

TUNNEL VISION DREAMZ PRESENTS:

21 days of Original Inspirational Affirmations & Poems.



Affirmations have a very special place in my heart. The definition of an affirmation is “ the act or process of affirming something or being affirmed”. I have been quoting affirmations and speaking life into myself since I was a young girl. Before I can even remember I have been speaking positive changes into my life and encouraging myself not realizing how powerful it truly can be. The affirmations and poems you will read in this guide are originally written with depth, passion, life lessons, understanding, compassion and morals I stand and live by. My ultimate goal is to be a voice for individuals who find themselves in dark situations & places where they may not be able to find the words to articulate what it is their feeling. My hopes and goal is for individuals to find peace, clarity and understanding and just maybe the words to finally express how they feel deep inside.

Remember to:

Quote these powerful affirmations daily with power and authority. Be clear and direct while looking at yourself in the mirror. Believe deep in your heart that you are not only

speaking a positive change into your life but you are also expecting a powerful change to occur.

“You never know what can happen when you start to tell yourself you can do the impossible”

-Tunnel Vision Dreamz

Self Love Poem.

I see you now.

Forgive me for all the lost days that belonged to you.

In those days every good feeling belonged to you.

I know now.

I know how special and fragile our love must be.

Let's take our time.

Time to embrace and feel how it feels to be loved.

You, me, self we bonded and made a promise you will never be left out again.

The world will see and know our love.

Self-love the best love.

DAY 1

1. I am everything my hearts desires.

2. I look at myself and see Gods perfect image.

3. I exude and reflect the light of the universe.

4. I am more than enough.

5. I am smart and Ideas come to me naturally.

6. I believe in myself.

DAY 2

DAY 3

7. I choose me.

8. I forgive myself.

9. I love myself.

Mental Health Poem.

I use to dwell in negative spaces where the negative thoughts took over my mind.

Down and out feeling blue in the darkest places.

Always feeling empty but on the outside looking so very cool.

These days no more dark places and spaces.

Walking into sunny bright skies.

I canceled the negative thoughts with the light of positivity.

Beaming with a glow that I know now comes from my inner core.

DAY 4

- My thoughts are clear and distinctive.

2. I have good and positive thoughts.

3. My mental ability is keen and strong.

- I am in control of my mental capabilities.

- I instantly replace a negative thought with a positive thought.

DAY 5

- I think of new and cutting edge ideas.

DAY 6

My mind processes information accurately.

The opinions of others do not change the way I see myself.

In my mind I am worthy of all good and positive things.

Ownership Poem

Have you ever considered it might be you?

The reason why you feel so blue.

How you feel and how you move.

Yes, no, or maybe so.

In the end, it's up to you.

Whether you win or lose you own the night.

*Owning everything you do can only make things
just right.*

Ownership Affirmations

Day 7

1. I accept every decision I've made.
2. I am the master of my destiny.
3. I will apologize when I'm wrong.

Day 8

4. I choose to live in every moment.
5. I will be open and receptive to learning new things.

6. I think before I speak and or respond.

Day 9

7. I will communicate instead of assuming.

8. I will learn from the roadblocks placed in front of me.

9. I am a person who values themselves.

Determination Poem

Bold, strong, and resilient.

I will not stop when I fall.

I will simply adjust my crown.

I will not stop in the storm.

I will shield myself in my faith.

I will keep pushing towards the you, the me, the

us and the we.

The dream that we chase.

That only you can see.

Determination Affirmations

Day 10

1. I am the best at whatever I do.
2. The word no will not stop me.
3. I am a winner.

Day 11

4. My life will not be determined by the box others have placed me in.
5. I will be exactly who I strive to be.
6. I will overcome every obstacle and roadblock placed in front of me.

Day 12

7. I will not stop pursuing my heart's desires.
8. I am not too late but right on time.
9. I will not play it safe when it comes to my potential.

Peace poem

*Walking thinking and being stress-free.
While taking in the summer rain just after a
season of winter storms.
Inner peace, outer peace, and even a joyous
peace.
Peace fills me daily to sustain my life.
As I stand in the most beautiful peace of mind.*

Day 13

1. I do not worry about things out of my control.
2. I am calm and relaxed in all situations of life.
3. I exude a peaceful state of mind.

Day 14

4. I have released all things that no longer give me peace.
5. Serenity surrounds me
6. I live a stress-free life.

Day 15

7. I no longer let anxiety take over my mind, body, and soul.
8. I accept my life with a peaceful heart.

9. I found my Inner peace.

Happiness Poem

*Just picture me standing on the tallest
mountain.*

*Sitting in the middle of the biggest plane.
With my arms wide open filled with cheer.*

*What you see is the magnitude of my
happiness.*

My happiness has begun to overflow.

*It's no longer hiding or tucked away with fears.
Exuding from my body and glistening through
my eyes.*

*Spilling into other spirits to uplift and guide.
It's no stopping me now my happiness is here
to stay.*

*I can no longer give up or give in.
Lifting joy into the heavens with gratitude.*

*For my happiness and joy shinning from my
inner core is here to stay.*

Happiness Affirmations


Day 16

1. My happiness will bring others joy.
2. I choose to be filled with joy.
3. I am a happy person.

Day 17

4. Being happy will flourish my well-being
5. I am consciously aware of what brings me joy
6. I do not compromise on the things that bring me joy.

Day 18

7. I will uplift myself daily
 8. I get excited about my life and new opportunities.
 9. I am hopeful.
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Purpose Poem

In my mother's womb until I became just right.

Born with a purpose so beautiful and so bright.

Not everyone can see what I see inside.

Just like in the depths of the ocean where
mystery lies.

On this planet to make life's untold stories
unfold.

Guided to places unknown only to be a guiding
light to make it known.

Pacing myself in the marathon of life cause we
don't know the day or hour we go beyond the
light.

How do you know and how to see where to go
cause it no instructions of how your story will
unfold.

Hold yourself in morals so upright cause it's so
easy to be misguided by the fake likes.

Do not worry or have doubt or fear cause you

were born to move mountains others fear.

Purpose Affirmations

Day 19

1. I was created to accomplish great things.
2. I will live, walk and talk in my purpose.
3. I am deeply rooted in the earth.

Day 20

4. I will have a lifetime of health, wealth, and longevity.
5. I am protected throughout my life's journey.
6. I will change the world.

Day 21

7. I will build a long-lasting foundation and legacy.
8. The riches of the world belong to me.
9. I am everything I was born to be.

Message from the Author

Thank you for taking the time to speak these

*affirmations and speak life into yourself. I
always tell myself you never know what can
happen when you tell yourself you can do the
impossible. Always remain true to yourself and
a dream chaser.*

Tunnel Vision Dreamz

Sincerely,

Deandra Scott

Tunnel Vision Dreamz

**TUNNEL VISION
DREAMZ**

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