



# LOVE UP

MELS ❤️ LAND  
**ALL SYSTEMS LOVE**

**NEXT 100**



# **THE COMMITMENT**

**For the Next 100 Days**

**Consider the Possibility**

**There is Another Way**

**to Look at Everything**

**--- With Love**

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

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

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

JOY



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 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 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

DAY 20/100 NEXT 100 | CHOOSE LOVE  
**Have a Miracle**

AFFIRM IT  
**I expect  
Miracles**

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 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

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**

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ALL SYSTEMS LOVE





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**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!**

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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

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



DAY 52/100 NEXT 100 | CHOOSE LOVE

**Let it Be**

AFFIRM IT  
**I Love  
with  
Passion,  
Courage  
and Grace**

MELS  LAND  
ALL SYSTEMS LOVE

**CHOOSE  
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

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**

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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**

DAY 76/100 NEXT 100 | CHOOSE LOVE

**Only Love is Real**

AFFIRM IT

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

DAY 77/100 NEXT 100 | CHOOSE LOVE

**New Vision. New Day.**

AFFIRM IT

**Every Experience  
Brings Me  
Wisdom**

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**

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MELS  LAND  
ALL SYSTEMS LOVE

DAY 79/100 NEXT 100 | CHOOSE LOVE

# **Be A Love Bug**

AFFIRM IT

**I Am  
Powerful  
Beyond  
Measure**

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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**

DAY 81/100 NEXT 100 | CHOOSE LOVE

**Much Love**

AFFIRM IT

**I Trust  
Myself**



DAY 82/100 NEXT 100 | CHOOSE LOVE

# **Return to Love**

AFFIRM IT

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

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MELS ❤️ LAND  
ALL SYSTEMS LOVE

DAY 83/100 NEXT 100 | CHOOSE LOVE

# **Speak the Truth**

AFFIRM IT

**I Am Open  
to Seeing This  
Differently**

DAY 84/100 NEXT 100 | CHOOSE LOVE

# **Eternal Love**

AFFIRM IT

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

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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**

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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**

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MELS ❤️ LAND  
ALL SYSTEMS LOVE

DAY 87/100 NEXT 100 | CHOOSE LOVE

# **Love in Action**

AFFIRM IT

**I Give and Receive  
in Equal Measures**

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MELS ❤️ LAND  
ALL SYSTEMS LOVE

DAY 88/100 NEXT 100 | CHOOSE LOVE

**Let Love In**

AFFIRM IT

**Joy is My  
Birthright**

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MELS  LAND  
ALL SYSTEMS LOVE

DAY 89/100 NEXT 100 | CHOOSE LOVE

**Seed the Sounds of Love**

AFFIRM IT

**Divine Intelligence  
Supports  
My Life**

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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**

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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**

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MELS  LAND  
ALL SYSTEMS LOVE



Make  
something  
awesom

Love



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ALL SYSTEMS LOVE

DAY 92/100 NEXT 100 | CHOOSE LOVE

**Don't Be Insane**

AFFIRM IT  
**I Fearlessly  
Speak  
the Truth**

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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**

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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**

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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**

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MELS ❤️ 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**

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MELS ❤️ LAND  
ALL SYSTEMS LOVE



DAY 97/100 NEXT 100 | CHOOSE LOVE

# **Time to Love**

AFFIRM IT

**My Heart  
is Open  
for Joyful  
Business**

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MELS  LAND  
ALL SYSTEMS LOVE

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

AFFIRM IT  
**I Choose  
Peace  
Over  
Fear**

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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**

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MELS ❤️ LAND  
ALL SYSTEMS LOVE

DAY 100/100 NEXT 100 | CHOOSE LOVE

**Expect Miracles**

AFFIRM IT

**I Am  
a Walking  
Loving  
Miracle**

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MELS  LAND  
ALL SYSTEMS LOVE

**LOVE > FEAR**



# NEXT 100

# Thank You

from the bottom of our hearts.

MELS  LAND  
**ALL SYSTEMS LOVE**



**Love, Mel**