

SIBO - LIFESTYLE

ISSUE NO. 2 JUNE 2020

Dreams/Vision:

Big dreams. How to make a vision board. The woman in the mirror. Strengths coaching.

Wellness:

Discovering my purpose. Self compassionate letter writing. Oprah's advice to her younger self.



COACHING AFRICANS TO BE THE
BEST LEADERS IN THE WORLD

JOYCE
MUTANGARA

Hey there Kings and Queens,

Welcome to the June 2020 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.

This month we delve into managing yourself, taking a look at the woman in the mirror, as well as balancing dream pursuit and family. We also show you how to make a vision board and how to write a letter showing yourself compassion because we are often our own worst critics.

The diamond of the month is Joyce Mutangara, who shares how she balances her family life and following her dreams in a way that I've never seen or heard explained better before. She shares how she has been able to get through difficult times and continue pursuing her own version of success despite disappointments and what life has thrown at her.

If you would like to contribute to the next Issue of the magazine, you will find details on page 39. If you discuss or share about the magazine anywhere on social media, please use the hashtag #SiboLifestyle so we find it.

I hope you will find something here that will make you glad you chose to read a copy of our magazine. Read on, enjoy, and share with others. Stay safe and never give up.

With love,
Sibo Hlabangana
Bulawayo, Zimbabwe.

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

DREAMS AND VISION



*Did you
know
you're a
CEO?*

*By Sibò
Hlabangana*

I don't know if you're aware of this but you are a CEO. Every day you head a company.

This company's fate is in your hands. Its failure or success lies with you. That company is YOU.

If someone did an audit of this company what would they find? Would you be willing to freely give them the financial statements of the company? Would you be proud of how you're leading this company? Would you be able to give the company's mission statement, its vision and its values? Would you know the company's profit margin? Did it go up or down compared to the same time last year? Are you able to answer all the questions I've just asked? If not then it means you need to do some work on your company.

As the CEO of your company you need to know or work on the following:

Values of the company

Companies have values. What are yours? Figure it out and live by them. It's not enough to have them but you have to follow them as well. Take time to come up with these. They don't necessarily only have to be your religious values or values that you think you should have. They might overlap but be honest with yourself and find out what your values are and endeavor to live up to them if you don't already do so. They can range from anything like punctuality to how you treat people.

Vision of the company

What is the vision of the company? Does the company have a vision at all? As Proverbs states, "where there is no vision, the people perish." In the May 2020 Issue, some articles discussed in detail the need for having a vision for your life and how you can go about framing one for yourself. You can record that vision in different ways, for example a vision letter or a vision board.

Vision/Mission statement of the company

When you now have a vision for your company, you should be able to come up with a mission statement in line with that vision. I came up with mine after reading *The 7 habits of highly effective people* by Stephen R Covey. It's a sentence that narrows down your vision/mission.

Definition of success for the company

In one of his talks, the late Myles Munroe suggests that in order for you to succeed you have to define success for yourself. You'll hear people saying such and such a person is successful. Successful according to whom though? For one success could mean driving a Ferrari. For another it could be running a profitable business or for another attaining a PhD. For someone else it could be being a good parent. What does success look like for you? You need to define it so you'll know when you're on the track to achieving it or if you are deviating from it. You also need to know it so that you'll know when you've reached it.

For instance with me, success means being able to travel whenever and wherever I want whilst money comes in from my different sources of income. It means being a wife and mother who is there for her family. It also means I'm living my life in a manner that is pleasing to



God. If you don't already know it, find out what success looks like for you.

Challenges and lessons learned

What were the challenges the company faced in the last quarter or in the last year? How did you solve them or get around them? What lessons were learned? Do quarterly reviews and audits of the company to see where the company stands. Consider different aspects that affect your company. For example, are the people around you pushing you forward or pulling you back? Jim Rohn says you are the product of the five people closest to you. Consider the five people closest to you right now, would you want to be like them?



Profit margin

Did it go up or down compared to the same time last year? What can you do differently? What changes need to be made? Do you need to cut down on some stuff, shop less or party less? Could this area of the company benefit from others who are doing a better job of taking care of that aspect of the company?

Advisers of the company

Who are the advisers of the company? These can be in the form of mentors or confidants. People you know and trust or coaches, writers and speakers you learn from. These should be people that will be able to see your vision and who spur you on instead of pull you back.

Development of the company

A lot of people neglect personal development. It doesn't matter what that looks like for you but you have to work on your personal development. In a year's time you can't be exactly where you were the year before. I'm not talking about location. There has to be some form of progress, some form of improvement.

For me I take care of this aspect of my life through reading and listening to or watching different podcast interviews. Find people that do what you want to do and learn from them. Find out how they got where they are. Read their books, watch their interviews or speeches and if you have personal access to them, invite them to lunch. Learn all you can about what you want to do and where you want to be.

Get all the help you can but remember your company's success depends on you. You are a co-creator with God so YOU need to do your part. It doesn't matter when you start, anytime will do, so whenever it is you're reading this, now is the time to start.

Work on making your company the best it can be. Be the best CEO of your company because if you don't someone else will take that role. Manage this company well so that you'll be prepared to manage a big company. You will be in that position someday. Start now to prepare for that position by governing the company called YOU effectively. Even if no one sees the results in the beginning, keep improving. Before you know it, your company will be able to go public.





The woman in the mirror By Sibhekinkosi Masiyandima

My game changing strategy is to start by changing the man in the mirror before attempting to change those close to me or changing the world. I was a beggar begging for everything from my husband, thinking that he owes me. If he failed to provide I would then beg from friends and relatives as if the world owed me something.

I always dreamt of owning a beautiful house, a fancy car, employees etc. I wished to be a billionaire. Yet I kept folding my hands, having a little sleep. I was living in this fantasy world in my head.

Back to reality I had nothing at all. That is, until I met my cousin who did success coaching as a hobby. She helped me find my purpose in life which made me realise the open doors ahead of me. From then on my motto is "Backward never, forward forever." It's now easier for me to focus on the future and to work hard to achieve my purpose on earth.

I now own and run a successful business called Alvaroh Pvt Ltd which manufactures protective clothing, school wear and bags. The company is registered in my name, making me an owner. If you don't own something, someone can take it away from you. I am now on a happy journey towards my success.

I also discovered that I am gifted in raising kid entrepreneurs so I am in the process of writing a paper on how to raise kid entrepreneurs. One other thing I love is to empower other women especially on balancing successful businesses and family.

I thank God for saving me from a pit of poverty.

Not all thorns are there to harm you - Siya Kolisi for the win

By Sibò Hlabangana

Whether or not you're a rugby fan, I think Siya Kolisi's story is one worth knowing. If you have no idea who I'm talking about, he is the captain of the Springboks, the South African national rugby team. Last December, coached by the selfless Rassie Erasmus, he led the



Springboks to a World Cup Rugby win against England. Kolisi wasn't born with a silver spoon in his mouth and to get where he is, is something worthy of being shared.

Tom Fordyce, writing for the

BBC wrote: "Born to teenage parents in the poor township of Zwide, just outside Port Elizabeth on the Eastern Cape, he was brought up by his grandmother, who cleaned kitchens to make ends meet. Bed was a pile of cushions on the living-room floor. Rugby was on dirt fields. When he went to his first provincial trials he played in boxer shorts, because he had no other kit." Like I said, no silver spoon. Today, he is an international rugby player who not only led his team to a great win but said win, albeit for a while, united a country that is sometimes divided.

Whilst being interviewed by Jim Hamilton for Rugby Pass, Kolisi, speaking about his childhood said "we played in a field full of thorns but we had to play (with) bare feet so it was difficult." Today he's the captain that led his team to win the Rugby World Cup. I think sometimes it's the thorns that turn you into a winner. All the people I admire who have achieved something great, have had to contend with some thorns in their lives. What thorns have you had to deal with or are you currently dealing with? Note them down because they will become the backdrop of your story. It might not be easy to go through whatever it is now but when your story is told, it will inspire someone, the way Siya Kolisi did for me and for many others all over the world, especially a township kid who watched the match in December.

I hope Siya Kolisi's story shows you that if you believe, anything is possible. Those seemingly impossible dreams you have, they can and will come true. Let it also be evidence that a few thorns along the way won't kill you. They will add to your story and turn someone else into a believer.





Strengths Coaching with Joyce Mutangara - The Activator

This is part of a series of articles on the different types of strengths that each of us as individuals have. In the last Issue I discussed the ACHIEVER strength.

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 ACTIVATOR.

“When can we start? This is a recurring question in your life. You are impatient for action. You may concede that analysis has its uses or that debate and discussion can occasionally yield some valuable insights, but deep down you know that only action is real. **Only action can**

make things happen. Only action leads to performance. Once a decision is made, you cannot not act. **You believe that action is the best device for learning.** The bottom line is this: You know you will be judged not by what you say, not by what you think, but by what you get done. This does not frighten you. It pleases you." *Tom Rath, StrengthsFinder 2.0*

Tendai has Activator in her dominant strengths. She has a forceful and vibrant personality that jolts people to action. If you are not down with the program, she is very happy to do it alone. By the time you have made up your mind to travel to China, she is already on the plane back. I guess you can say, she feels that talk is cheap.

She is in the Parents Support Group committee at her children's school because she wants to be part of the action. She is happy to start plenty of initiatives, but can quickly become bored when the novelty has worn off, and the process is monotonous. She is great in situations where quick decisions are needed, and it's probably why even though she doesn't



know you very well, she will invite you and your whole family for parties.

So don't bore her with long discussions. Bring her in when decisions are

needed to be made, and she is part of the implementation. And don't interpret her impatience as disrespect, she just needs ACTION. This makes her a valuable asset in getting a lagging team going, and propelling organisations into new territories, physically or procedural. You can count on Tendai to make things happen.



Before you pick up that gun and shoot

By Sibò Hlabangana

Before you act

I'm sure you've heard the saying "don't jump the gun." I think more than just not jumping the gun, you have to start with observing the gun. Walk around it, look at it, study it so you will recognize it.

Before you even pick it up, learn all you can about it. Learn how to clean it. Learn how to load it. Learn how to operate it. Learn how to aim at a target and not miss. Learn how to deal with missing the target and what steps to take after missing. Practice as you learn. Practice until you can do it in your sleep.

Pick up the gun. Feel it in your hands. Learn what it feels like when it's loaded and what it feels like when it's empty. What does it feel like when it only has 3 bullets? You don't want to be in battle and find out you're holding an empty gun when you thought it was loaded. Know from just holding it what's in it.

Finally when you're ready, pick up that gun, aim at your target and shoot. Don't ask questions, don't wait for permission, just shoot because you are well prepared.

Preparation

People want overnight success but there is no such thing. Don't fall into that overnight success trap that people will try to sell you. The world might see it that way but there was a lot of preparation before the success came. Behind the scenes work not seen by people. Sleepless nights that no one knows about. The doing of the same things over and over and

over again. Getting the basics right so when the time comes you're ready. When it all pays off, those watching from afar may call it overnight success but a lot of time spent on preparation would have gone into it.

There's of course the waiting. This takes patience. Knowing that what you're waiting for is coming helps with this. So you have to believe and have faith so that the waiting is made easier.

During the waiting period, don't wait passively. That's when preparation is vital. Do all the grunt work now so that when the success comes you are ready for it. That means develop yourself in every necessary aspect. However that looks like for you. Be it spiritually, mentally, physically or in every single way.

Read, research and learn all you can about where you want to be. Take time to practice. I don't know what you dream of or aspire to achieve but it's necessary to perfect your craft one day at a time. Do all that's required even without an audience. Do it as though everyone is watching. For example write without a single current reader knowing one day millions will read. Sing without any current listeners, knowing in time people all over the world will play your music. When what you dreamed of finally happens, the world might call it overnight success but you will know the preparation and patience it would have taken.



The journey of the big dream By *Lola Rutendo Denga*

We have heard all the quotes about following your dreams. “Dreams won't work unless you work,” “dreams come true,” the list is endless. I recall how growing up I always had a new inspiration about what I wanted to be every second month. Most children change their mind anyway right, but for some reason my desires would change very quickly.

It wasn't until I was fourteen when the dream to pursue beauty therapy came to light, from there the journey to the "Big dream" would begin. When I'm passionate, like most of us, I love to share with people I feel would understand my excitement but truth be told it's not always the case. During

praise and worship practice one day, there was an exercise we had to do where people wrote what they know about their fellow team mates. One of the team members described me as a "big dreamer". I'm not sure why but that statement left me feeling very unsure of myself, like I lived in a fantasy world of some sort.

Joyce Chapman says “If you don't have a dream your life will always be about problems.” This statement proved very true for me at the time I saw it. I had been having a series of failures and bad days in my life and decided to pause from feeling stressed and inadequate to look up programs to enhance my knowledge that are in line with my big dream. In my research, that is when I stumbled upon that quote. Yes live through the failures and the bad days, it's all part of the path to see the dream God placed within you come true!

Let us talk about this for a second. We all have our basic dreams to be successful in our relationships, career, business, education, projects and overall lifestyle but there comes that moment in time when we receive a God dream, a Big dream. Big because it's not the kind of dream that just comes with hard work, (although hard work will be needed,) this is the kind of dream that will not take place by your own might. There are certain characters in the bible that had these kind of life changing dreams and one of them was Jacob. He had a dream that literally caused his name to change and made him the father to the twelve tribes of Israel we know today.



Another one was Joseph and I would like to zone in to this character for a little while. Joseph as a teenage boy had two consecutive dreams. The first one caused his brothers to increase in the hatred they already had of him. The second one caused his father Jacob to be very concerned about what the dream meant for him to be ruled by his own son. This big dream Joseph carried found him being sold and ending up in Egypt. Sometimes it may feel like the dreams we carry are leading us down a very hard road and painful road. You may feel like you don't know what direction you are going and sometimes even do things that don't seem related to your dream at all. While everyone is talking about goal setting and five year plans, your life may seem to be going in reverse.

This Big dream, dare I say, when shared with others may cause them to really be envious of you to the point of wanting you dead. The question is are you still going to hold on to the Big dream even in the midst of not just one or two but multiple trials? As I mentioned earlier this dream will not be achieved by your own strength. When you acknowledge that this kind



of dream can only be from God and allow Him to order your steps, He will begin to direct you and lead you to the places that will win you favor. Joseph is a real example that sometimes the direction will not be pleasant at all but it will push you to your destiny.

Today I write this with confidence that yes I am a big dreamer. There is more to me than the five year plan I wanted to achieve when I left high school, or the little girl that changed professions so many times. The big dream is scary because you do not have control over the course your life is going to take. The Big dream needs you to allow your mind to adjust to changing your initial dreams and big ideas and embracing God's plan for your life. This plan is beautiful because it will fill you with real contentment.

Until I allowed myself to lose my own dreams is only when I realized that God's big dreams for me not only enhance my "little" dreams but even if my "little dreams" never took place I will have lived the best life ever because it is the life that was meant just for Me. Today may your Big dream be clear, let it burn with passion and may you pursue the author of the dream with all your might so that you will be able to live out the Big dream.

No human is limited - Eliud Kipchoge proves nothing is impossible

By Sibö Hlabangana

October last year I was on Twitter and the hashtag “No Human Is Limited” piqued my interest because it was speaking my language. I checked what it was about and I found out about how Eliud Kipchoge, a Kenyan man, made history by running a marathon in less than 2 hours. I was intrigued by his story so I went to the INEOS 1:59 Challenge website to find out more about this man and his journey. He set out to run a marathon in less than 2 hours, something that had never been done. He attempted to do it in 2017 but didn’t manage to do so. He however ultimately succeeded in 2019.



When asked how he was feeling, on the INEOS 1:59 YouTube channel, Kipchoge's answer was:

"It has taken 65 years for a human being to make history in sport. After Roger Bannister made history in 1954, it took another 63 years. **I tried and I did not get. Now it's 65 years. I have tried. I'm the happiest man to run under 2 hours to inspire many people and to tell people that no human is limited. You can do it.** I'm expecting athletes all over the world to run under 2 hours after today."

I don't doubt that they will because it was believed no man could run a mile in under 4 minutes until Roger Bannister did it. Now over a thousand athletes have done it. I don't know about you but I'm definitely inspired.

Have you ever believed or been told you can't do something? Did you allow that to be your truth? If you set your mind to achieve something, pursue it relentlessly and believe you will succeed, then you will. Eliud Kipchoge has wonderfully exemplified that, so can you. To paraphrase William Ernest Henley: "You are the master of your fate, the captain of your soul."

In the pursuit of your dreams, there will be times where you doubt. Have some things to remind you that anything is possible. Eliud Kipchoge's success has made its way to my list. My list includes people's stories and words that I live by such as "I can do anything through Christ who gives me strength" and "Nothing is impossible with God." My belief in myself is grounded in my knowledge that God lives in me and I can do anything as a result. Know the reason for your belief and believe until it happens. Until you achieve your own version of success.

What are you going to do? What will be your attempt? #NoHumansLimited.





When your dream tests your resolve

By Sibio Hlabangana

When you now know what you're passionate about or know what your purpose on this earth is or know what your dreams are, you have to be willing to pursue that no matter what. Life will come at you with all it's got and you have to be willing to put up a fight. To quote Dylan Thomas, you can't "go gentle into that good night," you have to "rage, rage against the dying of the light."

That may mean suffering or going through things that you'd rather not. It may mean not having money or not making as much money as you would like. It may mean losing friends or family who don't believe in your dream or your vision. It may mean living in conditions you'd rather not, knowing better is coming.

It's as though once you know what you're supposed to do, life decides okay, let's test him/her/them. Let's see what they can take before they give up. Let's see what they're made of. When that happens, you have to be willing to stay in the arena no matter what.

I've realized that you have to be willing to suffer for your dream. I don't mean your dream makes you suffer, no, your dream should make you feel good. Your circumstances as a result of your dream or as you pursue your dream may make you suffer. That's what you have to

be willing to go through without giving up. Your dream will more often than not, test your resolve. Trust me, I know.

If you've read my work or follow me, you'll know I'm not on the other side yet, I share experiences as I go through them. I'm the "in the process" kind of person but I know without a doubt there's an "other side." Here are some examples of people who have gone through what I'm talking about and gotten to the other side.

Examples:

1. Steve Harvey

When he discovered what he was meant to do, he quit his job the next day. That decision led to a series of events he would have preferred to avoid but he was able to withstand them all because he knew it was what he was meant to do. He ended up being homeless for 3 years, living in his car, among other things. But look where he is now.

2. Tyler Perry

When he knew what he wanted to do, he started with doing a play. The first few years he lost more money than he made. That didn't stop him. People said he wasn't good enough. He didn't let that deter him. Now he's produced so many series and movies and now owns one of the biggest studios in the USA.

Both these men would not have achieved success had they let opposition win or had they allowed their circumstances to stop them from going after what they wanted. I'm sharing this because I want you to know there is an "other side." I'm not there yet, but in case like me, in the pursuit of your dreams, you go through times where you wonder if it's all worth it, I want you to know that yes it is. You will get to the other side, if you don't give up. Don't give up the fight.

You will prevail and
you will be better
for it. Hang in there.
You can do it.



Why do a vision board at all?

It is a way to record the vision for your life or different aspects of your life. You might be asking yourself isn't it a bit woo-woo or for the tree hugging types? Well, people like Oprah Winfrey, Ellen DeGeneres and Steve Harvey have done vision boards and seen them come to life in their lives. Although a lot of the things I've dreamed on to vision boards haven't happened yet, I'm living in some of those things. For example I put traveling on one and I've gotten to do that. I put I'm a writer and since then I've written 4 books.

Warning - What your work area might look like during the process:



What you will need:

1. A board, for example an old calendar, a poster or any other board
2. A pair of scissors
3. Magazines you're not using anymore
4. A glue stick like Pritt
5. Markers or colour pens
6. Some refreshments, because why not?
7. A friend or friends to do it with to make it more fun. You could do one with your partner for your life together. You could also do it as a family, if you have one.

Different types of vision boards:

1. Your life in general

In this type of vision board, you do one comprehensive vision board. In it, you include different aspects of your life. You could have a section for each or do it however you please. Below is an example of one I did in 2018.



pictures speak for themselves.

There you have it, time to go start working on your vision board. Have fun! If you'd like me to share your vision board or vision letter with our readers, please send to sibo@inspirationbysibo.com and I will do that.

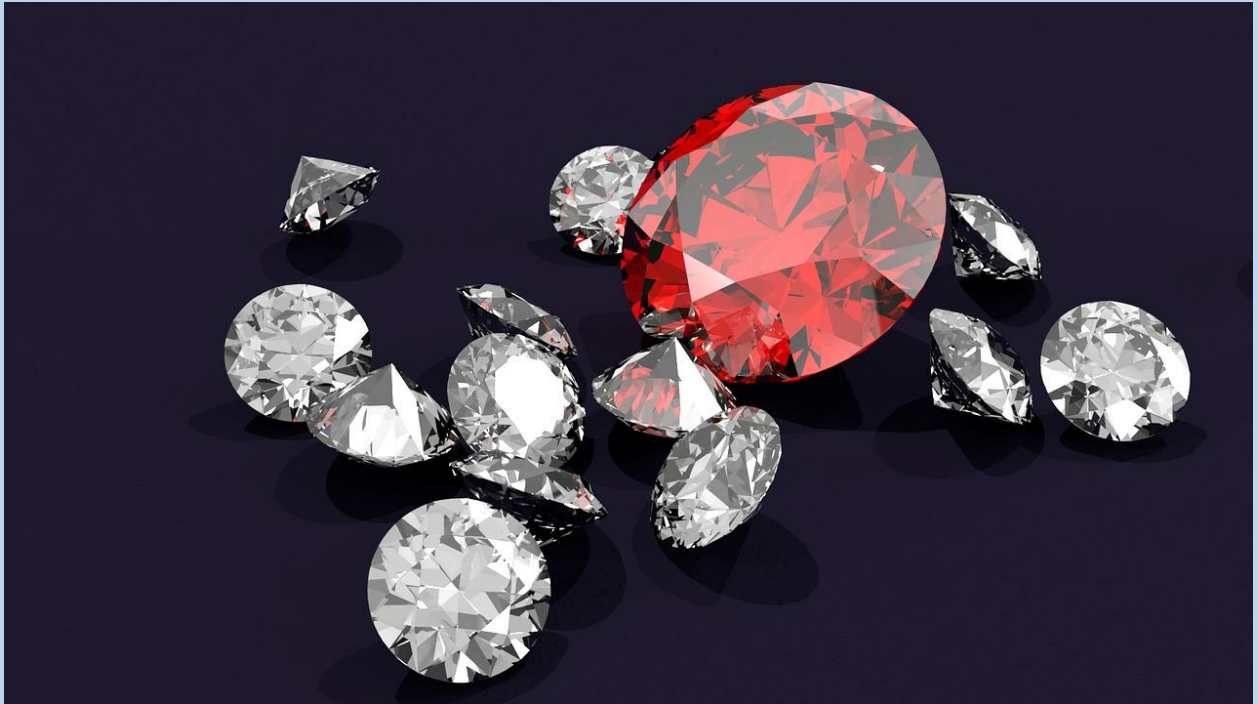
2. Your business or project or creative venture

In the same way that you could do a vision board for your life, you could do one for your business, project or anything you're working on. You would have to consider where you want your business to be in 5 years' time or your creative endeavour to be in 10 years' time or your project to be in 3 years' time. I'm not sharing my own example here because I'm sure you know your own business, project or whatever it is you're working on, even if it's still just an idea.

3. Specific vision boards for different aspects of your life

Here you do a vision board for a specific area of your life. For example, one for your love life, one for your wedding and one for your dream house or apartment. It could be for any part of your life you would like a specific vision board for. Below is one I did for my dream home. Sometimes words are not necessary, the





DIAMOND OF THE MONTH

Coaching African leaders to be the best in the world - An interview with Joyce Mutangara

By Sibò Hlabangana



In each Issue of Sibò-Lifestyle Magazine, we will be interviewing individuals that dream big, pursue their dreams, live a conscious life, value themselves and are pursuing success on their own terms. 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 own dreams and success. This month we were fortunate to be able to interview Joyce Mutangara.

Joyce Mutangara is a woman who wears many hats, as a wife, mother, pastor, legal adviser, writer, speaker and strengths coach. She is someone we can learn from because she manages to play all these roles whilst pursuing her dreams.

Where are you originally from and where do you currently live?

I am originally from Tanzania in East Africa. I moved to Zimbabwe in the early 1980s and started grade 1 in Harare. My family and I then moved to Bulawayo, Zimbabwe 5 years ago, after a 6 year stint in Mozambique.

What are you working on or focused on at the moment?

I am a strengths coach, so I'm always doing stuff to keep up to date with the tools of my trade. I've just finished a series of podcasts called 'Renewing the Mind' based on Romans 12v2. I love to encourage people to live their best lives. Recently, I have started to write articles and

have received some positive feedback. I'm enjoying this journey of improving ways of communication.

What made you decide to start doing what you're doing?

I became a strengths coach because I believe we should all be using our God given talents, and most of us need help. I studied for a law degree, but hated legal practice. For a very long time I was frustrated because even though I knew I didn't like to practice law, I was not sure what I could do that I would not only like, but be good at as well. I then got to do the Clifton Strengths assessment that clarified the strengths I have, which were largely dormant, which explains why I was frustrated. I just wasn't using my talents at work. The thought of many others in the same boat as me made me decide to do something to help them as well, so I got certified as a strengths coach.

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

My vision is to see Africa being transformed into a credible, caring, trustworthy and inspiring continent. My part in achieving this is to coach Africans to be the best leaders in the world.

How are you keeping the above alive?

I have a vision board with pictures and words that depict my vision. Seeing it every day is a great reminder. Also, thinking about the kind of future I want my children to have motivates me to do my part.



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

To date, I have coached and encouraged hundreds of professionals, especially in the financial sector. Everyone wants to have a meaningful life that matters. I get to help people to see that their lives do matter!

On a personal front, I had goals to marry a man that had his own relationship with Jesus, and raise inspiring children who would be great friends of mine, these I have realised as well.

What does success look like for you?

Doing what you love, and it taking care of you!

What drives you in life? What keeps you going?

The fact that I'm still alive, means there is more for me to do and experience. I believe God when He says He has a plan to give me hope and a future. Therefore, I am very curious to see all that God has for me.

How long have you been married?

I have been married for 17 years.

Briefly, how did you meet your husband?

I met my husband, Clarence, at a church called River of Life in Harare. He was rapping on stage with his brother on the first night of a church plant in the Avenues. My sister introduced us, and the rest is history.



Do you have children?

We have 3 children; Bethany 15 years old, Amani 11 years old and Panashe 9 years old.

How do you balance being a wife, mother and pursuing your dreams?

By making my family a part of it all. They are right there in my dreams too. Whatever I achieve, the benefits are for us all. I share with them my goals and aspirations, and they have become my greatest cheerleaders. I believe a mistake a lot of women make, is they separate their dreams from their family, as if the family is the enemy. Or, they feel guilty for even having

dreams that don't have anything to do with preparing food, school runs and decorating their home! Our children need to understand that it is wonderful to dream and chase those dreams, and who is the best role model for that truth? Our children listen to what we do more than what we say. You can't tell them to go for their dreams while you sit on yours. We also need to be honest with our husbands from the get go. We must share our dreams with them, and only marry them if they support us!



Have you ever felt inadequate?

I practiced law for 5 years of my life, and never felt adequate. I was always comparing myself to those who were good at it, and trying to be like them. It did not work and frustrated me more. Then I discovered the Clifton StrengthsFinder test. It is an online assessment that is able to detect your strengths, and hence the way you achieve success. I was trying to copy other peoples' strengths that were not my dominant strengths.

So when I discovered my strengths and intentionally applied them to my job, I began to see success. When we feel inadequate, it is because we are not using our unique way of getting things done, and so it can feel alien to us. Now,

whenever I have a task, I ask myself "which of my strengths should I aim at it?" I am no longer trying to be like anyone else. I know the value that I bring to the table.

Have you ever failed at something or not achieved what you hoped for or been disappointed after not being chosen for something?

Yes I have, a couple of times. A time that sticks to my mind is when I was in the 6th form at High School, and wasn't made a prefect. I was quite popular with the students, and somehow I subconsciously thought that was leading to 'prefectdom' (besides, I was a prefect in Junior School). I was not in any first team for sport or leader in any club. In fact, I used to shy away from such responsibility. Somehow, I did not get the memo that those chosen as prefects were students who brought credible value to the school. I knew inside that I had the ability to be part of the leading team, but knowing and doing are two different things. I had just become a Christian the year before and I was finding joy in serving others. Through the disappointment, I found a way to serve the prefects in my school house. Through such service they recognised my leadership gifting and appointed me as a house prefect. This happened in a couple of months, imagine if I had been this way throughout my years at school?

What has been the most trying time of your life? How did you work/live through it or get to the other side?

Nine years ago, when we were living in Mozambique, I had malaria for the umpteenth time. The difference this time, however, was the fact that I had just given birth to my son who was 2 months old. He also had malaria, pneumonia and a hernia! I had to be admitted to hospital so I could not breastfeed. I felt so helpless as a mother. It was traumatic. We needed help with our other children so my husband could focus on me and the baby. Human angels came to the rescue and took the girls to their home and looked after them until I was well enough to be discharged. Sometimes the only way out of trying times is through the help of others. I am reminded of the story in the Bible of the sick man who was carried to Jesus by his friends (Luke 5:17-39). Their faith and help literally saved his life. That's why it's important to have your eye on your neighbour. You may be the answer that God has for them as He wills and acts through you to accomplish His will.

Do you have any people you consider role models?

Bishop T D Jakes. He has so much passion when he preaches. The word of God really comes alive! For me, he is one of those people who is living out his calling in a way that inspires us to do the same.

Michelle Obama. This woman has class written all over her. The way she dresses, acts and talks all aligns with what she does. It's not easy to do that. She exudes confidence in her intelligence, without looking down at other people, always encouraging us to go high when others go low.

Are you reading any books or watching videos to improve yourself?

I am reading a book called 'The Slight Edge' by Jeff Olson. It is about the small, easy to do things that we can do on a daily basis that build up in time to success. It makes you conscious of your daily actions and whether they are taking you closer to the desired end or further away. There is also a website called Coursera.com that offers free online courses that can improve a variety of skills. I use it when something in line with my goals is offered.



What 3 (or less) books, videos or movies do you think every person needs to read/watch?

Everybody must read the book “Everybody Matters” by Bob Chapman and Raj Sisodia. It’s about a new way of leadership that puts people first. Bob Chapman is a CEO and has implemented a way of measuring the success of companies by how they care for their people. Basically, leadership is about the privilege of stewarding lives, not using people to get ahead. It celebrates truly human leadership that helps everyone feel fulfilled.

Everyone must watch a movie called ‘Radio’. It’s a true story about a mentally challenged man who is taken under the wing of a Football coach, who shows him compassion and lets him be part of a school community and family. It’s a definite tear jerker because it shows the power of life transformation when someone takes the stand to notice someone who is avoided by the whole world.

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

I show myself love by developing myself physically and mentally. I read a lot of personal development books and ensure I exercise 4 times a week. The reason people struggle with doing things to develop themselves is because they feel undeserving or like it’s a selfish thing to do. And yet we cannot achieve more on the outside than who we are on the inside. My internal growth affects my external growth. Loving myself opens my eyes to ways of loving others because it is a standard I have for me. Sooner or later I will fail in giving others what I don’t give myself. Where would I get the strength to give out of inner weakness? If I’m not worth loving then how will I gauge loving others?

I must therefore accept that it begins with loving myself and what that looks like. It looks like caring about your health, both physical and mental. It looks like believing you have a purpose and pursuing it. It looks like believing your worth and choosing relationships that build you up. It looks like walking away from abuse. It looks like forgiving yourself, every time. It looks like giving your best and being grateful for the privilege to do so. It looks like having confidence to try new things and learning from failure. It looks like believing you deserve to be here and the world is better for it!

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

I believe that reading and meditating on the Bible is the best way to feed our spirit, which in turn strengthens our soul. We are, after all, spiritual beings having a temporary human experience. I listen to a lot of preaching and teaching as well. Meditating on the Word gives me the power to focus on truth that cleanses me from entertaining lies from which I may make the wrong decisions.

Do you have a morning routine? If yes, what does it look like?

I have a morning routine that helps me start my day in the strongest possible way. I go for a 15 minute jog at 6am, shower, then read my Bible and pray. Exercising not only keeps me fit but reduces any mental stress and clears my head to think more creatively and positively. Reading the Bible and prayer usher in wisdom and understanding that I need every day for the various decisions I need to make.

What constitutes fun for you?

When my spirit, soul and body light up with the same joy!

What do you do for fun?

Meet up with friends and family with whom I have a kindred spirit, to share and laugh, usually over a delicious meal. I also love to dance.

When was the last time you had fun?

Christmas 2019. We went to my mother-in-law's house for a couple of days. Our other siblings and their children were there as well. We had fun eating, dancing and catching up.

Are you currently reading or watching anything for entertainment?



My family and I are watching a five season series called 'Falling Skies.' It's your typical sci-fi program of alien invasions and the survival of a community. Those in my age group will remember 'V the Final Battle,' it's something like that. I am also currently reading this magazine and it is definitely inspiring!

What 3 life lessons or thoughts would you like to leave the reader with?

1. Know God
2. Know yourself
3. Live intentionally



*Taking care of spirit, body
and soul*

WELLNESS



Discovering my purpose

By
Nomalanga
Ncube

I am on a success journey that I have been on since January 2015 when I made a decision to become a better version of myself. I was broke

and lonely. I made a decision to change my life which was a positive first step.

I had been praying for marriage and money for the longest time and as 2014 ended I had neither. Needless to say, I had prayed and fasted to a point when one day my throat literally closed when I tried to eat an orange after a 3 day dry fast, I screamed until it opened up. Stupidity is defined by Isaac Newton as “doing the same thing over and over and expecting a different result.” My journey started with a lot of soul searching and being definite about what I really wanted.

I was coming from a Pentecostal background of push till you get an answer. So as I banged and banged on heaven’s door for answers, God told me that I had to have a purpose in life and everything else will be added unto me. God told me I was not the kind of girl who was born to be somebody’s trophy wife, he told me that I was a world changer. God basically told me to stop being a brat about marriage and begin to discover what I was born to do.

The journey of discovering my purpose has been fun and wonderful. I identified these 5 pillars of success; *spirit, body, mind, business and people*. I developed strategies for each by way of a vision board. And today I am in a happy space as I discover what I was born to do.

I am strategic about everything I do. For example in 2016 when I asked a piece of a decadent chocolate cake with lots of sugar what it was going to do for my body and it told me it was going to kill me I threw it away and stopped eating sugar for life. I watch what I feed my mind with. I am careful about who I spend my time with. I am happy to report that I have a new purposeful life and it’s a good one. I have not prayed for money and marriage in a long time. Now in my prayers I seek the presence of the Lord, somehow my prayer request list is no longer of importance. I am grateful, happy, still single and not yet in the cover of Forbes magazine.



Self-compassionate Letter writing

By Sibò Hlabangana

This is an extract from the book “Letters to my daughter to be.”

My dearest compassionate daughter,

Not long ago, I discovered something called a ‘self-compassionate letter.’ Being the active learner that I am and liking to try out new things immediately, I wrote my first ‘self-compassionate letter.’

You might be wondering what they are and why you should consider writing one. It’s a letter that you write to yourself showing yourself compassion in the same way you would a loved one. We tend to be very hard on ourselves when it comes to things we are not confident about or things we fail at. Some of the things we say to ourselves we would never say to someone else.

The idea is to allow you to accept yourself unconditionally, something many of us women struggle with. It’s also a way to make you feel better about whatever it is that you’re struggling with. So in this letter you’d basically be telling yourself it’s okay to struggle with what you’re struggling with. You’ll be telling yourself it’s okay not to be perfect and to be insecure about some things. It will help you to see the problem from a different perspective. At least that’s what it did for me.

In life, it's important to not only love yourself; you also have to treat yourself with compassion. Judging yourself will only make you feel worse about yourself and instead of making you do better, it will hold you back.

As a young woman you go through and will go through different feelings about yourself. Some will be great and some not for your benefit. Whatever feelings of inadequacy you are feeling you're not alone. In this selfie and photo-shop world not many are willing to tell the truth. Don't fall for the picture-happy lives you see. Everyone has their struggles. No one is perfect so learn to love your imperfections and for those you feel are your fault, be compassionate to yourself about them.

I was hesitant to include the letter I wrote to myself as an example because it involves something very personal. It might however help you someday should you feel like I do about something in your life so here it is:

Dear Sibbo,

Before I say anything, let me start with this: You are beautiful.

I know you've struggled with your weight most of your life. You were told you were fat from a young age such that even when you weren't you thought you were. You've

tried diet after diet and joined the gym so many times. You've lost weight, gained it back, lost again and so on and so on.

You wonder if you will ever be the weight that you've always wanted to be. You feel like you've failed because you keep wanting to eat the unhealthy food even though you know better. You feel like it's your fault that you are the weight you are. Because you don't like it, you sometimes feel like people are judging you.

Well my darling, it doesn't matter what you weigh or don't weigh because you are beautiful as you are. God would not make anyone that He does not consider beautiful. He made you in His image, which means if you don't see beauty in yourself, you're not seeing beauty in God. If your Dad in heaven sees you as beautiful, why won't you believe him? You believe He loves you right? Why would He lie to you then?



That weight you're not happy with is temporary. The weight you want to be, you're already that. You just need to believe it before you can see it. It is what you desire and as you know, God will give you the desires of your heart. That weight will come off easily once you believe it will.

Not long from now you will look in the mirror and see the woman you feel like inside. In the meantime learn to love the body you have now because it is beautiful. There are people out there who wish they had your body.

Sibo, you are the most beautiful person I know, both inside and out. That beauty comes out even more when you smile. Your smile reaches your eyes and makes them sparkle and makes those around see your beauty even more. Your beauty makes them want to smile whenever they are around you because your soul touches their soul and your joy rubs off on them.

Don't be hard on yourself when you disappoint yourself, you are human after all. Pick up where you left off and start again until you have reached your goal weight. Every time you look in the mirror, remember that you are a beautiful child of God. It's not only your heart that is beautiful but you also have a banging body lol.

Stay the lovely person that you are, you beautiful girl you.

*I love you,
Sibo.*

Writing this letter made me look at what I'm struggling with using new eyes. It allowed me to view it from a different perspective. It gave me the opportunity to use to myself words that I would normally use for people I care about, not myself. It felt freeing. I don't know if it will have the same effect on you but I think it's the kind of letter that every woman needs to write to herself once in a while.

Your loving mom,

Sibo.

This is an extract from the book "Letters to my daughter to be" by Sib0 Hlabangana. To purchase a copy of the book, you can find it on Amazon.com.





What can we learn from Oprah's advice to her younger self? By Sibò Hlabangana

I was watching a commencement speech given by Neil Gaiman and he said something that got me thinking. He said he had achieved something and Stephen King told him to enjoy himself, to enjoy the moment. He called it the best advice he ever got that he didn't follow because he was always worried about the next thing or the next book.

I realized that that's what I do. Instead of appreciating the moment I'm in and fully enjoying it, my mind's already on the next thing. There'll always be a next thing. There'll always be something to worry about. If we don't follow the above advice, we'll never enjoy things as they happen. It'll only be when we're looking back that we'll say "Oh that was a great time."

Stephen King's advice to Neil Gaiman has reminded me of some advice that Oprah gave when she was asked what she would tell her younger self. She said she would tell her to relax. So simple and yet so profound. We're always worried about something. Whether we're good enough at something, what people think of us, if our dreams will come true and many other things. Rather than trusting that everything will be ok we stress and usually about things we can't change. Oprah says relax and I think she knows what she's talking about.

So to you (and me) who's worried about being the right height/weight/complexion, whether you'll succeed at what you're doing now or if you'll meet the love of your life or wondering if things will work out, RELAX. Things will be ok, you will get to the other side of whatever's worrying you right now. If you don't, you'll look back and see how much time you wasted worrying when you could have been relaxed and been enjoying the experiences you were having at that time. I don't know about you but I hope going forward I'll follow Stephen King's advice to Neil Gaiman and Oprah's advice to her younger self.

Contributors for the June 2020 Issue

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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.

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5. Sibho Hlabangana

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JUNE 2020

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