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