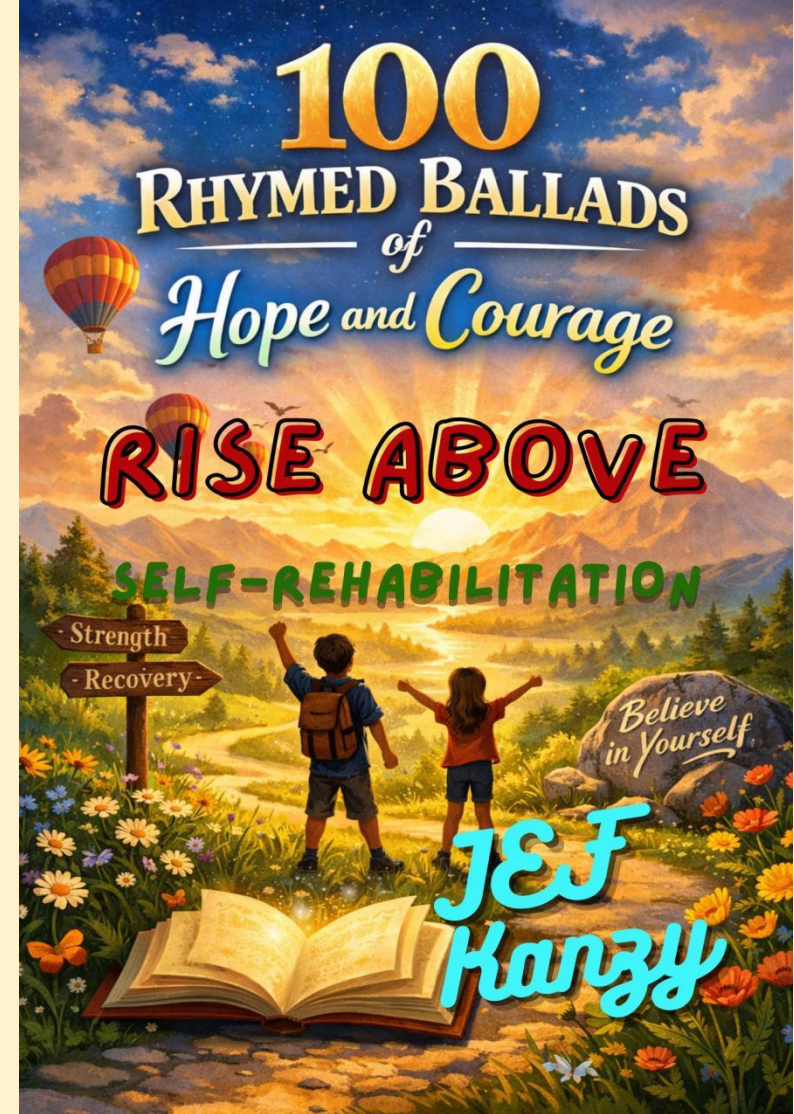




# 100

RHYMED BALLADS  
*of*  
Hope and Courage

## RISE ABOVE

### SELF-REHABILITATION

- Strength

- Recovery -

Believe  
in Yourself

J&F  
Kanzly

Self-Rehabilitation Poetry book  
Book: Rise Above - 100 Ballads for  
Teens & Young Adults  
By Jef Kanzy

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# Introduction

Hey there! Life can be messy, stressful, and full of tricky choices—friends, school, family, and everything in between. This book gets it. 100 Rhymed Ballads of Hope and Courage is here to speak to you, not at you.

Each poem is short, rhymed, and real—about dealing with pressure, avoiding bad habits, finding your strength, and learning to bounce back. Some will make you think, some will make you smile, and some might even feel like they were written just for you.

Flip the pages, feel the rhythm, and let these words remind you: you are stronger than your struggles, smarter than your doubts, and braver than you think. Your journey to hope, courage, and self-belief starts here—one poem at a time.

# Poem 1: Notion

I threw the pills upon the shelf,  
I learned to care and love myself.  
The dark and light both show their face,  
I choose my path, I set my pace.  
Regret may whisper, "Time's gone by,"  
I lift my head and reach the sky.  
Recovery is my treasure true,  
A brighter day begins anew.

## Poem 2: Self-Aware

I left behind the toxic crowd,  
Their empty words no longer loud.  
I find new ways to fill my day,  
Hobbies keep the stress away.  
Driving sober, thinking clear,  
I walk my path without the fear.  
Each choice I make rebuilds my mind,  
A stronger, calmer self I find.

## Poem 3: Stress Relief

Stress may knock, I won't give in,  
I breathe, I move, I find my grin.  
Pool or food, or simply chat,  
I share my thoughts, I leave the spat.  
No drink can calm what's in my heart,  
Positive ways play the main part.  
I matter more than fleeting pain,  
My inner peace I now regain.

## Poem 4: Hero

Fear may whisper, "You might fall,"  
I take the step, I risk it all.  
A fired arrow through the night,  
My courage shines, my future bright.  
Failure's shadow cannot stay,  
I push ahead and find my way.  
I am the hero of my days,  
I face the world with steady gaze.

## Poem 5: Solve Don't Run

Running hides the pain today,  
It will return another way.  
Face your problems, solve them true,  
Growth will come to guide you through.  
Don't look back, but stand your ground,  
Strength within is what is found.  
Hardships come, but you will cope,  
Hold fast your dreams, and keep the  
hope.

## Poem 6: At Your Pace

Life's a race, but not a sprint,  
Move with care and stay in hint.  
Some may overtake, that's fine,  
Your time will come, your stars will  
shine.

Exhaust yourself and you may fall,  
But measured steps will conquer all.  
Patience, balance, calm embrace,  
Victory comes at your own pace.

## Poem 7: Money Matters

Money flows, then disappears,  
It cannot quiet all your fears.  
Friends and kindness outweigh gold,  
Their warmth is priceless, truth be told.  
Spend with care, plan your way,  
Invest for a brighter day.  
Happiness isn't cash alone,  
It's in the love and life you've grown.

## Poem 8: Stop Explaining

Don't complain or waste your breath,  
Ask for help when facing stress.  
Words are cheap, but actions shine,  
Your deeds will tell your life's design.  
Speak with courage, be sincere,  
Your heart and mind will persevere.  
Clarity in every choice you make,  
Will guide your life and paths you take.

## Poem 9: Dance

Dance with joy, don't hide away,  
Let your spirit have its say.  
Even sober, feel the beat,  
Move your body, lift your feet.  
Laugh with friends, and share the cheer,  
Happiness grows when others hear.  
Twist, sway, spin without a care,  
Life's bright moments are yours to share.

# Poem 10: Alcohol Truth

Drink won't heal your stress or pain,  
It only adds to guilt and shame.  
Your future bright, your mind so clear,  
Reject the drink, your path sincere.  
Sobriety brings your dreams alive,  
With healthy friends, you will survive.  
Hobbies, laughter, work, and play,  
Replace the bottle, live your way.

# Poem 11: Friendship Both Ways

Friends will lift you when you fall,  
Guide your steps and hear your call.  
Sober hands will hold you tight,  
Through the darkness, into light.  
Ask for help when you feel low,  
True friends will guide the way to go.  
Give and take, both sides must care,  
Mutual support is always fair.

## Poem 12: Stay or Move

When life gets tense where you reside,  
Stay calm, observe, and plan your stride.  
Don't spread gossip or waste your time,  
Focus on growth, your climb, your prime.  
If peace is lost, it's fine to leave,  
Your well-being you must retrieve.  
Choices matter in every space,  
Keep your heart and mind in place.

# Poem 13: Reconciliation Tree

Bruised hearts need gentle care,  
Words can hurt, so handle fair.  
Fix mistakes and mend the past,  
Rebuild trust that will last.  
Apologize, and let go pain,  
Grow your kindness like the rain.  
Self and others both can heal,  
Reconciliation makes life real.

## Poem 14: Discernment

See the good in others' ways,  
Even if they seem ablaze.  
Forgive the wrong, endorse the right,  
Let justice guide your inner sight.  
Positive energy brings delight,  
Your heart at peace through day and  
night.  
Discernment makes your spirit free,  
The best of life is what you see.

## Poem 15: Be Different

If the world cheats, be always true,  
If it lies, be honest too.  
Polluted lands, stray thoughts you see,  
Plant awareness, set minds free.  
Show love when hate surrounds your  
day,  
Small good deeds can light the way.  
Different hearts will change the scene,  
Lead by example, stay serene.

# Poem 16: Smile

Smile and laugh, break every gloom,  
Joy can light the darkest room.  
Even when the world seems sad,  
Share your warmth, it makes hearts  
glad.

A cheerful face attracts the bright,  
Turns heavy days to pure delight.  
Smiles are free, yet priceless too,  
A gift of hope to share with you.

# Poem 17: Not Weakness

Tears may fall, yet still be strong,  
Crying doesn't mean you're wrong.  
Emotions flow, it's natural,  
Healing comes, it's factual.  
Being human, feeling pain,  
Doesn't mean your efforts wane.  
Strength is found in heart and mind,  
True resilience is what you find.

## Poem 18: Bad Ways

Avoid the path that poisons brains,  
The one that leads to endless pains.  
Excuses, lies, or murky thoughts,  
Lead to battles that can't be fought.  
Be reasonable, walk the light,  
Choose the day instead of night.  
Good habits grow, they'll make you  
strong,  
Keep your life where it belongs.

## Poem 19: Self-Control

Eyes may wander, thoughts may stray,  
But you decide what comes your way.  
Resist the temptations that appear,  
Your inner voice must stay sincere.  
Closing ears, mind, and heart too,  
Focus on what you want to do.  
Self-control will lead your life,  
Away from chaos, stress, and strife.

## Poem 20: Good Character

Kindness opens every door,  
Polite actions give you more.  
Sharing, caring, honest ways,  
Bring you friends and brighter days.  
Respect and heart will pave the path,  
Avoid the lure of substance wrath.  
Good character will guide your fate,  
A life of peace, it's never late.

## Poem 21: Mindful Steps

Step by step, I walk my way,  
No rush to meet the end today.  
Each choice I make shapes who I am,  
A brighter path, not just a sham.  
I pause, I breathe, I see it clear,  
My inner voice I choose to hear.  
Small victories make mountains fall,  
Mindful steps will conquer all.

## Poem 22: Hobbies Heal

Painting, dancing, sports, or song,  
These keep me happy all day long.  
No bottle, pill, or smoke I need,  
My heart finds joy in every deed.  
Creating things, I feel alive,  
With every hobby, I will thrive.  
Passion's power beats the strife,  
It colors, moves, and shapes my life.

## Poem 23: Trust Yourself

Others may doubt or criticize,  
But I see truth through my own eyes.  
I trust myself to make the choice,  
To walk with courage and hear my voice.  
Mistakes may come, but I'll stand tall,  
Learning and growing through it all.  
Self-trust becomes my guiding light,  
It turns my wrongs to something right.

## Poem 24: Healthy Circle

The friends I keep reflect my mind,  
True souls are loyal, loving, kind.  
Toxic words and acts I shun,  
They harm the soul, they block the sun.  
With those who lift me, I will grow,  
Their light will guide me as I go.  
Choose wisely who you let inside,  
True friends will walk the path beside.

## Poem 25: Facing Fear

Fear may knock, but I won't hide,  
I meet it boldly, step with pride.  
The shadows may seem dark and long,  
But courage hums a stronger song.  
Each trial faced becomes my gain,  
I rise above, I break the chain.  
Fear is a teacher, not a wall,  
I heed its lessons, standing tall.

## Poem 26: Time Matters

Time once lost will never return,  
So make each moment one to earn.  
Don't waste your days on drugs or lies,  
Your dreams await beneath the skies.  
Work, play, learn, and give your best,  
These choices lead to life's true rest.  
Every second is a treasure rare,  
Spend it wisely, show you care.

## Poem 27: Rise Again

When you fall, get up once more,  
The floor is hard, but hope will soar.  
Life knocks us down, that much is true,  
But courage comes in what we do.  
Pick yourself with tender grace,  
Keep moving forward, find your place.  
Every stumble builds your might,  
Your spirit grows with every fight.

## Poem 28: Nature's Calm

Walk the fields, breathe in the air,  
Nature heals your soul with care.  
Leaves and rivers, skies and trees,  
Offer calm and gentle ease.  
No bottle, pill, or smoke is near,  
Just nature's whisper in your ear.  
Find your peace beneath the sun,  
And let your life's new joy begun.

## Poem 29: Choices Count

Every choice shapes who you are,  
Some take you near, some take afar.  
Think before you act or speak,  
The path ahead may be unique.  
Good choices build your strength inside,  
They turn the tide and stem the ride.  
Be mindful in what you pursue,  
The life you want depends on you.

## Poem 30: Listen

Listen close to what's within,  
Your inner voice will guide to win.  
Advice is good, but yours is key,  
It shows the truth that you can see.  
Hushed whispers of the heart are wise,  
They warn you when a danger lies.  
Trust the voice that knows your path,  
It keeps you safe from life's harsh  
wrath.

## Poem 31: Joyful Days

Happiness comes in simple ways,  
Laughter shared in sunlit rays.  
Friends who smile, games we play,  
Moments brighten up the day.  
Sobriety brings joy complete,  
Life is sweeter, safe, and neat.  
Cherish the small, the pure, the true,  
It lights the world around you too.

# Poem 32: Learn to Say No

Temptations call with siren songs,  
But saying no makes you strong.  
You hold the power, firm and clear,  
To guard your path, to steer sincere.  
Friends may scoff or try to tease,  
But inner strength gives you peace.  
Stand your ground, and you will see,  
Self-respect sets you free.

## Poem 33: Future Bright

Look ahead, the path is wide,  
Your dreams await on the bright side.  
No substance steals what you can do,  
Your mind, your heart, your vision too.  
Step by step, build every day,  
Your future blooms in a golden way.  
Focus now, and you will find,  
Success and peace within your mind.

## Poem 34: Speak Up

If you see wrong, do not stay mute,  
Your voice is strong, your words are  
fruit.

Stand for justice, stand for right,  
Shine your courage, be the light.  
Silence lets the evil grow,  
But truth is something all should know.  
Speak your mind, but with respect,  
And earn the life you'd like to collect.

## Poem 35: Body First

Your body is your precious home,  
Treat it well as you would roam.  
Drugs and drinks will bring you pain,  
Respect your health, and much you gain.  
Sleep and food, exercise, care,  
Keep yourself strong, aware, aware.  
Your temple thrives when loved and fed,  
It guides your journey straight ahead.

## Poem 36: Avoid the Crowd

Not every peer will lift you high,  
Some bring you down, some make you  
sigh.

Pick friends with care, choose those  
who care,

Their love will lighten every dare.

Crowds may pressure, try to sway,  
But your own heart will show the way.

Wisdom comes in who you choose,  
Select the ones who never lose.

## Poem 37: Positive Mind

Think of hope, not doom and gloom,  
Your thoughts can shape your life's own  
room.

Optimism opens every door,  
Negativity hurts the core.  
Smile inside, your mind will grow,  
Your energy will brightly show.  
Each day a chance to lift your soul,  
Positive thoughts can make you whole.

# Poem 38: Learn to Forgive

Holding grudges keeps you bound,  
Release the pain, let peace be found.  
Forgive yourself and others too,  
It clears the path for life anew.  
The weight of anger drags you down,  
Forgiveness wears the golden crown.  
Let hearts be free, let kindness live,  
There's power in what you forgive.

## Poem 39: Mind Your Space

Your space is yours, your mind your own,  
Protect the seeds that you have sown.  
Keep away from things that harm,  
Let only light and love disarm.  
Boundaries build your safe domain,  
They shelter you from needless pain.  
A mindful space will help you grow,  
And show the world your steady glow.

## Poem 40: Brave Heart

Courage isn't loud or bold,  
It's quiet, strong, and steady hold.  
Facing struggles day by day,  
Yet moving forward anyway.  
Your brave heart beats within your  
chest,  
It drives you on, it gives you rest.  
Keep it strong, let fear depart,  
Life belongs to the brave heart.

## Poem 41: Little Wins

Each small win is worth a cheer,  
They build your path from year to year.  
A kind word, a choice well-made,  
These are victories that will not fade.  
Celebrate each tiny feat,  
They make your journey strong and  
sweet.  
Step by step, you'll climb so high,  
Each little win lifts you to sky.

## Poem 42: Clear Vision

See your dreams through open eyes,  
Ignore the smoke, the fake disguise.  
Focus sharp on what is true,  
The world unfolds for those who do.  
Distractions fade, the path is clear,  
Hope and effort bring it near.  
Keep your vision strong each day,  
It lights the dark, it shows the way.

## Poem 43: Grateful Heart

Gratitude turns the dark to light,  
It warms the soul both day and night.  
For friends, for love, for air and sun,  
Appreciate what life has done.  
Count your blessings, big or small,  
It lifts your spirit, heals it all.  
A thankful heart finds endless grace,  
It shapes your life in every place.

## Poem 44: New Beginnings

Every sunrise brings a start,  
A chance to heal a broken heart.  
Mistakes are past, they do not bind,  
New hope awaits for heart and mind.  
Take the step, don't look behind,  
Leave fear and sorrow all confined.  
Each new day is yours to own,  
New beginnings help you grown.

# Poem 45: Strength Within

The strength you need is always near,  
It whispers soft, yet you can hear.  
Not in the bottle, not in the pill,  
But in your heart, calm and still.  
Face the storm, the wind, the rain,  
The courage in you breaks the chain.  
Your inner power leads the way,  
It grows with every single day.

## Poem 46: Time to Heal

Healing takes both time and care,  
Patience grows when you are aware.  
Your wounds may hurt, your mind may  
ache,  
But steady steps will make you wake.  
Forgive yourself, forgive the past,  
The pain will fade, it cannot last.  
Give yourself the time to grow,  
And soon your heart will brightly glow.

## Poem 47: Bright Path

The path ahead is yours to find,  
Leave dark and toxic things behind.  
Walk with hope and steady pace,  
Your life transforms with love and  
grace.  
Each choice you make lights up the way,  
It turns the night to brightened day.  
Keep moving forward, strong and free,  
Your heart creates your destiny.

## Poem 48: Dream Big

Dreams are seeds within your soul,  
They make you brave, they make you whole.  
Plant them deep and tend with care,  
Nurture them through every scare.  
Obstacles may try to bend,  
But dreams persist until the end.  
Reach for stars, don't be afraid,  
Your life is bright, your mark is made.

## Poem 49: Inner Peace

Peace comes quietly, soft and mild,  
It calms the heart like a gentle child.  
Not from substances or escape,  
But from the mind that learns its shape.  
Meditate, breathe, and let it flow,  
A tranquil river helps you grow.  
Inner peace is yours to keep,  
It lights your soul, profound and deep.

# Poem 50: Courage Grows

Courage grows when fear is near,  
It whispers softly, "Do not fear."  
Each step you take, though small, is  
strong,  
It proves your heart can right the  
wrong.  
You'll rise again, stand firm, and fight,  
Your bravery shines through the night.  
Hold your head up, face the sky,  
Courage lifts you, lets you fly.

# Poem 51: True Friends

True friends are gold, so rare to find,  
They lift you up, they ease your mind.  
They do not push you to the fall,  
But help you rise, and hear your call.  
Keep them close, they show the way,  
Through darkest night and brightest  
day.  
Their loyalty is treasure true,  
They walk beside in all you do.

## Poem 52: Small Joys

Tiny joys make life complete,  
A warm smile, a friend to greet.  
The smell of rain, a morning song,  
Moments like these make hearts strong.  
Notice them, embrace them all,  
They lift you up when shadows fall.  
Small joys grow into lasting light,  
They make your world so warm and  
bright.

## Poem 53: Stand Tall

Stand tall, even when winds blow,  
The storms will pass, your strength will  
grow.

Hold your ground and face the fight,  
The darkest hour brings the light.

Your roots are deep, your heart is true,  
No force can bend the real you.

Stand tall with courage in your chest,  
And life will bow to your best.

## Poem 54: Keep Moving

When life feels heavy, slow, and gray,  
Keep moving forward every day.

Small steps count, don't stay behind,  
Each stride brings hope you'll surely  
find.

The past may linger, but don't dwell,  
Your future's bright, as time will tell.  
Move on with heart, move on with grace,  
Your journey's yours at your own pace.

## Poem 55: Self-Worth

Your value's more than words can say,  
It's not in what others may display.  
Respect yourself, embrace your worth,  
It blooms like flowers upon the earth.  
Ignore the noise that dims your light,  
You shine the brightest through the  
night.

Self-worth is yours, forever true,  
It guides each choice in all you do.

# Poem 56: Patience Wins

Patience grows when you hold tight,  
It helps you wait for what is right.  
No instant fix can last or stay,  
But time will guide and light your way.  
Keep calm, keep steady, do not flee,  
Good things arrive eventually.  
Trust the clock, it never lies,  
Patience turns your lows to highs.

## Poem 57: Brave Choices

Brave choices shape the life you lead,  
They plant the hope that grows the  
seed.

Say no when wrong calls your name,  
And yes to love, and yes to aim.

Each brave decision lights your road,  
It lifts the heart, it lifts the load.

Stand tall and strong, your heart will  
shine,

Your choices make your life divine.

## Poem 58: Gratitude Glow

A thankful heart will brightly glow,  
It warms the soul, it helps you grow.  
For every friend, for every smile,  
For every step across the mile.  
Gratitude lights the darkest night,  
It turns each wrong to something right.  
Keep thankfulness close, don't let it  
fade,  
It builds the life you've longly made.

## Poem 59: Hope Springs

Hope springs eternal in the heart,  
It gives the strength to make a start.  
Even when skies are gray and cold,  
It whispers softly, brave and bold.  
Keep hope alive, it lights the way,  
It guides you through the darkest day.  
Cling to it tight, let it not part,  
Hope is the song within your heart.

## Poem 60: Shine Bright

Shine bright like stars up in the sky,  
Your light can lift the spirits high.  
No darkness can diminish you,  
Your soul is strong, your heart is true.  
Keep shining on through thick and thin,  
Your brilliance grows from deep within.  
The world will notice, you will see,  
How bright your life was meant to be.

# Poem 61: Morning Light

Morning light breaks through the dark,  
It warms the soul, ignites a spark.  
Each new day brings a chance to start,  
To heal the wounds within your heart.  
Leave behind what pulls you down,  
Put on your hope, erase the frown.  
Step into light, embrace the day,  
Let it guide you on your way.

## Poem 62: Steady Heart

A steady heart can face the storm,  
It keeps you safe, it keeps you warm.  
Though winds may blow and tides may  
rise,  
Strength grows where patience lies.  
Hold on tight, don't let go,  
The darkest night will always show.  
Your steady heart will lead you through,  
It beats with courage, strong and true.

## Poem 63: Rise Again

Fall today, but rise tomorrow,  
Leave behind the grief and sorrow.  
Each stumble teaches how to stand,  
It molds your life with careful hand.  
The past is gone, the future bright,  
Each dawn will bring a new delight.  
Lift your head and face the sky,  
Rise again, reach up high.

# Poem 64: Gentle Strength

Strength is not in harshness shown,  
But in the gentle seeds you've sown.  
A kind word, a helping hand,  
These build more than wealth or land.  
Gentle strength can calm the fear,  
It lifts the soul and draws it near.  
Lead with heart, not with fight,  
Your gentle strength will shine so bright.

# Poem 65: Choices Matter

Each choice you make shapes who you  
are,  
They guide your life, they set the bar.  
Say yes to good, say no to harm,  
Keep steady feet, and strong your arm.  
Every step creates the road,  
It carries weight, it bears the load.  
Choose with care, with heart and mind,  
Your path of peace you'll surely find.

## Poem 66: Shine On

Shine on through clouds of doubt and  
fear,  
Your inner light will guide you clear.  
Even when darkness hides the way,  
Your soul can find the brightest day.  
Keep shining bright, don't dim your fire,  
It fuels your heart, lifts you higher.  
The world will see your courage true,  
And feel the warmth that comes from  
you.

## Poem 67: True North

Follow your heart, your guiding star,  
It leads you home, no matter far.  
Ignore the noise, the whispers low,  
The path is yours, let courage grow.  
Your true north shines within your  
chest,  
It shows the way to what is best.  
Keep it close, let it be your guide,  
It stays with you, right by your side.

## Poem 68: Let Go

Let go of fear, let go of shame,  
Release the past, don't play its game.  
Each heavy burden weighs you down,  
Drop it now, don't wear the frown.  
Freedom waits when chains are gone,  
The morning breaks, a brighter dawn.  
Let go today, take your new flight,  
And fill your world with love and light.

# Poem 69: Brave Heart

A brave heart beats in quiet ways,  
It faces trials, it lights the days.  
Not loud or proud, but strong and true,  
It guides your steps in all you do.  
Each act of courage shapes your life,  
It eases pain, it ends the strife.  
Hold it close, your brave heart's power,  
It lifts you higher, hour by hour.

# Poem 70: Patience Grows

Patience grows like trees so tall,  
It waits through storms, it braves the  
squall.  
Time is friend to those who stay,  
It shapes the night and forms the day.  
Don't rush, don't push, don't force the  
pace,  
Life unfolds in gentle grace.  
With patience, doors will open wide,  
Your heart will glow from deep inside.

# Poem 71: Love Yourself

Love yourself, for you are worth,  
A treasure rare upon the earth.  
Treat yourself with tender care,  
You are enough, beyond compare.  
Ignore the doubts that whisper low,  
Your light is bright, it always shows.  
Hold self-love close, don't let it stray,  
It guides your heart through every day.

## Poem 72: Bright Future

Your future waits, a golden shore,  
It holds much joy and even more.  
Each choice you make plants a seed,  
It grows with hope and gentle deed.  
Step forward now, embrace your fate,  
Your life is yours, it won't wait.  
The road is bright, the sky is clear,  
Your future shines and draws you near.

## Poem 73: Stand Strong

Stand strong when doubts surround  
your mind,  
Hold fast, your strength you'll surely  
find.

Storms will rage and winds may blow,  
But you will rise, this much you know.  
Your roots are deep, your will is firm,  
Each challenge faced will help you learn.  
Stand tall and brave, let none defy,  
Your courage shines like morning sky.

## Poem 74: Joy Within

Joy is found within your soul,  
It fills the cracks and makes you whole.  
Not from gold or fleeting fame,  
But from your heart's eternal flame.  
Smile, laugh, and dance each day,  
Let inner joy light up your way.  
Your heart will sing, your spirit play,  
And darkness cannot make it stay.

## Poem 75: Keep Faith

Keep faith when times are tough and  
gray,  
It lights the path, it shows the way.  
Even when mountains block your view,  
Believe in what your heart holds true.  
Hold on tight, don't let it go,  
Faith strengthens as you ebb and flow.  
It lifts your soul, it brings you peace,  
And from its grace, your fears release.

## Poem 76: Small Steps

Small steps forward build the road,  
They bear the weight, they share the  
load.

Don't rush the pace, just move along,  
Each step you take makes you strong.  
Tiny actions, done each day,  
Create the path, clear the way.  
Step by step, your life will grow,  
And soon your dreams will brightly show.

# Poem 77: Light Within

The light within can never die,  
It shines through tears, it lights the  
sky.

Even when shadows cloud your mind,  
The inner glow you'll always find.

Keep it burning, pure and true,  
It guides the old, it shapes the new.  
Your light within can heal and shine,  
It makes the world your own design.

# Poem 78: Hope Remains

Hope remains when all seems lost,  
It warms the heart, no matter cost.  
Even in dark and stormy night,  
It whispers softly, "All is right."  
Hold it close, let it not fade,  
It carries dreams that you have made.  
Through trials, pain, or endless rain,  
Hope will guide and heal the pain.

# Poem 79: Inner Voice

Listen close to your inner voice,  
It speaks of truth, it guides your choice.  
Not loud, not harsh, but soft and clear,  
It shows the way when paths appear.  
Trust it, follow, do not stray,  
It lights the night and guides your day.  
Your inner voice is strong and wise,  
It leads your soul where freedom lies.

# Poem 80: Keep Moving Forward

Keep moving forward, step by step,  
Each day you climb, each breath you  
prep.

Don't look behind, the past is gone,  
The road ahead shines like the dawn.  
Your journey's yours, your path is true,  
Each choice you make will carry you.  
Move with hope, with heart, with grace,  
And joy and peace will fill your space.

## Poem 81: Brighter Days

Though storms may come, the sun will  
rise,  
It clears the clouds, it lights the skies.  
Each trial faced will make you strong,  
It teaches lessons all day long.  
Hold on tight, the dawn is near,  
The world will shine, the path is clear.  
Keep faith alive, don't lose your way,  
For every night ends in a day.

## Poem 82: Courage Calls

When fear surrounds and doubts appear,  
Let courage rise and calm your fear.  
Stand tall, speak out, and take a stand,  
Your heart will guide your steady hand.  
Each step of bravery lights your soul,  
It makes the broken pieces whole.  
Hear the call, let strength arise,  
And watch your spirit claim the prize.

## Poem 83: Seeds of Hope

Plant seeds of hope in every heart,  
They bloom with love and set apart.  
Though winds may blow and rain may fall,  
The tiniest seed can grow so tall.  
Nurture dreams with gentle care,  
They'll flourish bright beyond compare.  
Hold hope close, don't let it fade,  
It grows with light and love you've made.

## Poem 84: Stand Tall

Stand tall like trees that face the sky,  
Reach for dreams that never die.  
Though storms may bend your branches  
low,  
Your roots hold fast, your courage  
shows.  
Strength comes not from the lack of  
pain,  
But from rising time and time again.  
Stand tall, be strong, let none sway,  
Your heart will guide you every day.

## Poem 85: Heart of Gold

A heart of gold shines bright and true,  
It lifts the lost, it comforts you.  
Kind words, kind deeds, a gentle smile,  
They make the journey bright the while.  
Share your heart with those in need,  
It grows in strength with every deed.  
A heart of gold will light the way,  
And chase the darkest clouds away.

## Poem 86: Light the Path

Your choices light the path ahead,  
They shine on dreams and words unsaid.  
Each step of courage, each act of grace,  
Leaves a mark time can't erase.  
Walk with hope, walk with care,  
Your inner light will always share.  
The path is yours, bright and wide,  
Let love and truth be your guide.

## Poem 87: Rise Above

Rise above the hurt and pain,  
The world will test, but you'll remain.  
Each fall is but a step in flight,  
A lesson learned in darkest night.  
Lift your gaze, the sky is clear,  
Release your doubts, embrace your  
cheer.  
Above the storm, your spirit flies,  
Your courage soars, your heart complies.

## Poem 88: Inner Peace

Seek the calm that lies within,  
It soothes the soul, it heals the sin.  
Through chaos loud, through trials deep,  
It guides your heart, your mind to keep.  
Breathe in slow, let worries fade,  
Find the strength that you have made.  
Inner peace is yours to claim,  
A steady flame, a lasting name.

## Poem 89: Guiding Star

A guiding star will light your way,  
Through darkest night and cloudy day.  
Look to it when paths are blurred,  
Its quiet shine will be your word.  
Trust the spark within your heart,  
It knows the course, it plays its part.  
The star will shine both near and far,  
Your compass true, your guiding star.

## Poem 90: Hold On

Hold on tight when tides are strong,  
The night is dark, but not for long.  
Each challenge faced will shape your  
might,  
It guides you through the longest night.  
Keep hope alive and faith in place,  
Each step you take, you'll find your  
space.  
Hold on, be brave, and you will see,  
The dawn will bring you victory.

# Poem 91: New Horizons

Beyond the hills, beyond the seas,  
Lie dreams that sway like gentle trees.  
Step forward now, explore, be bold,  
Your story waits, your life unfolds.  
New horizons call your name,  
Adventure waits, your heart aflame.  
Take the leap, embrace the ride,  
With hope and courage by your side.

## Poem 92: Strong Roots

Strong roots grow deep in soil unseen,  
They anchor life, keep hearts serene.  
Though storms may rage, they hold you  
fast,  
They bind you firm, they always last.  
Nurture roots with love and care,  
They lift you high through every scare.  
With roots so strong, you'll always  
stand,  
And face the world with steady hand.

## Poem 93: Brave Soul

A brave soul walks where others flee,  
It lights the dark, it sets hearts free.  
It takes the risk, it faces fear,  
It lifts the fallen, draws them near.  
Bravery blooms in simple ways,  
In quiet acts that fill the days.  
Hold your brave soul, let it shine,  
Its courage marks your life divine.

## Poem 94: Shining Heart

A shining heart reflects the sun,  
It warms the world, it heals the undone.  
Let kindness guide each word and deed,  
It grows in strength like sprouting seed.  
Share your light with all you meet,  
It makes the journey bright and sweet.  
A shining heart will never fade,  
Its glow remains where love is made.

# Poem 95: Keep the Faith

When shadows fall and doubt is near,  
Keep the faith, and shed the fear.  
Though trials come and storms may roar,  
Your inner strength will guide you more.  
Believe in what your heart knows true,  
It carries you, it carries through.  
Faith is the lantern in the night,  
It leads you safely to the light.

# Poem 96: Endless Hope

Hope is endless, never dies,  
It lifts the soul, it clears the skies.  
Though moments dark may cloud your  
view,  
Hope whispers gently, "You'll get  
through."  
Hold it close, let it ignite,  
The spark of dreams, the guiding light.  
Through trials faced, through pain  
endured,  
Hope grows strong and reassured.

# Poem 97: New Strength

Each day you face, each battle won,  
Builds new strength for what's begun.  
Though yesterday was full of strife,  
Today is yours, embrace your life.  
Rise from ashes, soar above,  
Fueled by hope and endless love.  
New strength within will see you  
through,  
It shapes your path and guides what's  
true.

# Poem 98: Light the Way

Be the light where darkness lies,  
A beacon shining through the skies.  
Small acts of love can change the night,  
They turn despair to radiant light.  
Guide another with gentle hand,  
Together strong, together stand.  
Your light can lead where hope is thin,  
And show the world the strength within.

# Poem 99: Endless Journey

Life's a journey, long and wide,  
With twists and turns on every side.  
Step with courage, heart held high,  
Reach for dreams beyond the sky.  
Each moment counts, each day is gold,  
Stories of hope and love unfold.  
Keep moving forward, never stray,  
Your path is bright, your endless way.

# Poem 100: Victory Song

Celebrate the battles won,  
The rising sun, the race well-run.  
Each challenge faced, each tear you  
cried,  
Has made you strong, filled you with  
pride.  
Lift your voice, let joy resound,  
Your courage echoes all around.  
With heart and soul, your spirit's free,  
A victory song for all to see.

# About the Author –

## Jef Kanzy

Jef Kanzy is a creative and versatile professional with over 10 years of experience in interior design, multimedia, IT, and digital content creation. He founded Afrikazi Agency, creating job opportunities for youth through Nairobi installation projects. An award-recognized poet, Jef actively volunteers in guidance, counselling, and life-skills programs, and supports under-resourced schools in accessing

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He writes self-help books, poems, scripts, children's stories, and short fiction, and is currently producing 3D animated films.