

SIBO - LIFESTYLE

ISSUE NO. 1 MAY 2020

Dreams/Vision:

The importance of having a vision. Setting goals. Living from strength.

Wellness:

My most abusive relationship. Power of the mind. Everything about you is beautiful.

MAYBE TOMORROW MY DREAM WILL
COME TRUE

SANDRA AREKA

Hello Kings and Queens,

Welcome to the very first issue of *Sibo-Lifestyle* Magazine. This is a monthly dream pursuit, success pursuit and wellness magazine. Whether you're at the very beginning or well on your way on the journey of pursuing your dreams, we hope you will find something here that will cater to your needs. Here at *Sibo-Lifestyle* we are in the business of growth and development. Our aim is to aid you in transforming your life, in order for you to live a passion filled, purposeful and fulfilling life.

We know you work hard, be it at home, at the office, at school or anywhere else. You take care of business, whether alone or with your significant other. You do what needs to be done to keep things on track. You've slayed dragons to get where you are. You've made sacrifices. You've had sleepless nights nobody knows about. You've fallen many times but still get up. You should be commended for this so we applaud you. You are a true conqueror and you should stand tall and proud. Take a bow. Our question is this: **What are you doing to take care of YOU and your dreams?** This is where *Sibo-Lifestyle* comes in. We encourage living a well-balanced life, that we have termed a *Sibo-Lifestyle*, as we pursue it too.

What is a Sib0-Lifestyle?

1. A well balanced life where you take care of your spirit, body and soul.
2. You accept and love yourself as you are.
3. Even though you accept and love yourself, you value personal development and continual growth.
4. You dream big and have a vision for your life.
5. You live a conscious life. You are self-aware. You are not afraid to tackle the hard soul searching questions or the answers you don't want to hear.
6. You live a passion filled life.
7. You live a life of purpose.
8. You take time out for you so you can be filled to serve others with the overflow.
9. You take time out to relax, to have fun and to laugh.
10. You know you matter, your life has meaning and you are a beautiful and worthy human being.

We hope you will join us as we endeavor to live this lifestyle. Read on, enjoy, and share with others.

Stay safe,

Sibo Hlabangana
Bulawayo, Zimbabwe.

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SIBO-LIFESTYLE MAGAZINE

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Dreaming big, having a vision for your life,
continual growth, pursuing success, development

DREAMS AND VISION



Living From Strength - The Achiever

By Joyce Mutangara

Everyone is born with talents. Talents are our natural way of thinking, feeling and behaving that can be productively applied. When we invest and develop our talents, they then become strengths. A strength is the ability to consistently do an activity to near perfection. It is about the WAY we achieve success, and all of us have a 'way'.

There is an assessment called Strengths Finder, and it takes about 45 minutes to do online, answering various questions. Once you are done, it then sends you a strength report. There are 34 strengths in total, and the assessment calculates your most dominant strengths from number 1 to number 34, in sequence of their dominance. You choose whether you want the report of your full 34 or just your dominant first 5 strengths.

In this Issue we are going to look at the strength of ACHIEVER.

“Your Achiever helps explain your drive. Achiever describes a constant need for achievement. You feel as if every day starts at zero. By the end of the day you must achieve something tangible in order to feel good about yourself. And by “every day” you mean every single day – workdays, weekends, vacations. No matter how much you may feel you deserve



a day of rest, if the day passes without some form of achievement, no matter how small, you will feel dissatisfied. You have an internal fire burning inside you. It pushes you to do more, to achieve more. After each accomplishment is reached, the fire dwindles for a moment, but very soon it rekindles itself, forcing you toward the

next accomplishment.” *Tom Rath, StrengthsFinder 2.0*

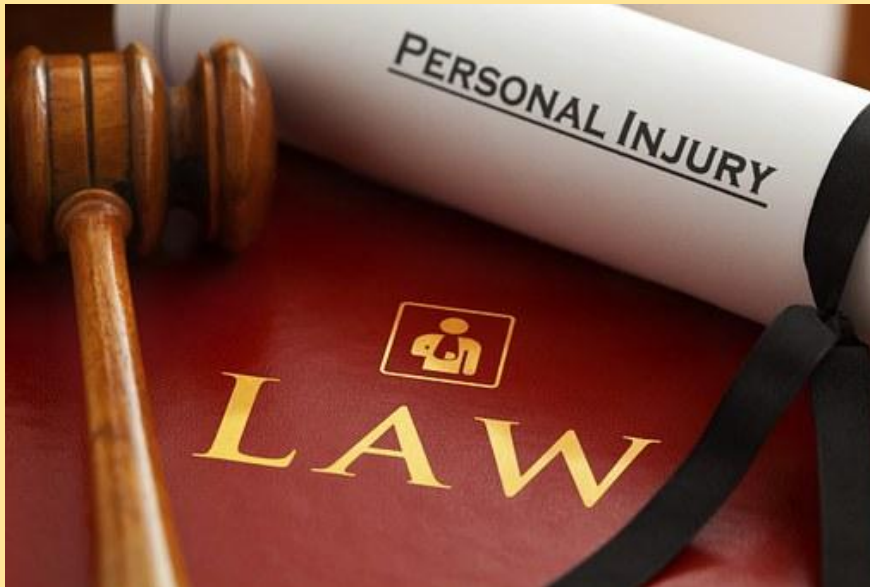
Perhaps this sounds like someone you know. I have a brother in law who has this strength in his top 5. He is very successful at what he does, and I used to think it was simply because he is very disciplined. Now I understand that being busy is part of his make-up, it’s the way he has achieved his success at a young age. I have received emails from him written at 4 o’clock in the morning and I used to think he was crazy. He writes proposals as if they are just greeting cards. He churns out production at a fast rate.

Those around him complain that they can’t keep up, and they are probably right. They lack the self-motivation that his achiever gives him. He is forever growing his list of ‘to dos,’ and if you’re not careful he’ll give you things to do as well. If you don’t know him well, you’ll think he is too pragmatic about everything, and nothing is left to chance. Imagine you were in the same team as him, and you knew nothing about strengths?

You would probably end up frustrated with him because he’ll be in the office very early and leave very late, making everyone else look like they are not pulling their weight. Copying him won’t work either, because you have your own way to be successful, and it’s not in the same way. This is why it is important for all of us to know our strengths. That way we won’t fall into the trap of wanting to be like other people, but instead, invest in our own talents that bring out the best in us. In addition to that, we will be more prone to understanding other people’s strengths as well, and how they make our teams stronger. None of us can be good at everything, so it’s more beneficial for me to collaborate with my team mates in areas my strengths are not dominant in, and reserve the bulk of my time to where I bring the most value.

In life, we can only be more of who we already are. The Achiever has to learn more about how to intentionally use and manage his strength to achieve his goals. There is no better way to manifest our potential.

In the next Issue we will be looking at the Activator strength.



Think you're too old? Emmanuel Gaza admitted as an attorney at 75 by Sibò Hlabangana

When someone told me how she watched a story on the eNCA News channel about

a man who got admitted as an attorney at 75, I knew I had to go see that for myself. Emmanuel Gaza, a South African man, got admitted as an attorney at age 75, fulfilling a life-long dream.

To think I felt left behind when I got admitted at 33. What have you been telling yourself you're too old to do? What dream have you laid to rest because you thought it was too late? I hope Emmanuel Gaza has shown you that it's never too late.

Colonel Sanders, the founder of KFC, did not get his first franchise until he was over the age of 60. Now look at what KFC has become. I don't know about you but I'm choosing to believe my best days are ahead of me. Like Brian Houston always says "the best is yet to come."

It doesn't matter what people have told you or what people will say. It doesn't matter what you've told yourself or what lies you've believed. You need to allow the child in you to live out his dreams, to experience what she hoped for growing up. You owe your younger self that. Maybe you're wondering what if you fail, well what if you succeed?



The importance of having a vision by Michel Mzondo

Growing up, I never really had a vision for my life. It was not until recently, four years ago to be precise, when I got to know and understand the importance of having a vision for your life and the concept of a vision board. I realized

that I had gone about a greater part of my life aimlessly, without a purpose. Having a vision is not a man-made concept but it is very much in the scriptures as God tells the Prophet Habbakuk:

“And the Lord answered me, and said, Write the vision, and make it plain upon tables, that he may run that readeth it. For the vision is yet for an appointed time, but at the end it shall speak, and not lie: though it tarry, wait for it; because it will surely come, it will not tarry.” Habakkuk 2:2-3 KJV

I believe that this is also scriptural as it says in Isaiah: “So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.” Isaiah 55:11 NIV

As I did more research on the subject I realized that even non-Christians believe in the concept of having a vision and speaking what you want into existence and how the universe will orchestrate things to make it happen. Where I differ in my belief with them is that God is the one who will make it happen.

Why is it important to have a vision for your life you might ask? I believe that this is one way that God speaks to us. God gives us certain desires and these desires become our purpose and then we translate this into our vision. Our vision needs to be aligned to God's purpose for our lives, which is why it's important to seek God first and allow him to download into our spirit what his purpose for our lives is.

My friend Sibó and I decided to get together annually to do our vision board for Hosea Women International as well as our personal vision boards. This is how we went about it in 2018:

1. We went on a fast for three days to allow God to speak to us, to give us guidance and direction regarding Hosea Women International.

2. We committed a day to work on our vision boards.
3. We put together all the resources we needed to do the exercise, A1 paper/board, permanent markers, 2 pairs of scissors, some Pritt and lots of magazines.
4. We invited the Holy Spirit to lead and guide us as we went about the exercise.
5. We took time to do it. It basically took us the whole day and night to put together our vision boards. By the time we were finished it was well after midnight. It didn't matter though because we had fun doing them.

Fast forward to today, I am living my dreams, "dreaming wide awake" as I would like to coin it.

I was awarded a Doctoral scholarship to conduct research on women empowerment, a topic that is very close to my heart. I got the dream job that I have always prayed for, which is empowering women and having a positive impact, I get to travel the world something I have always dreamed of.

I now also get to do things like go on holiday to places like Bali with a few friends and through God's provision I am now able to take care of my children. I just want to encourage someone to have a vision for your life, record that vision and have trust in God for he is faithful. Never give up. Trust in his timing for he is never late.



*Don't Rush -
What young T
and Bugsey's
song can
teach us*
By Sibò
Hlabangana



Have you heard of or seen or participated in the "Don't Rush Challenge?" In this challenge, people take videos of themselves in their everyday clothes and then show themselves all dressed up.

The challenge began when *"Toluwalase Asolo, a 20-year-old business management student at the University of Hull, tweeted a clip with the caption, "The boredom jumped out." To the song of "Don't Rush" by U.K. rap duo Young T and Bugsey, she and her seven girlfriends changed looks seamlessly while passing around a makeup brush used as a metaphorical baton"* as explained by Antoinette Isama, writing for Teen Vogue.

I bring up the challenge because of what it has done for the song used in the challenge. Since the challenge started the song has been number one in many countries and even made it into many iTunes chart lists. It's become a sort of anthem during this quarantine that everyone is under.

The billboard for Young T and Bugsey's album came out when the quarantine had already started. Then during the same quarantine a group of young women, as explained above, with no connection to them, used their song in a video that went viral and resulted in the Don't Rush Challenge. The challenge has not only made the song popular but caused so many milestones for it. When Young T and Bugsey made the song around this time last year, they had no idea it would go viral a year later.

So, what can we take from all this? You never know what's going to blow you up, what's going to put your work in the limelight or make your dreams come true. We saw it with Sho Madjozi and now Young T and Bugsey are experiencing it. Your part is to produce great work, content, art, service or whatever it is that you do. At the right time, it will pay off. **So don't rush, just do your part.**

How to write a vision letter

By Sibon Hlabangana

If you knew you could dream something, write it down and live to see it, would you do that? There are different ways you can record the vision for your life. Michel already talked about a vision board. I'm going to discuss what is known as a vision letter.

What is a vision Letter?

It is a letter that you write to someone or yourself and date it 5, 10, or 20 years from now, or however long you wish. In this letter you describe what your life is like, where you are, what you're doing, who you're with, and a whole host of other things, which I will show you later. You would have to be as descriptive as possible as you write the letter.

January of 2017, I wrote my first vision letter. In it I wrote describing my life 10 years from then. I wrote about things that hadn't happened yet. Some of those things have already



happened. Let me share some of them with you:

- I said I'm a writer, at the time I hadn't really written anything, I hadn't even started blogging. Now 3 years later, I've written and published 4 books.
- I also wrote that I'm a motivational speaker, when I hadn't done that yet. Now I get to do this on a regular basis.
- I wrote I inspire people, especially young women. Now I have an inspirational blog, inspirational books and some of my speaking engagements are to young women.
- I also wrote I get to travel, at the time I hadn't traveled much. Last year I got to go on holiday to Bali, Indonesia.

Now that I know writing down my vision works, I'm sharing publicly because when all I'm writing happens, I can refer people to where I've written about it.

Why write a vision letter?

The whole point of writing a vision letter is to allow yourself to dream big. It's to give you an idea of what your future will look like. You don't have to worry about how it will happen. God's got that part covered. Your part is to dream it, believe it and when the time comes, to act.



For example if you include in your letter that you own a restaurant even though you're not a chef and 3 years from now you meet a great chef who tells you he wants to start a restaurant but needs a partner, that might be a sign for you to act. What you can do in the meantime is prepare yourself, however that looks like for you. For

instance if you dream of running a profitable business, you could read books to help you learn all you can. You could also watch videos of interviews of people who've done what you want to do or listen to podcasts of the same.

Visualization

After writing your vision letter or letters, imagine what the life you've dreamed on paper will be like. I believe imagination is a form of prayer. How will you feel as you live that life? See it clearly in your mind and experience it as if it's already happening. If there's something you can do right now to give you an idea of what your life will look like, do it. For example, I watch Architectural Digest homes on YouTube because the house I now dream of living in is nowhere to be found around where I live. Below are questions to ask yourself as you write your vision letter. You can pick and choose the ones that interest you.

Questions to answer in your vision letter:

- Where are you at the time you write the letter? Country and or city.
- Where do you live? Country and or city.
- Who do you live with? Husband, wife, partner, children, friends, alone, with a pet or pets?
- If you live with a husband, wife or partner, what are they like? (This could be a whole vision letter of its own.)
- If you have children, how are they educated? Public school, private school, home schooling (by you or hired tutors?)
- What are you doing with your life? What do you spend your time doing? Who do you do this with? Business? Career? What's your life like exactly? Be as descriptive as possible.
- What did you achieve in the last 5 years, 10 years or 20 years?

- How have you been recognized for your work? Have you received any awards? Have you been featured in any publications? Who have you been interviewed by? Where have you been interviewed? Have you appeared on any TV shows, radio shows or podcasts?
- Who do you hang out with or rub shoulders with?
- Who are the people you want to impact or reach through your work?
- What is the state of your finances?
- What is your health like?
- How do you look and feel about yourself?
- What kind of neighborhood or area do you live in? A farm, a family friendly suburb, a town house, an apartment, a safe neighborhood, a quiet area, a vibrant area, an area with an active nightlife?
- What kind of house do you live in? How many bedrooms? Is there a dining area, a lounge, a study or a prayer room? Is there a games room, home theater, swimming pool, hot tub or anything else you may want? Is there a gym or tennis court or anything like that?
- What car do you drive? Do you drive yourself or are you chauffeur driven?
- What's your lifestyle like?
- Are you doing any traveling? Once in a while or often? Do you prefer to be in one place?
- Do you employ any people, whether for your work or for your home?
- What does a typical day in your life look like? What do you do from when you wake up until you go to bed?

Example of a vision letter

Vision letter from 2029 me, to 2019 me. (Even if you're writing your letter as though you're writing it in 2029, make sure you also write the date you actually write the letter to refer to when it has happened.)

Dear 2019 Sib0,

If you knew my life right now, you'd be smiling. Things are about to change in your life. God is about to catapult you in ways you never imagined. So much will happen in such a short space of time your head will swim! As I write this I'm at a coffee shop in Paris. It's not the first time I'm here. I do this just to center myself and remind myself that I dreamed about the life I now live.





My husband is at the hotel because I told him I just needed to be alone as I wrote to you. Do you know that as I sit here writing this and you sit there reading, we're both doing that at the same time? Both events are happening simultaneously. So you can smile because everything I'm writing to you now has already happened.

I mentioned a husband didn't I? Yes, you're married to the love of your life now. He's more than we could have ever imagined because as you know, God knows us better than we know ourselves. He's everything you hoped he would be. Thank you for dreaming him for us. I know you worry about this, yes he loves you as you are and he thanks God for you every day because you're his dream come true. We're happy together. We are so compatible. We have two children, Timothy and Nomzamo, that we adopted some years ago. God has turned us into just the right parents for our kids. They are healthy and whole. You would love how much they love Jesus. We couldn't have asked God for a better life. We currently live in Los Angeles, California.

I'm living in my purpose of bringing people closer to God. I do this in many different ways. One way is through Hosea Women International. Another is through the Hosea Foundation. I speak and preach at different events and churches all over the world. I go into the nations and find myself on international stages just like God said I would. Different countries and organizations come to me to be assisted in a strategic advisory capacity and for my problem solving capabilities.

You'll be glad to know that I still write. There's a bit of pressure now because people expect a lot from "Sibo." I don't let that get to me though. I still write to share my experiences. I still learn and teach. That hasn't changed in my writing. The only difference is that more people read now. Our books impact millions and millions of people. People still marvel at how everything you wrote about, I have lived to experience. How amazing is God that in just 10 years I've experienced almost everything you dreamed of?! So keep dreaming my love because I'll get to experience it. I'm only turning 47 next month and a movie has been made about my life! God is just so great. The movie's success was beyond what anyone could have expected.

My darling Sib0, there's so much I could tell you but let me leave you to experience the rest as it happens like I've been doing. Thank you for being such a dreamer and for believing the seemingly impossible because now I'm living in your God ordained dreams. I love you so much, more than you could ever think possible.

Forever yours,
Sibo of 2029.

With the above questions as guidance and my example, do you think you could write your own vision letter? You can turn your vision into different letters for example a general one, one for your house, one for your love life, one for your typical day. You could also have one for 10 years from now and one for 20 years from now, it's up to you how you do it. A vision letter is not something you want to do in a few minutes. Take your time crafting your letter or letters. What if someone told you everything you write down will happen? How much time would you spend on it then?

A saying that was popularized by J.C.R. Licklider, is, I believe worth mentioning right about now because your dream will test your resolve: "We overestimate what can happen in a year and underestimate what can happen in 10 years." In other words, be patient for the fulfillment of your dreams.



What in the chickens is going on?

By Joyce Mutangara

2020 was supposed to be the year of plenty, at least we hoped it would be. However, like the previous decade, our economic woes are like a bottomless pit, so we are forever trying to figure out ways to survive. My latest brain wave for economic survival here in Zimbabwe, is raising chickens for home consumption.

We had been battling back and forth concerning whether we should go for it, for months, mainly because I worried about the lack of experience for raising any type of bird. But then the lockdown began, and I realised not only did I have the time now, but my children are also home and can be a great source of help. Finally, I'm also tired of buying high priced meat, and complaining about it. It's time to find solutions, stop waiting for someone else to save me and just do it.

So on the 8th of April we bought 50 Sasso chicks and a bag of feed. I chose sasso chicken instead of the more recognisable broiler because:

- They are a cross between the broiler and the village chicken. The meat is therefore firmer and with a richer flavour (this is from personal experience from cooking and eating them)
- They can be free ranged after 4 weeks, which means less feed is needed
- The females begin to lay eggs after 21 weeks, so one can save on eggs as well



We demarcated a section of our veranda with a table and bricks, put hay on the ground and 4 feeders and drinkers. The children were terrified to hold them at first, as the reality of looking after the chicks sunk in. The temperature is dropping quite a bit in the evening and the chicks huddled and suffocated each other because of the cold. Unfortunately, 2 of them got injured, and one died the next day. Yeah, stuff got real pretty quick!

We have now positioned a heater in the coop to keep the chicks warm throughout the night, and I'm still coming to terms with the increase in electricity charges. Hopefully though, this will pale in comparison to how much I'll be able to save when I don't have to buy meat from the shops.

Setting quarterly or monthly goals

By Sibon Hlabangana

In the process of pursuing my dreams, I set quarterly goals. In so doing, I make them things that I can do right now and things that are achievable. I already have a grand vision for my life, one that I have no idea how it's going to happen. Where my vision is concerned, I dream big. Having done so, I dream much bigger than I dreamed before. I even have a list of what I call "my crazy, crazy dreams." When it comes to my quarterly planner though, I make sure it's things that I am able to do currently. Depending on what works for you, this could be a monthly or weekly planner instead of a quarterly one.

As I live in a space of pursuing success and going for what I want in life, I've set a criteria that if I follow these 3 things then I'm on the right track.

- Creating something
- Learning something
- Sharing something

I've found that I find fulfillment when I'm creating, learning and sharing. I don't know what will work for you but I believe it's something worth taking time to figure out for yourself because we are all different. What



satisfies you that will allow you to feel like you have been productive at any given time? Using the above criteria, I set my quarterly goals. It's up to you how you do yours. Let me share what my success pursuit planner for the current quarter looks like:

April – June 2020 Quarterly Planner

Creativity

1. Write at least 6 posts for Inspiration by Sibon
2. Write at least 6 posts for Hosea Women International
3. Work on the book I'm currently writing

Learning

1. Learn to speak, read and write Spanish – 6 months
2. Continue watching/listening to different educational podcasts
3. Read *The Master Key System* book as the course it was intended to be and do all the exercises. One chapter per week of 24 chapters – 6 months

Sharing

1. My blog – Inspiration by Sibó
2. Online women's ministry – Hosea Women International
3. The talks I give as a motivational speaker (once lockdown is over)

That's what my planner for this quarter looks like. I started this process last year and every quarter that I've done it, I've achieved everything I've set out to do. In some cases exceeded



it. This gives me the opportunity to see that I can set out to do things and achieve them. I get to celebrate my current achievements instead of waiting until I accomplish some great thing. That may take years and realizing that, I do what I can now and build up my confidence to do more in the future. Each quarter's

achievements may appear small individually but over time, combined they will all pay off. In the pursuit of your dreams and success, how can you break down the things you want to achieve?

5 things to expect when pursuing your dreams

By Sibon Hlabangana

Achieving your dreams is an awesome experience. Pursuing your dreams on the other hand is a whole different ball game, with both highs and lows. When you embark on a journey of pursuing your dreams, you will go through experiences that will make you wonder if it's all worth it. For those times, you need a vision so grand and exciting for you that it will spur you on during the hard times. From my experience, the following will happen in the process of following your dreams:

1. Some things are not going to go according to plan or according to your timeline. Know this and be willing to work around it.

2. You will feel like nobody gets you or what you're doing. Chances are it goes against what they know or have seen in their lives. That's okay. You're not doing it for them but for yourself and the people whose lives you're going to impact.

3. You will go without. Be it money, a place to live, luxuries, nights out, expensive toys etc. For a while, your lifestyle will take a dive. You have to be able to get through that because your dream will test your resolve.

4. You will experience disappointments. It will hurt like crap but you have to keep going. You can pause for a bit to allow yourself time to recharge and process that hurt. Don't do it for too long though because you still have to get back up and keep going or else everything you would have done until then would have been for nothing.

5. There will inevitably come a point where you want to give up. Be ready for this and have ways to remind yourself why you should keep going.

Knowing all the above through experience, I still pursue my dreams because I know what's waiting for me on the other side. Do you? Is your vision so amazing and exciting for you that when you fall it won't allow you to stay down?

How can you minimize the effects of the above?

1. Have a vision for your life that is worth it for you. It has to be able to keep you going because it is that grand and exciting for you. It has to be able to make you wake up in the morning.



2. Dream big. Don't dream according to what you see around you or what you think is possible in your life. Dream beyond what you could ever believe possible for your life.

3. Believe in your dreams. Expect they will come true before there is any evidence to that effect. In essence, have faith.

4. Visualize your dream life. See yourself living in your dreams. See yourself having achieved all you dream of and experience in your mind what that will look and feel like. Let your mind take you places that your body can't currently take you.

5. Have a collection of success stories. People who have gotten to the other side. People who have done what you want to do. Not necessarily the same thing but achieved success when it didn't look like they would. There are many out there. Choose your own, who will act as a reminder that there is an "other side."

So whether you're starting out or are already in the process of pursuing your dreams, yes you will experience setbacks but trust me, it will all be worth it one day when you're lounging by the beach, living in your dreams.



*Africa Day -
Letter to a
young African
By Sibò
Hlabangana*

In celebration of Africa day, I wrote a letter to young Africans to inspire them.

My dearest young African,



You were born in the richest continent in the world. A continent where there is gold, diamonds, oil and fertile lands. I know it doesn't seem like it to you because you've been told Africa is a third world continent that would not survive without help from other continents. Well my dear that is a lie.

A lie told by those who wanted the gold, the diamonds, the oil and the fertile lands for themselves. Those who came and through what is known as colonisation, took from our people what did not belong to them. They "discovered" our lands the way David Livingston "discovered" Victoria Falls, even though our people had always known of its existence. What was he saying? That our people walked past it until he, a man from the west came and showed them the light?

The world is telling you that because you are from Africa, you do not come first but you are of a third world. Do not listen to these lies and these man-made classifications. You are of your own world, a world full of gold, diamonds, oil and fertile lands. Young African, when people ask you where you are from tell them proudly that you are an African child. Tell them you are born of kings and queens of the most beautiful lands on this planet. Tell them you are a prince, a princess with royal blood flowing through your veins. Don't let them tell you otherwise.

Young African you are made of sterner stuff. Your great grandparents were strong and you are made from the same cloth. As you take your walk in life, you are not walking alone. Those who came before you are guiding you.

Your heart beats to the rhythm of the drum which is why rhythm flows naturally out of you. Your walk can't hide the rhythm that lies in you. Young African are you going to ignore the song that is in your heart? The song that wants you to share it with the world.

What is your song? Is it a song of the periodic table or a song of rock formations? Is it a song of building structures or a song of legal briefs? Is it a song of chalk boards and white boards or a song of pen and paper? Is it a song of dance or a song of playing with a ball resulting in millions? Is it a song of coding and C++ or is it a song of diagnostics? What is your song young African?

When you know it, practice it alone where there's no one watching. Practice it until you know it well. Practice it with others. When the time comes sing it loud and proud for the world to hear. Show them what Africa has to offer. Give them something to talk about.

With love,
Sibo Hlabangana,
an African Queen.





DIAMOND OF THE MONTH



Maybe tomorrow my dream will come true - An interview with Sandra Areka

By Sibò Hlabangana

In each Issue, I'm going to be interviewing men and women currently living in pursuit of a Sibò-Lifestyle, as described in the Editor's letter. I'd like us to learn from them, to see how like us they are or how they differ from us. For us to see what we can do differently or continue to do to pursue our dreams and success whilst living a well-balanced life.

To start us off on this series of interviews, is Sandra Areka. Sandra Areka is a professional counsellor with wide experience in working with

diverse people and groups of all ages, from children to the elderly. She is also a counselling trainer, a speaker and an event planner. Sandra was kind enough to answer some questions, regarding how she pursues a well-balanced life.

What are you currently working on?

I am currently working on building my business, which is event planning. I bake cakes for all occasions and do snacks. I plan events, such as Birthday parties, Baby showers, Bridal showers, Graduations, Weddings, Business seminars. I am also a Psychotherapist and have worked with diverse people groups from all ages from the young to the elderly. Professional Counselling is still a new phenomenon in our African culture. The challenge is breaking the myths about what counselling is and what it is not. If one requires counselling, they should seek out a professional counsellor. It always amazes me that when someone is ill they go to a Nurse or Doctor, yet when they are mentally or emotionally unwell they shun counselling yet the majority of illnesses are caused by emotional and mental issues. Lastly I am a trainer, and author and working on my 2nd counselling training manual.

Do you enjoy what you're doing?

I love what I do. It gives me joy and I feel so energized when I work in events, training and psychotherapy.

What made you decide to get into that work or business?

For my passion in events I started while I was still in primary school. I think I was in grade 5 when I baked my first birthday cake. It was for my uncle and because I did not have a lot of ingredients, I went out in the garden picked some lemons and baked him a cake in a *kango* bowl. As I grew up I was constantly asked by family, friends, and workmates to organize events

from end of year office parties, seminars, camps, to family and friends' weddings. At first I would shun organizing events, because I do not like the limelight. I am one of those people that like working in the background. The Bible says in Proverbs 18:16 "A man's gift makes room for him and brings him before great men". Just be You. Stay in your lane and your gift will make room for you.

Do you have dreams, goals or a vision for your life?

Yes. They keep my hope alive. My dream is to own a State of the Art International Events Centre that will host exquisite events. It will be a destination Events Centre that will attract guests from all over the world. My other dream is to share the podium with Oprah Winfrey. And also to own a Counselling Retreat Centre that will provide psychosocial support and provide a safe place for clients to express and share their stories.

Have you recorded your goals, dreams or vision in any way?

Yes I have recorded them on my vision boards, and some as write ups in my journal. My vision board is such a great tool for me to express my thoughts, feelings and desires. It's unlimited.

How are you keeping your dreams or vision alive?

The expectancy that maybe tomorrow my dream will come true. I can't give up today because tomorrow is



coming. I don't want to be the guy who gave up a few inches before gold. Imagine this, maybe tomorrow I will organize a world class event that will impress my guests so much and open doors on the international scene. Who knows maybe tomorrow will be the day that opens the door to my dream of being a billionaire. How am I going to achieve that goal? It's simple really! I am going to write a best seller book and sell it for US\$1 to a billion people and become a billionaire. Then, of course the expectancy that tomorrow is when the man of my dreams, yes, the one who sets my soul on fire knocks on the door of my heart. He is so handsome and not apologetic or vain about it, for the sake of posterity and family portraits. Imagine missing out on all that. That's why I just can't give up today. Tomorrow is coming.



Have any of your dreams or goals come true or been achieved?

Yes, getting my degree. I decided to go back to school in my 30s and got a Bachelors of Science honours degree in Counselling. With many certificates and diplomas and more than 15 years' experience in administration and bookkeeping, I switched professions. It's never too late to chase your dreams. Also being a motivational speaker for the Roundtable Women's Day Event on 7 March 2020. Roundtable is a group of phenomenal ladies who are motivational speakers in Bulawayo, the City of Kings and are a force to be reckoned with. My other goals are still a work in progress as I move towards my dream of becoming Doctor Sandy.

What drives you in life? What keeps you

going?

God is my driving force. He is bigger than I can ever think or imagine. Just when I think I know him, He shows me another facet of himself that I never knew. I love the reality that He wants my dreams to come true more than I do for myself, because He gave me my purpose, visions, goals and desires.

Do you know the purpose for your life? If yes, do you believe you are living in it?

Yes, my purpose is to inspire humanity to live a life of purpose through psychotherapy. I believe God created me on purpose for a purpose. I believe through psychotherapy I will be able to empower people, especially the girl-child and women to discover and live their purpose. Discovering one's purpose is not a sprint but a marathon. One's background, family, education, job, career, skills, talents are all tools to get one into their purpose.

What does success look like for you?

Success for me looks like a young girl coming up to me and saying "Thank you for your life. Because you inspired me to find my purpose, to go to school, to work on my talents and skills." It's an old lady who has no family or no one to look after her, who manages to have food, clothes and a roof over her head through our organization. It's the orphan or vulnerable child who has been rescued from their hopeless life and now has a place to call home because of our organization. Lastly but not least, it's coming home to my family who are supportive of my dreams.

Have you ever failed at something or not achieved what you hoped for? If yes, what happened and how did you handle the situation?

Some years ago when trying to get my driving license, I failed a number of times. I remember one Sunday I went for the test. After going through the drums, then into town and back to the VID, I thought I had passed, only to be told I had failed. I was so crushed. I had invested so much money in the lessons and the tests. I just broke down and cried. I called my brother

who just said to me “you will try again and pass, don’t be sad.” I was crushed and thought I would never go for another test. After a month, I went again and I passed. I believe failure is part of success because it shows you tried. Don’t give up. Dust yourself off and try again.

Are you in any way or form taking care of your spirit, body and soul? If yes, how do you do that?

I try to spend time daily taking care of my spirit through prayer, bible reading, meditation and positive thoughts. I also try to read motivational books, at least two a month. For my body, I drink lots of water and green tea. I try to get up to 5 litres a day, some days I meet my target. Once the body is well hydrated, I feel energized. It helps to maintain my weight and curb sickness. I also try to eat vegetables and fruits and less of processed foods. For my soul I try to feed it with positive thoughts and gratitude.



How do you show yourself love, if you do that?

I show myself love by taking time out for myself. Sometimes I take time off social media and find a quiet place, usually a place where there is nature and lots of fresh air and just take in the beauty of God’s creation. It gives me time to think and to refocus. I also show myself love by shopping, buying new clothes, a lady never has enough shoes. I do this just to say well done girl, for making it this far. I also take myself out and buy myself something to eat, yes to eat. I just ignore the healthy eating lifestyle for that day and eat lots of junk food, chips, ice-cream, lots of chocolate, chocolate cake and more chocolate.

Do you have a morning routine?

I don’t really have a fixed routine but when I wake up I read my bible, pray and make my bed. On some mornings I go for a walk or a jog, at least 3 times a week (excluding the winter season.) When I get back I drink a litre of water, then I’m ready for the day.

Generally how many hours do you sleep a night?

I sleep 6 to 7 hours, less when I am busy, maybe 4 to 5 hours.

Do you have any people you consider role models? If yes, please name 3:

Firstly, my mentor. She is an amazing woman. She is a godly, hardworking, strict, prayerful, smart, loving, kind woman and has a big heart. Secondly, my late father Justin Tshuma-Areka. He was the most loving, caring and kindest gentleman I knew. It’s been a lonely journey without him, but I am thankful for the values he instilled in me. Thirdly, my cousin, Dr Franklin Ndhlovu. He is a visionary, focused, a go getter, a medical doctor and has an amazing love for God. I am proud of him and he inspires me.

Are you reading any books or watching any videos to improve yourself? If yes, what are they?

1. The Holy Bible, currently reading through the book of John.
2. How to build a multi-billion dollar business in Africa from Scratch by Strive Masiyiwa
3. Born a Crime by Trevor Noah

Are you currently reading or watching anything for entertainment? If yes, what are you reading or watching?

1. I enjoy Fast and Furious movies (all of them)
2. My Big Fat Greek Wedding
3. Acrimony (I only watched this one once, I learnt a lot. In pursuit of our dreams let's not trample on others to rise but rather let us rise with our key relationships so that when we get to the top, we have all achieved our dreams together. As you rise, raise others.)

What constitutes fun for you? What do you do for fun and when was the last time you had fun?

Yoh, I'm a workaholic, fun is work being busy and falling asleep exhausted after a hectic day, that's fun for me lol. Fun is going on a road trip, I love to travel. Any time I'm traveling and seeing new places that's it for me. I still look forward to my "20 must visit countries in the next 10 years" list.

Do you have any final thoughts you would like to leave the reader with?

Never give up. Never give up on God. You were created on purpose for a purpose. Everyday do something that will move you towards your dream. God has a way of surprising us. When preparation and opportunity meet, history is made! Keep preparing! Tomorrow is coming and maybe that's the day your dream will come true!



To work with or get in touch with Sandra Areka, you can contact her on her WhatsApp No: +263716191795.



*Taking care of spirit, body
and soul*

WELLNESS



*The
power of
the
mind by
Jacqueline
Bandasi*

The mind is a powerful tool in a human being and what we are is based on what you think.

The things that hinder us in life are our thoughts because we always think that we are not capable. Growing up and being raised by a single mother was tough. I had no clue how life would turn out to be. I was surrounded by too much negativity, fear and failure became part of me. I was not sure if I would ever make it in life. Deep down I had a desire to change.

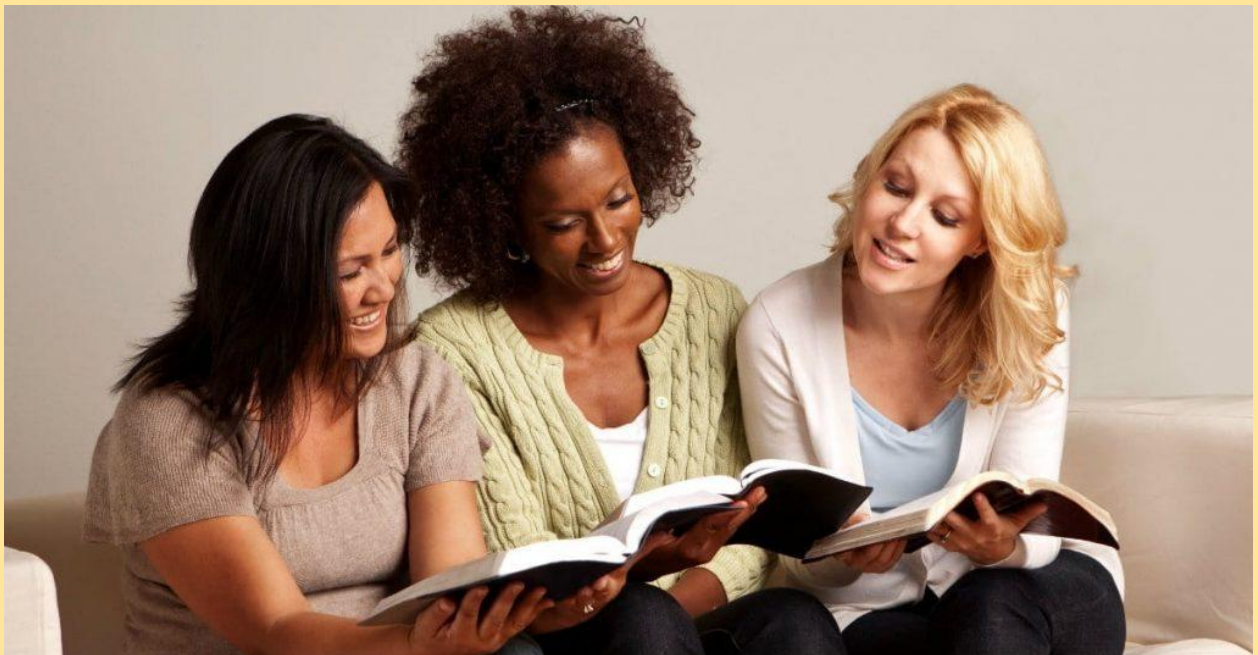
At the age of 22 I received God as my personal saviour but I had no idea what I was getting myself into. I had no one to take me through and explain what salvation was all about. Receiving Jesus Christ as a personal saviour does not mean that all your problems will just vanish but it is a step towards change.

I began to read and meditate on the word of God. "Then God said let's make man in our own image, after our own likeness, and let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on earth. So God created man in His own image, in the image of God he created him; male and female and gave them dominion over every living thing on this earth." Genesis 1 verses 26-28.

As I read this verse over and over again I began to have an understanding of who I was and what I was capable of. Meditating on the word of God became a habit and His word was reality in my life. My attitude towards life changed because subconsciously I began to do and ponder on the word of God day and night.

Joshua 1 verse 8 says that, "This book of the Law shall not depart from your mouth but meditate on it day and night so that you may be careful to do according to all that is written in it, for then you will make your way prosperous and you will have good success." The word of God is alive and has power to transform our thoughts. **What we read and hear is very important because those things become part of us at the end of the day.**

The battle of the mind needs one to continually read the word of God so that we are not overcome by worry, fear or anxiety. As Dr Caroline Leaf says “when you think, you build thoughts and these become physical substances in your brain”. Proverbs 23 verse 7 says “For as a man thinketh in his heart, so is he.” Overcoming the battles in our minds is not easy and there are so many things that we go through yet we have no idea how to deal with them.





The most abusive relationship I've ever been in *By Sibò Hlabangana*

The longest relationship I've been in didn't start very well and yet I let it go on longer than it should have. The person I was with didn't treat me the way someone who loves you should. I didn't see it at the time though.

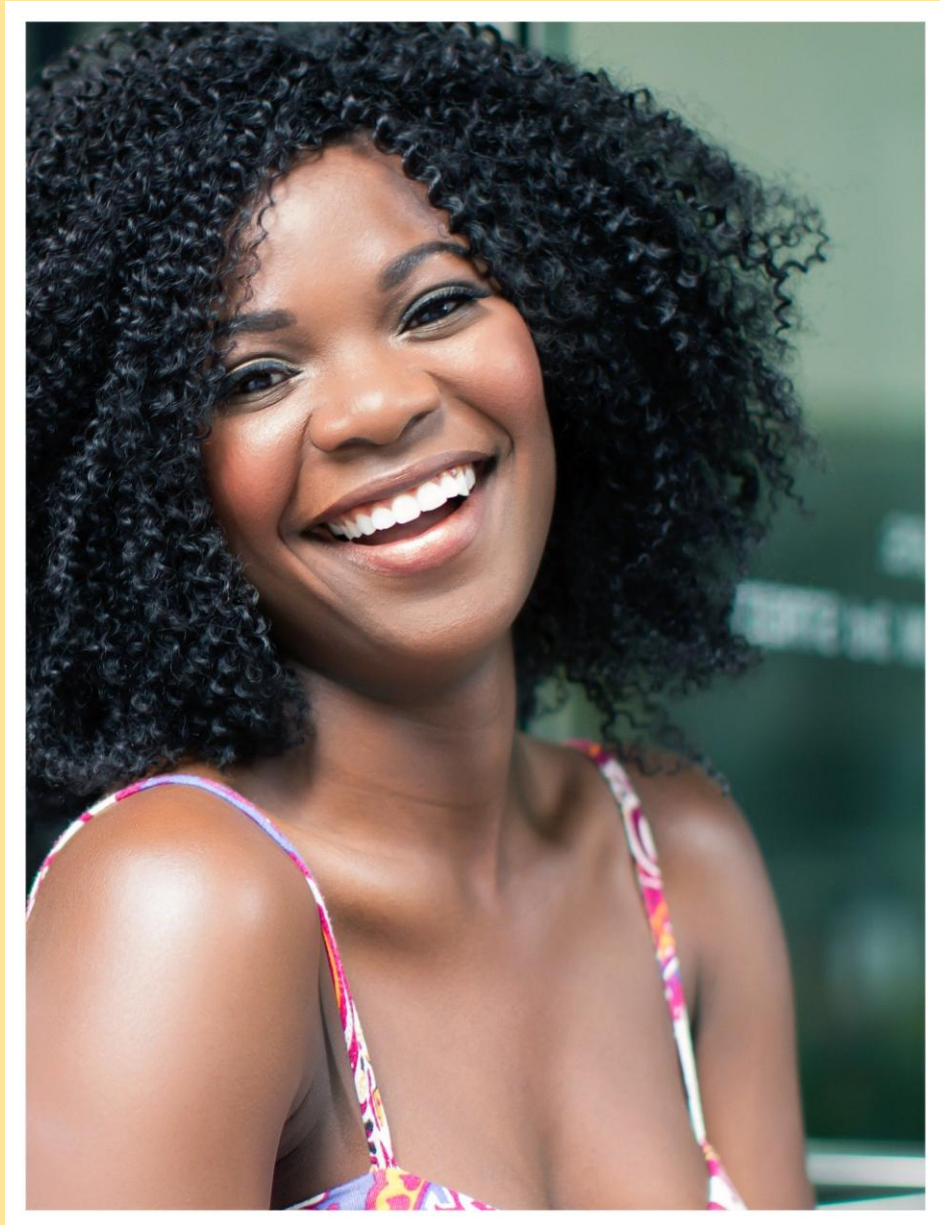
The person told me I was not beautiful. They told me I was fat and therefore unattractive and unworthy to be loved. They talked me into abusing different substances. They taught me to check out when life dealt me something I didn't like. They never told me they loved me even though I craved that more than anything from them. They focused more on my shortcomings than what good they saw in me.

Would you not call that an abusive relationship? Well, that's the relationship I've had with myself for a very long time. All the things I've just mentioned are things I did to myself and told myself.

Things have changed and some still need to be worked on but the relationship has gotten much better. In outside relationships I went looking for love when the love I craved the most was from myself.

It's the longest relationship I've been in and it was an abusive one. If I told you some of the things I put myself through, you would have told me to break up with myself. I've heard how people who are hurting are the ones who hurt others. That was true in my case. I was hurting, so I hurt myself. I turned to drinking, among other things, to numb the pain, all the while taking my frustrations out on myself.

What's your relationship with yourself like? Have you ever sat down to reflect on it? Would you tell yourself to stay in the kind of relationship you have with yourself right now? If not, maybe something or some things need to change. I didn't like what I found when I put a microscope on mine so I'm currently working on it.





*Everything
about you
is beautiful*

*Poem by
Ruramai
Mugwisi*

Everything about
you is beautiful,
Your words, telling
of your losses, your
pain and gains,
painful victories,

Powerful wisdom that shines like a light in the chaos.
Your words, strong and flowing yet barely more than a whisper at times,
Lifting and soothing the wounded, brokenness in me.
Resonating with my pain and yet elevating me to be,
Transforming my mindset, my focus until I see,
That I am more than the sum of my failures, my weaknesses and regrets.
I see it now, my heart believes, grasping within my reach.
Accomplishing what I only dared to dream,
Because you overcame

Everything about you is beautiful,
Your scars which you wear so well,
A testament to the struggles you've fought and prevailed
Your scars an imprint of history, a mark of time,
A symbol of encounters they thought would destroy you, would break you down,
But all the while establishing the ground,
On which you'd one day stand and shine.
A glimmer of hope for my triumph over self defeat,
That kept me prisoner to a definition of self,
That was powerless, hollow and uninspired.
But finally breaking free, because of you!
Because you overcame.

Everything about you is beautiful,
Your tears, which you cried on the bathroom floor,
In the dead of night so you'd not awaken the slumbering souls,
Oblivious to your hurt and deepening yearnings.
Your tears which fuelled your determination, rising and burning,
To get up and try again, yet again and AGAIN,
Even though your heart was heavy and your mind ached.
Your tears shed for yourself, for your loved ones,
For your hopes, for their dreams and yours,
Dwindling in this discouraging place,
And yet a smile still finds its way on your beautiful face,
Such beauty, such grace, a reflection in you,
Because you overcame.

Everything about you is beautiful,
Your mind, assailed by anxiety and doubt,
In the face of a history that threatens to rewind,
A repeat of the past – the guilt and blame, the torment and shame,
And yet rewriting your future in the present,
With the ink of strength, the ink of forgiveness, healing and self love,
That offers renewed redemption,
Till the full bloom of purpose glorious in its truth and authenticity,
Flourishes defiant in the midst of distraction and uncertainty.
Liberty for you, yes freedom for you as finally you break free and rise!
And for us as we rise too, to celebrate you!
Because you overcame!
EVERYTHING about
you is beautiful.

© Ruramai
Mugwisi, 2018



*The
shepherd
who has
no limits*

*By Joyce
Mutangara*

*"The Lord is
my shepherd, I
shall not want"
- Psalm 23:1.*



This has been

my prayer every morning this year. Not only are we experiencing dire economic difficulties that are causing hunger to our most vulnerable, we now also have to deal with the coronavirus. On top of that, peculiar to my family situation, I have a daughter who has scoliosis (a bending of the spine) and needs costly surgery.

So every night, I whisper to myself, *'The Lord is my shepherd.'* Because I know that I do not have the strength or resources to carry the burdens. These are God sized problems and I need my Shepherd. I need the miracle worker, the one who has conquered death and promises me an eternity with him. I need to know that what I see is not all there is. So I repeatedly hand over the burdens to Him, as a sheep that is fully dependent on her master. Sometimes I forget that I am a sheep with an owner, and try to do it all by myself, wandering away on my own path, only to realise there are dangers, toils and snares that I cannot defeat on my own.

The coronavirus is showing the world that there are things that man does not have the answer for. Therefore our only hope and solace come from believing in the one who has no limits, even in terms of time. A shepherd does not only make sure the sheep are safe, but also that they are fed and healthy. He provides for our needs. Many times I have had needs that I have doubted God would provide for, and every single time He has come through. So, why, with all the testimonies, do we still continue to doubt the Shepherd?

I thank God that He does not hold it against us when we doubt. Doubt holds us back from doing our part by faith, but our Shepherd is always faithful, that is why I shall not want. Even when I struggle to trust, He remains trustworthy. His ways are not our ways. So even though I don't understand why I have my struggles, it's working something in me that I don't even know needs to be worked on. My Shepherd's plans are better than mine. My life is in His hands.

Every day I recognise it is a privilege to get up in the morning, especially with daily news of people dying from Covid 19. Therefore we need to make the most of our days, and seek the very calling of which the Shepherd has put us here on earth for. "*My sheep know my voice,*" that is what He said (John 10:27.) Let us hearken to the voice of our Shepherd, for He is the only one who can lead us to green pastures and quiet waters. The places where we will find true nourishment for our spirit and soul.





Can you love yourself if you don't accept yourself?

By Sibò Hlabangana

A few years ago someone pointed out to me that I didn't love myself. That surprised me at the time but after some reflection I realized she was right. Although I didn't know how to go about it, I decided from then on I would love myself. It's been a process that continues to this day. I'll think I now love myself and find myself questioning it because of the way I think of myself or positions I put myself in. I'll ask myself things like "Is it possible to love myself and not love my body?" I knew there was something missing in my attempt at loving myself.

Then, a light bulb went on as I was re-watching the series *Breaking Bad*. During one of the episodes, we find one of the characters, Jesse, struggling with something he did. At an AA meeting, the therapist starts talking about self-acceptance, something that Jesse finds difficulty accepting. For some reason that was such an eye opening moment for me. For the first time I saw what the problem with my attempt at loving myself was. I was trying to love myself but I didn't accept myself as I am.

Now I believe self-acceptance comes before self-love. You can't truly love that which you do not accept. To love yourself, you must first accept yourself. Realizing that I didn't love myself was the first part, self-awareness. If you are self-aware, you can realize what's happening with you. The next part is self-acceptance. You have to cut yourself some slack. You have to show yourself compassion. Only then, will the self-love be able to begin.

Self-acceptance doesn't mean doing nothing to improve yourself or to better yourself. It means accepting yourself as you are so you can help yourself or seek help from outside without judging yourself. Where you stumble, you can get up and keep going, knowing that it's ok to stumble. It's ok to fail. You just need to keep giving yourself another chance. Even if it means more and more chances every day.

I did a self-prescribed self-acceptance exercise that I found helpful. I wrote about things that I choose to accept about myself. Things that I don't like about myself or things that I would like to change. I see now that before that change can take place, I have to start with self-acceptance. After doing that I wrote myself a self-acceptance statement. I think it would be good to write your own. For now you can use mine if you'd like.

Self-Acceptance Statement to myself:

At any given moment I accept ME as I am. I am human and like every human being I have my flaws. I don't have to run away from myself but accept myself as I am. I accept myself at every turn. Even on days where I've messed up. In fact I will accept myself more on those days. I am after all a work in progress. I know I can improve but I still accept ME as I am. I will undoubtedly improve but I still accept ME as I am, before the improvement. I am who and what I am and that is fine, I accept it all.

I don't know if I will ever reach a point where I can state with 100 percent confidence that I love myself but I believe I'm getting closer with each day as I accept myself as I am. What are your thoughts on this? Do you think you can love yourself without accepting yourself?



Contributors for the May 2020 Issue

1. Joyce Mutangara

Joyce Mutangara is a wife, mother, pastor, legal adviser and strengths coach. She loves to give inspiring personal interaction, through authentic discussion, and exploration of talents that motivate people to achieve optimum performance through intentionally deploying their strengths. For more information or access to her work, you can email her: joycemut@gmail.com.

2. Jacqueline Bandasi

Jacqueline Bandasi is a young woman who is passionate about the Word of God and she believes that the answer to our problems is God, through reading His word. Her desire is to reach out to those who have lost hope by sharing the Word of God through personal interaction and various media platforms. For more information you can email her: jbandasi@yahoo.com.

3. Ruramai Mugwisi

Ruramai Mugwisi is a girl and women's empowerment champion, budding spoken word artist, digital content creator, medical scientist, wife and mother to four amazing children. She's a devoted Christian and passionate about purposeful and mindful living.

4. Michel Mzondo

Michel Mzondo, affectionately known as Mimi to her friends, is passionate about empowering vulnerable girls and young women through her initiative She Builds Africa. She is also co-founder of Hosea Women and shares on the blog authentically about her life experiences whilst encouraging women to draw closer to God. Michel is blessed with two children and loves to travel.

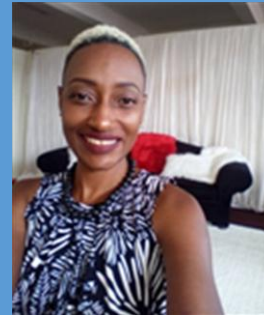
5. Sibho Hlabangana

Sibho Hlabangana is a writer and motivational speaker. She is the author of 4 books, 3 of which can be found on Amazon and 1 that is free and can be found at inspirationbysibo.com under the section "my books." She is also a co-founder of Hosea Women International, an online women's ministry. More recently, she is the founder and editor of Sibho-Lifestyle Magazine.

MAY 2020

CONTRIBUTORS

1. Joyce Mutangara



2. Jacqueline Bandasi



3. Ruramai Mugwisi



4. Michel Mzondo



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2. Send your WhatsApp number to +263733259119, with a message stating "Please add me to the magazine group" to be added to the Monthly Magazine Group. The group will be open to admin only. The only communication sent through the group will be the monthly Magazine and one monthly message. There will be no comments or anything like that, to ensure you are not bombarded with hundreds of messages.

Let us know what you think

If you have any comments, opinions, suggestions or anything related, please let us know by visiting inspirationbysibo.com and commenting on that month's Issue under the section "Magazine." You could also email us at sibo@inspirationbysibo.com. If you post something about Sibol-Lifestyle Magazine on social media, please use the hashtag **#SibolLifestyle** in order for us to be able to find it. If you enjoyed this Issue, feel free to share with others 😊

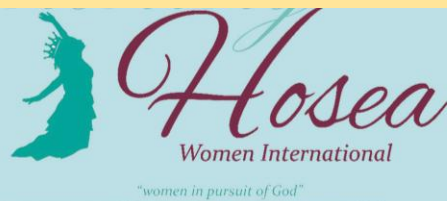
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Our vision is that of a world where women of all ages, races, and nationalities can come together in an inviting and encouraging atmosphere filled with love.