

THE
LAW OF
ATTRACTION
JOURNAL



HOW THE UNIVERSAL LAWS
HELP YOU FIND YOUR SOUL PURPOSE &
PASSION IN LIFE!

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WELCOME

TO THE

LAW OF ATTRACTION

JOURNAL!

This journal has been created to give you the tools you will need to work with the Universal Spiritual Laws. These Laws were created at the beginning of time and govern our Universe. Understanding how they work will help you be more successful in every area of your life.

This Journal has exercises that will help you understand the Law. Opening up the Law's knowledge will transform your life. Above all, it should be fun! Play with it's requests and your mind will open to new possibilities.



ABOUT THE AUTHOR

"To thine own self be true. It is time for you to stand up and live the life you truly desire and know that just enough is no longer ok. Go forth and live your dreams, for you have only this one life."

Julie Saillant is a clear channel who communicates with the realms to bring you messages from God, The Archangels and your Ancestors. She is provided downloads to give you information helping you gain guidance & strength to move into your soul's purpose.

She is a Healer, Shaman, Lightworker & Animal Communicator, speaking with both humans and animals who are here or who have crossed over.

Animals are a huge part of her life and she is grateful for their love and guidance. The horses have been especially helpful by healing herself and all they come in contact with. Animals are here to ease your burden and take what you cannot carry. It is their greatest wish that you honor & understand their gifts, for we are all connected – more than you know.



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Having a growth mindset is critical for you being able to achieve what you most want. Your mindset is either your best friend or worst enemy.

02 EMBRACE YOUR POWER

Understanding the power within yourself is the best way to learn to not only trust yourself, but to know without a shadow of doubt that you are protected, loved & ready to SHOW UP!

03 LOOK WITHIN FOR ANSWERS

We have been conditioned to look outside of ourselves for answers on how best to change and move forward. Yet you hold all the power in your own hands and body.

DEDICATION!

This Journal is dedicated to my dear friend –
King J.

King J was an actual angel sent from heaven
who taught me how to be unbreakable. He
was not on earth long, but the impact he
made is still with us today.

I am writing this Journal from my heart to
yours in the hopes that it will give you the
tools & courage to chase after your dreams.

Once you understand the Universal Spiritual
Laws, you will be well on your way to living
your true Soul Purpose.

Keep Shining!

Q U E E N K U L I

WELCOME!

Thank you for purchasing the Law of Attraction bundle! I am thrilled you are here, and honored to help you on your road to enlightenment.

It's fantastic that you have decided to take action and learn more about the Universal Spiritual Laws that govern our world. I am excited for you to take this information and use it in your life so you can create the life of your dreams.

Finding your Soul Purpose is one of the most important tasks you can discover in this lifetime. I am your guide, Queen Kuli and my hope is that after completing these exercises, you will have a way forward allowing you to have more success & happiness than ever before.

Let's go!

QUEEN KULI



01 / CHANGE YOUR MINDSET

A mindset is a set of beliefs that shape how you make sense of the world and yourself. It influences how you think, feel and behave in any situation. Your beliefs play a pivotal role in what you want and how you achieve it.

Everyone wants to have a beautiful, successful and happy life, yet that takes a specific mindset that not everyone has – or wants to cultivate.

For you to reach your goals, you must develop a mindset that works for you instead of against you. I know this sounds very basic, yet most people know this truth but never change their mindset.

There are two types of mindsets:

- A Fixed Mindset, and
- A Growth Mindset

A Fixed Mindset is a belief that your natural abilities are fixed and can't change. People who believe this think you either have what it takes to be successful, or you don't and no amount of learning on your part will change that.

A Growth Mindset is a belief that your skills and intelligence can be improved. People with a Growth Mindset embrace challenges, stay resilient in the face of difficulties and know that whatever they want, they can have – because they are willing to put in the work to do so.

**“WITHOUT EXCEPTION, THAT WHICH YOU GIVE
THOUGHT TO IS WHAT YOU INVITE INTO YOUR
EXPERIENCE.”**

For you to be successful, you first need to set your goals. You must do this so that you know what it is that you are working towards – this is your target.

No matter how close or far you are from your goals, you will need to start paying attention to how you are thinking about your goals, the either negative or positive approach you have to reaching them and the actions that take place because of what you are saying to yourself.

Most of us grew up with and experienced many around us who had Fixed Mindsets. The good news is that even if both your parents had a Fixed Mindset, you can change and have a Growth Mindset.

It is crucial that you believe you can have whatever you dream of. Once you have identified your goals and written them down, thereby making them real, you will have many people tell you it can't be done.

Both outsiders and your brain will give you a million reasons why you can't be successful. As I said earlier, it is **CRITICAL** that you identify how you are speaking to yourself – it is more powerful than you know. Your words create your reality.

Some of the common phrases people say when talking to themselves are:

- Who are you kidding? You can't do that!
- You don't have enough money to do that!
- You don't know the right people.
- This is too hard – you will never accomplish this task.

Life can be hard and the only way you will have the life you want and begin to live your Soul Purpose is to change & be flexible. To do that, you must adopt a positive mindset that will be very different than the one you have now.

Leonardo DiCaprio said "Every next level of life will demand a different you." When you make the conscious decision to reach for a higher version of yourself which will in turn bring in a life led on purpose, that is where true happiness lies.

Let's look at some exercises that will help you move forward.



CHANGE YOUR MINDSET EXERCISES

To change your mindset, we need to look at both your thoughts & characteristics.

A thought is an image, concept or an intention in your mind. A thought can be emotions, experiences or beliefs. In contrast, a characteristic, also known as actions, can be physical or behavioral. Drawing or writing are examples of characteristics.

NOTICE YOUR NEGATIVE THOUGHTS

This question is referring to what you are thinking about negatively.

NOTE: These negative thoughts can be about anything for example, your weight, your job, or your finances etc. Write down all of the negative thoughts you have throughout the day. List them below.

NOW FLIP YOUR NEGATIVE THOUGHTS TO POSITIVE THOUGHTS

In the space below, flip your negative thoughts to positive thoughts. List them below.

CHANGE YOUR MINDSET EXERCISES

WRITE OUT YOUR NEGATIVE CHARACTERISTICS
(THESE ARE THE NEGATIVE ACTIONS YOU TAKE DAILY)

In this space, please write down all the negative characteristics (actions) you do daily.

NOW FLIP YOUR NEGATIVE CHARACTERISTICS
TO POSITIVE CHARACTERISTICS

Please write down all negative characteristics and flip them to the positive.

CHANGE YOUR MINDSET EXERCISES

PUTTING IT ALL TOGETHER - WRITE DOWN YOUR TOP 3
POSITIVE THOUGHTS & CHARACTERISTICS (ACTIONS)



02 / EMBRACE YOUR PERSONAL POWER

What is personal power? The definition of personal power is the ability to influence people and events based on individual characteristics, rather than formal authority. It comes from a combination of personal traits & characteristics.

Too many people are completely disconnected to their power. They have given it up to spouses, friends and bosses who have in turn used it against them.

I would like to focus on the professional scenario. If you have given your power away, please do **NOT** beat yourself up for doing so.

You have been trained to be subservient to anyone that is seen as above you in the workforce. In my experience, especially if you have been in Sales, you had to continually give up your power sometimes on a daily basis, just to be able to do your job.

You would give it up to clients, your boss and even other more experienced salespeople who may be helping you "close the deal."

However, it is **YOUR POWER** after all and you can take it back and fully own it and who you are which is what I would recommend. That being said, the next question is...

"THERE IS HOPE FOR YOU AVAILABLE AT ALL TIMES, BUT YOU MUST REACH FOR IT THROUGH SURRENDER OF THE OLD TO EMBRACE THE NEW." GOD

How do I take my power back?

One of the first things I was taught, and I teach to my clients to be unbreakable is **NO ONE CAN MAKE YOU FEEL ANYTHING. THE ONLY PERSON THAT CAN MAKE YOU FEEL SOMETHING IS YOU.**

Think about that for a minute. No matter the situation, no matter who is around you and no matter what they are experiencing, doing and saying, the only one who can make you feel anything is you.

That is why two people can see a movie and one can be completely affected and the other can feel nothing and are not moved at all.

In a work environment, you can take back your power when you stop apologizing and saying *“I’m sorry”* often. This is a common trait that happens when you have given your power to another.

You can also start saying **“NO”** instead of yes when you really want to say no. In any relationship, especially a work situation, there will be activities that you must do as these tasks are part of your job.

Yet, people who have given up their personal power usually say “Yes” when they really want to say no. As long as the task is not a “must do to keep the job”, start saying no.

When you say **“NO”**, this is how you create boundaries.

Boundaries are important for all humans as they teach others how to treat us. Boundaries simply mean, please don’t disrespect me, this is how I like to be treated and what I need to do my job to the best of my ability.

If you have given your power away, you have been playing small and are probably experiencing very little growth. You have accepted that you are where you are and nothing is going to change. You are not going to grow and you have allowed someone else to be in charge of your destiny. This is the perfect time to take back your power.

Let’s look at some exercises that will help you move forward.



EMBRACE YOUR POWER

Do you see yourself as someone operating within their power? The truth is you are either working in your power or outside of it. Answer the questions below to go deeper.

WHERE ARE YOU PLAYING SMALL & SABOTAGING YOUR POTENTIAL SUCCESS?

How have you been holding yourself back from achieving your goals? List them below.

WHAT THOUGHTS AND ACTIONS CAN YOU TAKE THAT WILL ALLOW YOU TO PLAY FULL OUT?

What thoughts and actions can propel you towards your goals quickly that are on purpose and positive? List them below. NOTE: These thoughts and actions may be very new to you, please don't discard them

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PUTTING IT ALL TOGETHER - CHOOSE THE TOP 3 WAYS YOU ARE GOING TO IMPLEMENT PLAYING FULL OUT & THE NEW THOUGHTS & ACTIONS YOU WILL USE TO REACH YOUR GOALS.



03 / LOOK FOR ANSWERS WITHIN

When was the last time you looked within your own heart and mind?

This is the most important work you can and will do in this lifetime yet most people choose not to look within. Why do you think that would be?

The answer is twofold:

- 1 It's too hard, and
- 2 They are scared of what they will find.

Yet, the truth is that most of what you seek is within you, not outside of you. You were created this way on purpose and I was told in a download that every human possesses a "God spark."

NOTE: This is not about religion, feel free to substitute whatever you believe or deity you pray to in place of God.

This spark is what connects you to ultimately the highest version of you. You came to this life on this blue marble known as Earth at this particular time. You signed off on everything that you will experience in this lifetime and accepted it, yet we all came here with no memory.

It is designed this way so that you would be able to relearn what you have not mastered in previous lives.

"IT TAKES JUST ONE STAR TO PIERCE A
UNIVERSE OF DARKNESS. NEVER GIVE UP"
RICHELLE E. GOODRICH

What is the most pressing question on your mind right now?

You have been trained to look online, in books and to ask others what you want to know. You are a super computer that is always learning and evolving.

You also came with important information in your unconscious mind that is running your life most of the time and you may not know it.

When you need answers, especially the ones that could impact your life greatly, most people will do almost anything to get the answers – except the most obvious, look within.



What is the best way to look within?

MEDITATION! There are many ways to meditate, you need to find out what works for you. The jist of it is to find a place to get comfortable and quiet. Close your eyes and you can either put on some music or listen to what is around you.

Get centered with some deep breathing and go within. Ask yourself the questions you want answers too and see what happens. You may hear a voice, you may see someone or something, it is different for everyone.

The most important part of this is to be open and curious. Remain trusting, trust the process, trust what you see or don't see and trust that there is no wrong way to do this type of work.

Like anything, the more you do it the better you will become at it. You may only start out doing this for a few minutes and a more accomplished person can meditate for hours.

Remember, you are a divine sentient being who is here for a purpose. You have a mission and if you don't know what that is, it's time you start asking those type of questions.

Let's look at some exercises that will help you move forward.

LOOK WITHIN FOR ANSWERS

Most people look outside of themselves for answers. It's common to look on social media or ask those around us questions like "What is my next best step?" All the answers to your questions are held inside your body & mind. Listen to the internal answers you are being guided to hear by meditating.

UPON MEDITATION, ASK YOURSELF & YOUR GUIDES:
WHAT ARE THE NEXT BEST STEPS THAT WILL PROPEL
ME TOWARDS THE SUCCESS I SEEK?

Write out all of what Great Spirit and your Guides show you. Write your answers below.

ASK YOUR GUIDES: PLEASE SHOW ME, WHAT AM I NOT SEEING
THAT I NEED TO KNOW NOW?

Write down all of what you are shown from the question above. Write them below.

PUTTING IT ALL TOGETHER - WRITE OUT THE TOP 3
WAYS YOU HAVE CHOSEN TO MOVE FORWARD.

THANK YOU!

Congratulations on working through all of the tools provided in this Law of Attraction bundle.

Once you start to understand the Law and how it works, it will begin to make positive changes in your life.

Keep Shining!

QUEEN KULI