

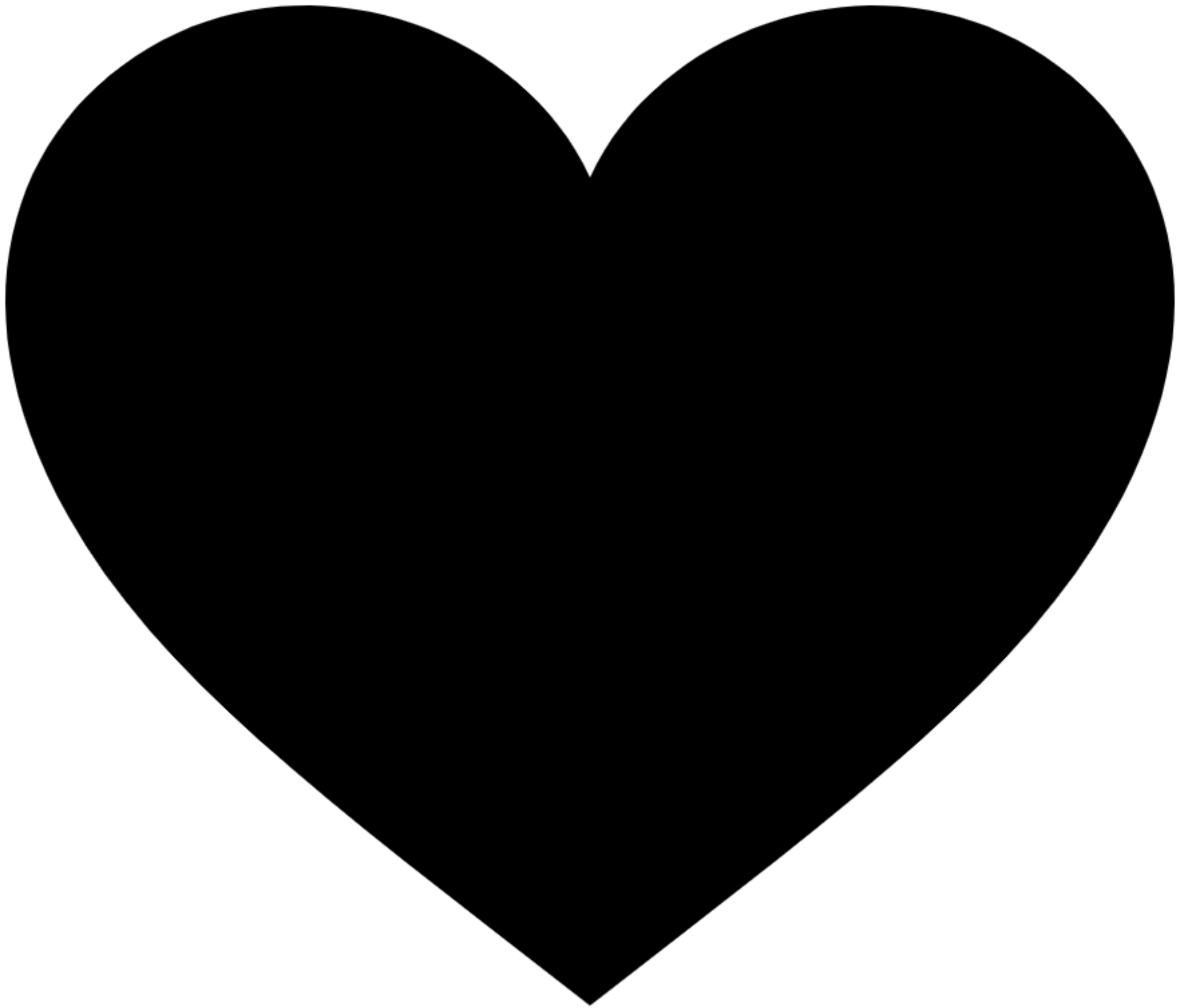
Consider the Possibility
There Is Another Way

**MEL'S
LOVE
LAND**



100 Days of Love Affirmations

MELANIE LUTZ



THE COMMITMENT

For the Next 100 Days

Consider the Possibility

There is Another Way

to Look at Everything

--- With Love

MEL'S ❤️ LAND

ALL SYSTEMS LOVE

NEXT 100

LOVE

ACTIVISM

DAY 1/100 NEXT 100 | CHOOSE LOVE

Only Love is Real

AFFIRM IT

**Everything I Am
Thinking If it is
Not With Love
is Not True**

MELS  LAND
ALL SYSTEMS LOVE

Primum non nocere - "First, do no harm"

DAY 2/100 NEXT 100 | CHOOSE LOVE

**Miracles
happen
every day
in every way**

MELS ❤️ LAND
ALL SYSTEMS LOVE

DAY 3/100 NEXT 100 | CHOOSE LOVE

Seek to be Still

AFFIRM IT

**I Let Everything
Reveal Itself
Exactly As It Is**

MELS  LAND
ALL SYSTEMS LOVE

DAY 3/100 NEXT 100 | CHOOSE LOVE

Seek to be Still

AFFIRM IT
**I have
a beautiful
vision
for my
life**

MELS  LAND
ALL SYSTEMS LOVE

DAY 4/100 NEXT 100 | CHOOSE LOVE

Cherish Each Moment

AFFIRM IT

**I embrace
new ideas
new opportunities
and new
relationships**

MELS  LAND
ALL SYSTEMS LOVE

DAY 5/100 NEXT 100 | CHOOSE LOVE

Shake it Off

AFFIRM IT

**I connect easily
to my inner power**

MELS ❤️ LAND
ALL SYSTEMS LOVE



MEL'S  LAND
ALL SYSTEMS LOVE

DAY 6/100 NEXT 100 | CHOOSE LOVE

Enrich Each Moment

AFFIRM IT

I am love

MELS  LAND
ALL SYSTEMS LOVE

DAY 7/100 NEXT 100 | CHOOSE LOVE

Listen to Your Intuition

AFFIRM IT

**I am Divinely
Guided**

MELS ❤️ LAND
ALL SYSTEMS LOVE

DAY 8/100 NEXT 100 | CHOOSE LOVE

Step Up

AFFIRM IT

**I Give My All in
Each Moment**

MELS  LAND
ALL SYSTEMS LOVE

LOVE UP

DAY 9/100 NEXT 100 | CHOOSE LOVE

Honor Your Commitments

AFFIRM IT

**I Am Impeccable
with my Word**

MELS ♥ LAND
ALL SYSTEMS LOVE

DAY 10/100 NEXT 100 | CHOOSE LOVE
Honor Your Incarnation

AFFIRM IT

**Every Decision I Make
is at the Center of
My Well Being**

MELS ❤️ LAND
ALL SYSTEMS LOVE

DAY 10/100 NEXT 100 | CHOOSE LOVE

Live the Truth

AFFIRM IT

**I Choose
Again**

MELS  LAND
ALL SYSTEMS LOVE

DAY 12/100 NEXT 100 | CHOOSE LOVE

Give it Over

AFFIRM IT

**I Surrender
What I Think
Everything
Means**

MELS  LAND
ALL SYSTEMS LOVE

DAY 13/100 NEXT 100 | CHOOSE LOVE

Radiate Love

AFFIRM IT

**Every Beat of
my Heart
Connects me
to Love**

MELS  LAND
ALL SYSTEMS LOVE

DAY 15/100 NEXT 100 | CHOOSE LOVE

Live in Deep Self Appreciation

AFFIRM IT

**I Am Powerful
Beyond
Measure**

MELS ❤️ LAND
ALL SYSTEMS LOVE

DAY 16/100 NEXT 100 | CHOOSE LOVE

Stop It

AFFIRM IT

**I Witness the
World with
Loving Eyes**

MELS  LAND
ALL SYSTEMS LOVE

DAY 21/100 NEXT 100 | CHOOSE LOVE

Accentuate the Positive

AFFIRM IT

**I See the Truth
in Every
Situation**

MELS  LAND
ALL SYSTEMS LOVE

DAY 17/100 NEXT 100 | CHOOSE LOVE

Have Faith

AFFIRM IT

**I Am a
Miracle
Walking**

MELS  LAND
ALL SYSTEMS LOVE

DAY 18/100 NEXT 100 | CHOOSE LOVE
Be Inspired. Be Loving. Be You.

AFFIRM IT
**I see the
Light
and Love
in Everyone
I Meet**

MELS  LAND
ALL SYSTEMS LOVE

DAY 19/100 NEXT 100 | CHOOSE LOVE
Celebrate Your Life Exactly as It Is.

AFFIRM IT

**I gladly give up my fear moving
into eternal joy expanding
through each breath restoring
my blissful self to its rightful
seat of the soul**

MELS ❤️ LAND
ALL SYSTEMS LOVE

JOY

DAY 20/100 NEXT 100 | CHOOSE LOVE

Have a Miracle

AFFIRM IT

**I expect
Miracles**

MELS  LAND
ALL SYSTEMS LOVE

DAY 14/100 NEXT 100 | CHOOSE LOVE

Release the Past

AFFIRM IT

**I Release
the Past it
Can Touch
Me Not**

MELS  LAND
ALL SYSTEMS LOVE

DAY 22/100 NEXT 100 | CHOOSE LOVE

Practice Makes Perfect

AFFIRM IT

**I Dance
Everyday
With Joy**

MELS  LAND
ALL SYSTEMS LOVE

DAY 23/100 NEXT 100 | CHOOSE LOVE

Shine Bright Like A Diamond

AFFIRM IT

**I Move Easily
Through My
Daily List of
Things to Do**

MELS  LAND
ALL SYSTEMS LOVE

DAY 24/100 NEXT 100 | CHOOSE LOVE

There is Nothing to Prove

AFFIRM IT

**I Act
With
Love**

MELS  LAND
ALL SYSTEMS LOVE

DAY 25/100 NEXT 100 | CHOOSE LOVE

Create Loving Impacts

AFFIRM IT

**I Practice
Kindness
as I take
Clear
Decisive
Action**

MELS  LAND
ALL SYSTEMS LOVE



MEL'S  LAND
ALL SYSTEMS LOVE

DAY 26/100 NEXT 100 | CHOOSE LOVE

Harmonize Your Happiness

AFFIRM IT

I
am
Loved
Deeply,
Completely,
Whole-heartedly

MELS  LAND
ALL SYSTEMS LOVE

DAY 27/100 NEXT 100 | CHOOSE LOVE
Let Love Expand Naturally

AFFIRM IT
**I Will Let
Love Lead
the Way**

MELS  LAND
ALL SYSTEMS LOVE

DAY 28/100 NEXT 100 | CHOOSE LOVE

Create a New Story

AFFIRM IT

**I Breathe in
Peace and
Breathe out
Love**

MELS  LAND
ALL SYSTEMS LOVE

DAY 29/100 NEXT 100 | CHOOSE LOVE

Let the Truth Blossom

AFFIRM IT

**I am
Awake**

MELS  LAND
ALL SYSTEMS LOVE

SPARKLES

DAY 30/100 NEXT 100 | CHOOSE LOVE

Prepare for the Blossom

AFFIRM IT

**I Gently
Nourish
my most
Loving
Ideas**

MELS ❤️ LAND
ALL SYSTEMS LOVE

DAY 31/100 NEXT 100 | CHOOSE LOVE
Own What You Know

AFFIRM IT
**I Know
Exactly
What
I am
Doing**

MELS  LAND
ALL SYSTEMS LOVE

DAY 32/100 NEXT 100 | CHOOSE LOVE

Be Different Today

AFFIRM IT

**I am home
in peace of
mind body
and spirit**

MELS  LAND
ALL SYSTEMS LOVE

DAY 33/100 NEXT 100 | CHOOSE LOVE

Live in Possibility

AFFIRM IT

**I Celebrate
my Inner
Power**

MELS  LAND
ALL SYSTEMS LOVE

DAY 34/100 NEXT 100 | CHOOSE LOVE
Awaken to the Truth

AFFIRM IT

**I am Powerful
Beyond
Measure**

MELS ❤️ LAND
ALL SYSTEMS LOVE

DAY 35/100 NEXT 100 | CHOOSE LOVE
Encourage Success

AFFIRM IT

**I hear all the things
people say as
encouraging words
spoken in love for
my highest good**

MELS ❤️ LAND
ALL SYSTEMS LOVE

DAY 36/100 NEXT 100 | CHOOSE LOVE

Don't Be Deceived by Appearances

AFFIRM IT

**I extend Love
and Kindness
in Each
Moment**

MELS  LAND
ALL SYSTEMS LOVE

DAY 37/100 NEXT 100 | CHOOSE LOVE
Define Success for Yourself

AFFIRM IT

**I own my
Yes!**

MELS  LAND
ALL SYSTEMS LOVE



MELS ❤️ LAND
ALL SYSTEMS LOVE

DAY 38/100 NEXT 100 | CHOOSE LOVE

Expand Your Breath

AFFIRM IT

**I Breathe in
Peace and
Breathe out
Love**

MELS  LAND
ALL SYSTEMS LOVE

DAY 39/100 NEXT 100 | CHOOSE LOVE

Feast on Your Life

AFFIRM IT

**The
Time
is Now**

MELS  LAND
ALL SYSTEMS LOVE

DAY 40/100 NEXT 100 | CHOOSE LOVE
Let Love Liberate Your Heart

AFFIRM IT

**I Liberate
You**

MELS  LAND
ALL SYSTEMS LOVE

DAY 41/100 NEXT 100 | CHOOSE LOVE

Do What You Think You Can not Do

AFFIRM IT

**Every step
I take is full
of Light and
Love**

MELS  LAND
ALL SYSTEMS LOVE

DAY 42/100 NEXT 100 | CHOOSE LOVE

Sing Your Song

AFFIRM IT

**I Sing
my Song
Beautifully**

MELS  LAND
ALL SYSTEMS LOVE

DAY 43/100 NEXT 100 | CHOOSE LOVE

**Simple Things Lead to
a Revolution of the Heart**

AFFIRM IT
I Handle
Simple Things
Without
Delay

MELS  LAND
ALL SYSTEMS LOVE

DAY 44/100 NEXT 100 | CHOOSE LOVE

Amazing is Here and Now

AFFIRM IT

**I am
Amazing,
Magnificent
and
Phenomenal**

MELS  LAND
ALL SYSTEMS LOVE

DAY 45/100 NEXT 100 | CHOOSE LOVE

Begin Again

AFFIRM IT

**I own the Peace
and Wisdom of
my Heart and
easily begin Again**

MELS  LAND
ALL SYSTEMS LOVE

DAY 46/100 NEXT 100 | CHOOSE LOVE

Forgive Everyone

AFFIRM IT

**I Give up What has
Happened to me and
Leap Quantum Style
into Forgiveness Laying
Aside Blame**

MELS  LAND
ALL SYSTEMS LOVE

DAY 47/100 NEXT 100 | CHOOSE LOVE

**It's Not Where You Start
It is Where You Finish**

AFFIRM IT

**I am Blessed with
Radiant Energy and
Inner Joy as I finish all
my Heart Felt Work**

MELS  LAND
ALL SYSTEMS LOVE

DAY 48/100 NEXT 100 | CHOOSE LOVE

Keep Your Commitments

AFFIRM IT

**I Experience Deep
Peace Filled Happiness
w/ Each Commitment
I Make and Keep**

MELS  LAND
ALL SYSTEMS LOVE



MEL'S  LAND
ALL SYSTEMS LOVE

DAY 49/100 NEXT 100 | CHOOSE LOVE

Let Love Lead the Way

AFFIRM IT

**I Allow Love to
Surround me and
Flow through me**

MELS  LAND
ALL SYSTEMS LOVE

DAY 50/100 NEXT 100 | CHOOSE LOVE

Take a Stand

AFFIRM IT

**I Allow
Truth's
Grace to
Ignite my
Heart Song**

MELS  LAND
ALL SYSTEMS LOVE

DAY 51/100 NEXT 100 | CHOOSE LOVE

Live the Truth

AFFIRM IT

**I Let the
Truth
Guide
my Way**

MELS  LAND
ALL SYSTEMS LOVE

CHOOSE

LOVE

DAY 52/100 NEXT 100 | CHOOSE LOVE

Let it Be

AFFIRM IT
I Love
with
Passion,
Courage
and Grace

MELS  LAND
ALL SYSTEMS LOVE

DAY 53/100 NEXT 100 | CHOOSE LOVE

Have Faith

AFFIRM IT
**I Fiercely
Answer
the Call
of My Being**

MELS  LAND
ALL SYSTEMS LOVE

DAY 54/100 NEXT 100 | CHOOSE LOVE

The Power of Belief

AFFIRM IT

**I Experience
more Clarity
and Joy as I
Connect to my
Inner Power**

MELS  LAND
ALL SYSTEMS LOVE

DAY 55/100 NEXT 100 | CHOOSE LOVE

I Am Love

AFFIRM IT

**I Am
Love**

MELS  LAND
ALL SYSTEMS LOVE

DAY 56/100 NEXT 100 | CHOOSE LOVE
Appreciate One Another

AFFIRM IT

**I Am Grateful
for My Life
Exactly As It Is**

MELS  LAND
ALL SYSTEMS LOVE

DAY 57/100 NEXT 100 | CHOOSE LOVE

Experience Lightning

AFFIRM IT

**I allow light to
flow in my life**

MELS  LAND
ALL SYSTEMS LOVE

DAY 58/100 NEXT 100 | CHOOSE LOVE

Embrace the Floods

AFFIRM IT

**I Embrace Everything
in my Life Exactly
As It Is**

MELS  LAND
ALL SYSTEMS LOVE

DAY 59/100 NEXT 100 | CHOOSE LOVE

God's Trying to Tell Me Something

AFFIRM IT

**I Listen to the Still
Small Voice Within
that Brings Peace**

MELS  LAND
ALL SYSTEMS LOVE

DAY 60/100 NEXT 100 | CHOOSE LOVE

Stand with Love

AFFIRM IT

**I Stand with Love
in Every Situation**

MELS  LAND
ALL SYSTEMS LOVE



MEL'S  LAND
ALL SYSTEMS LOVE

DAY 61/100 NEXT 100 | CHOOSE LOVE

Shine Bright

AFFIRM IT

I Am Light

MELS  LAND
ALL SYSTEMS LOVE

DAY 62/100 NEXT 100 | CHOOSE LOVE

Soul Force

AFFIRM IT

**I Cherish my
Soul Force**

MELS  LAND
ALL SYSTEMS LOVE

DAY 63/100 NEXT 100 | CHOOSE LOVE

Create a Positivity Team

AFFIRM IT

**I Connect Easily and
Effortlessly with all
the Wonderful Things
of the World**

MELS  LAND
ALL SYSTEMS LOVE

DAY 64/100 NEXT 100 | CHOOSE LOVE

Now is the Time

AFFIRM IT

**I Open my Heart to
the Present Moment**

MELS  LAND
ALL SYSTEMS LOVE

DAY 65/100 NEXT 100 | CHOOSE LOVE

Pray is the Medium of Miracles

AFFIRM IT

**I am Overflowing with
Blessings**

MELS  LAND
ALL SYSTEMS LOVE

DAY 66/100 NEXT 100 | CHOOSE LOVE

Embrace Who You Are

AFFIRM IT
**I am Grateful
for Who I Am
and How I Operate
in the World**

MELS  LAND
ALL SYSTEMS LOVE

DAY 67/100 NEXT 100 | CHOOSE LOVE

Be Magnificent

AFFIRM IT

I Am
Who I Am
I Own
What I Know

MELS  LAND
ALL SYSTEMS LOVE

DAY 68/100 NEXT 100 | CHOOSE LOVE

Forever Grateful

AFFIRM IT

**I am Grateful for
Everything that
Comes My Way**

MELS  LAND
ALL SYSTEMS LOVE

DAY 69/100 NEXT 100 | CHOOSE LOVE

**Do Your Best
No More, No Less**

AFFIRM IT

**I Always Do my Best,
No More, No Less**

MELS  LAND
ALL SYSTEMS LOVE

DAY 70/100 NEXT 100 | CHOOSE LOVE

Count Your Blessings

AFFIRM IT

**My Actions
Create an
Unending
Chain of Loving
Abundance**

MELS  LAND
ALL SYSTEMS LOVE

DAY 71/100 NEXT 100 | CHOOSE LOVE

Feel the Fear and Do it Anyway

AFFIRM IT

**I Speak Up
When I See
Injustice**

MELS  LAND
ALL SYSTEMS LOVE

DAY 72/100 NEXT 100 | CHOOSE LOVE

Choose Love

AFFIRM IT
**I Co-create
Easily**

MELS  LAND
ALL SYSTEMS LOVE

DAY 73/100 NEXT 100 | CHOOSE LOVE

Beware Unrecognized Beliefs

AFFIRM IT

**I Lovingly
See Through
All Illusions**

MELS  LAND
ALL SYSTEMS LOVE



DAY 74/100 NEXT 100 | CHOOSE LOVE

Receive Your Messages

AFFIRM IT

**I Give and
Receive
in Equal
Measures**

MELS  LAND
ALL SYSTEMS LOVE

DAY 75/100 NEXT 100 | CHOOSE LOVE

Talk About Things That Matter

AFFIRM IT

**I Connect
Compassionately
to My to Do List**

MELS  LAND
ALL SYSTEMS LOVE

DAY 76/100 NEXT 100 | CHOOSE LOVE

Only Love is Real

AFFIRM IT

**My Sacred Heart
Brings Peace to
all I Encounter.**

MELS  LAND
ALL SYSTEMS LOVE

DAY 77/100 NEXT 100 | CHOOSE LOVE

New Vision. New Day.

AFFIRM IT

**Every Experience
Brings Me
Wisdom**

MELS  LAND
ALL SYSTEMS LOVE

DAY 78/100 NEXT 100 | CHOOSE LOVE

Affirm the Truth

AFFIRM IT

**I Am a
Beneficial
Presence
on the Planet
I Love Who
I Am and I
Cherish
What I See**

MELS  LAND
ALL SYSTEMS LOVE

DAY 79/100 NEXT 100 | CHOOSE LOVE

Be A Love Bug

AFFIRM IT

**I Am
Powerful
Beyond
Measure**

MELS  LAND
ALL SYSTEMS LOVE

DAY 80/100 NEXT 100 | CHOOSE LOVE

Practice Trusting Your Intuition

AFFIRM IT

**I Love and Trust
My Life
Exactly
As It Is**

MELS  LAND
ALL SYSTEMS LOVE

DAY 81/100 NEXT 100 | CHOOSE LOVE

Much Love

AFFIRM IT

**I Trust
Myself**

MELS  LAND
ALL SYSTEMS LOVE



MEL'S  LAND
ALL SYSTEMS LOVE

DAY 82/100 NEXT 100 | CHOOSE LOVE

Return to Love

AFFIRM IT

**I See the World
Through the Eyes
of the Heart**

MELS  LAND
ALL SYSTEMS LOVE

DAY 83/100 NEXT 100 | CHOOSE LOVE

Speak the Truth

AFFIRM IT

**I Am Open
to Seeing This
Differently**

MELS  LAND
ALL SYSTEMS LOVE

DAY 84/100 NEXT 100 | CHOOSE LOVE

Eternal Love

AFFIRM IT

**I Shift My Unloving
Perceptions and
Connect to Love**

MELS  LAND
ALL SYSTEMS LOVE

DAY 85/100 NEXT 100 | CHOOSE LOVE

Love Yourself

AFFIRM IT

**With Each Breath I Take
I Connect to Myself.
I Gladly Give Up My Fear,
I Move Into Eternal Joy**

MELS  LAND
ALL SYSTEMS LOVE

DAY 86/100 NEXT 100 | CHOOSE LOVE

Jesus Take the Wheel

AFFIRM IT

**I Give Over
All My Concerns
to a Higher Power**

MELS  LAND
ALL SYSTEMS LOVE

DAY 87/100 NEXT 100 | CHOOSE LOVE

Love in Action

AFFIRM IT

**I Give and Receive
in Equal Measures**

MELS  LAND
ALL SYSTEMS LOVE

DAY 88/100 NEXT 100 | CHOOSE LOVE

Let Love In

AFFIRM IT

**Joy is My
Birthright**

MELS  LAND
ALL SYSTEMS LOVE

DAY 89/100 NEXT 100 | CHOOSE LOVE

Seed the Sounds of Love

AFFIRM IT

**Divine Intelligence
Supports
My Life**

MELS  LAND
ALL SYSTEMS LOVE

DAY 90/100 NEXT 100 | CHOOSE LOVE

Start Something Loving

AFFIRM IT

**I Gotta Be Starting
Something**

**I Gotta Be Starting
Something Kind,**

Peaceful,

Awesome, Loving

—Right Now

MELS  LAND
ALL SYSTEMS LOVE

DAY 91/100 NEXT 100 | CHOOSE LOVE

**All I Know About Love
I Learned From You**

AFFIRM IT

**I Listen
To My
Loved
Ones**

MELS  LAND
ALL SYSTEMS LOVE



Make
something
amazing

Amor



MELS ♥ LAND
ALL SYSTEMS LOVE

DAY 92/100 NEXT 100 | CHOOSE LOVE

Don't Be Insane

AFFIRM IT
**I Fearlessly
Speak
the Truth**

MELS  LAND
ALL SYSTEMS LOVE

DAY 93/100 NEXT 100 | CHOOSE LOVE

Surrender Everything

AFFIRM IT

**I Surrender Over
Any Thoughts
that are too Small for Me
Laying at Rest
in Peace
to the Highest
form of Joy
Getting my self
Out of the way
To be of Service
To What Wants to be Born
Now**

MELS  LAND
ALL SYSTEMS LOVE

DAY 94/100 NEXT 100 | CHOOSE LOVE

Forever in our Collective Heart

AFFIRM IT

**My Actions
Bring
Peace
to the
World**

MELS  LAND
ALL SYSTEMS LOVE

DAY 95/100 NEXT 100 | CHOOSE LOVE

A New Day

AFFIRM IT

**I Begin
Again In
Each Moment
I Release
the Past**

MELS  LAND
ALL SYSTEMS LOVE



MEL'S  LAND
ALL SYSTEMS LOVE

DAY 96/100 NEXT 100 | CHOOSE LOVE

Grant Me Courage

AFFIRM IT

**I Enjoy
Mastery
Over My
Divine Flow
of Loving**

MELS  LAND
ALL SYSTEMS LOVE

DAY 97/100 NEXT 100 | CHOOSE LOVE

Time to Love

AFFIRM IT

**My Heart
is Open
for Joyful
Business**

MELS  LAND
ALL SYSTEMS LOVE

DAY 98/100 NEXT 100 | CHOOSE LOVE
Choose Perfect Peace

AFFIRM IT
**I Choose
Peace
Over
Fear**

MELS  LAND
ALL SYSTEMS LOVE

DAY 99/100 NEXT 100 | CHOOSE LOVE

Honor Your Purpose

AFFIRM IT

**Every Decision
I Make is at
the Center of
My Well Being**

MELS  LAND
ALL SYSTEMS LOVE

DAY 100/100 NEXT 100 | CHOOSE LOVE

Expect Miracles

AFFIRM IT

**I Am
a Walking
Loving
Miracle**

MELS  LAND
ALL SYSTEMS LOVE



Thank You

from the bottom of our hearts.

MELS  LAND
ALL SYSTEMS LOVE

LOVE > FEAR

Love, Mel



MEL'S  LAND
ALL SYSTEMS LOVE