

SIBO - LIFESTYLE

ISSUE NO. 3 JULY 2020

Dreams/Vision:

When dreams come true. The truth about poverty and the mind. Living from strength.

Wellness:

Living in the middle of a raging calorie busting war.

Travel:

July 2020 Travel Gallery.

INVESTING IN EXPERIENCES RATHER
THAN ITEMS THAT CAN PERISH

N O M P A K A M I S O
H U D E

Hello Diamonds,

Welcome to the July 2020 Issue of *Sibo-Lifestyle Magazine*, where diamonds emerge.

This month we explore the relationship between poverty and the mind, as well as why belief is important. We get to see someone's dreams come true and receive some strength coaching. You'll also find an exploration of body image in relation to wellness, crafted like a painting or some other work of exquisite art that I believe anyone who's ever looked in the mirror and not been too happy will relate to.

The diamond of the month is Nompakamiso Hude, who briefly lets us into her world. She takes us on her travel journey around the world to places that span continents. She shares lessons learned along the way as well as challenges encountered. She says she never dreamed she would live to experience the kind of life she's lived so far.

In this Issue we also introduce travel into the mix. From our diamond of the month sharing her travel experiences with us to our travel gallery where some of our readers have given us a glimpse into their travel diaries through pictures. You're welcome to share yours for the next Issue.

If you would like to receive a monthly copy of the magazine or contribute to the next Issue of the magazine, you will find details on page 47. If you discuss or share about the magazine anywhere on social media, please use the hashtag #SiboLifestyle so we find it.

I hope this month's Issue leaves you inspired and encouraged to dream big and know that the life you want to live is possible. Read on, enjoy and share with others. Dare to dream big and believe in your dreams.

With love,

Sibo Hlabangana
Bulawayo, Zimbabwe.

JULY 2020

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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



When dreams come true - Sho Madjozi's story

By Sibò Hlabangana

I love reading stories and watching videos that remind me that anything is possible. From how Jason Momoa ended up with Lisa Bonet to Emmanuel Gaza being admitted as an attorney at 75. You can imagine my

excitement when I came across Sho Madjozi's story last year. Sho Madjozi is a South African singer/rapper, actress and poet. I became aware of her when a video of her meeting her childhood hero, John Cena, on the Kelly Clarkson Show, came up on my recommends on YouTube. I must have watched the video about 5 times like a crazy person because seeing someone's dream come true like that reminds me why I dream.

She sang a song, titled "John Cena," not knowing what it would result in. The song was loved by many and became popular. A dance challenge resulted from the song, making it even more popular. The song led to her being interviewed on an American Television show, winning a BET award and meeting one of her childhood heroes. Let Sho Madjozi's story (that is largely still in the making) show you that if you have a dream and work at it, there will come a time where you do something and the world notices. I'm excited to see what will come next in her story because I know she's just getting started.

In the pursuit of her dreams, she is prepared and the opportunities are finding her. Your dream will make room for you to succeed, if you pursue it relentlessly. The international success of individuals like Trevor Noah is showing people that anything is possible. Sho Madjozi herself expressed this in a Billboard interview by Nadia Neophytou, when she said "It makes a big difference if you see a guy like Trevor Noah becoming a success internationally, or Black Coffee, it does a lot to people's self-esteem." There are many others. It helps that we're living in a global village where technology is allowing for an international audience. What are you pursuing that you'll one day be able to share with the world?

I'm grateful to Sho Madjozi for dreaming big and going after her dreams because her story has left a smile on my face that won't go away anytime soon. If you haven't already, be sure to watch the video of Sho Madjozi meeting John Cena and continue pursuing your dreams, knowing they will come true.



The truth about poverty and the mind

By Nomalanga Ncube

I am many things, but the one thing I am passionate about is being a success coach. I coach women to be successful in their area of passion and purpose. I emphasise that while on their business success journey, they must also pay attention to 5 key success areas; Spirit, Body, Mind, People & Money so that they can have joy and peace. Today I will talk about the Mind. Poor people the world over, who make up 99% of the world population who share 1% of the world's wealth are suffering from mismanagement of their minds. Bob Dylan in his song License to Kill put it nicely; *"...his brain has been mismanaged with great skill, all he believes are his eyes and his eyes they just tell him lies..."* That there is the true story of the origins of poverty via systematic mind mismanagement.

The world system is controlled by the 1% wealthy people of the world, who control 99% of the world's wealth. This system is oppressively meant to keep the 99% poor as consumers of what is produced by the 1%. The only way out of this mental slavery is the liberation of the mind. Bob Marley in his song Redemption song put it like this; *"...emancipate yourself from mental slavery, none but ourselves can free our minds..."* Napoleon Hill in his book *Outwitting the Devil* says that mental slavery is engineered by several trusted institutions, that is schools, churches, parents, etc. These all socialise children of the poor to be consumers and employees. They are taught to do well in school and get a good job working for the 1%

producers. There are a few children who dare to ask “who decides who should be an employer?” and it is those who grow up, escape poverty and join the 1% producers and employers.

It is however not easy to break away from the 99% poverty mindset. There is opposition from the spiritual and the people. The spiritual in its true nature supports the prosperity of the children of God, but the lies hiding within the spiritual totally opposes the prospering of the children of God. Which is why a pastor who preaches prosperity is vilified by the church and the world. The people around a child who wants to join the 1% will vehemently discourage that child to a point of disowning them. For example, an African child with a football talent who says they want to be like Cristiano Ronaldo, will be asked a simple question “Who in your family has ever played football and made money?” The answer is nobody, because all who tried to move away from the consumer/employee circle were crushed in their tracks.

The first step in freeing your mind from slavery is to read the books that the 1% read. Read their biographies, listen to them. Success leaves a trail. The 99% poor know nothing about wealth. These days there is the internet. You can follow Jeff Bezos, Oprah Winfrey, Lionel Messi, Philip Mataranyika, Divine Ndlukula, Danai Gurira, Peter Ndlovu and Sandra Ndebele. They succeeded against all odds and moved from the 99% to the 1%. If you do not know the last five on the list, Google them. It will be a step towards moving out of the 99% poor to join the 1% wealthy. There is nothing blessed about being poor. It is a curse. Shake it off!!



What you need to ask yourself, according to Elon Musk

By Sibohlabangana

If you're a dreamer or someone on a journey of pursuing their dreams, you need to know who Elon Musk is. If you don't, he's the founder and CEO of SpaceX, CEO of Tesla and founder of The Boring Company, among a whole host of other things. He's a billionaire visionary of note and one of my inspirations. If you'd like an in-depth look into his life and story, I would say go read "The Elon Musk Post Series" by Tim Urban. He actually got to sit down with Elon Musk and spend some time with him (a dream of mine) and interview him and people around him.



So, why am I bringing up Elon Musk? Well, I watched an interview of his by TED's Head Curator, Chris Anderson and Elon said something that I believe every person in the pursuit of their dreams should live by.

In reference to why he does what he does, Elon had this to say: "It's important to have a future that is inspiring and appealing. I just think that there has to be reasons you get up in the morning and you want to live. **Why do you want to live? What's the point? What inspires you? What do you love about the future?** And if we're not out there, if the future doesn't include being out there among the stars and being a multi-planet species, I find that incredibly depressing if that's not the future we're gonna have... **I'm not trying to be anyone's saviour. I'm just trying to think about the future and not be sad.**"

Elon Musk is not the only one who thinks this way. In his Stanford Commencement Address, Steve Jobs said every morning he would look in the mirror and ask himself "**If today were the last day of my life, would I wanna do what I am about to do today?**" He said if the answer was no for too many days in a row, he knew he needed to change something.

I decided to share Elon Musk and Steve Jobs' questions with you because I've been catching up on different series lately. Some I'm re-watching but it's the first time that I'm watching Six Feet Under. Something happened in one episode that I can't stop thinking about. One of the characters named Nate, died. He happened to be my favourite character. He had just turned 40 and was still trying to figure his life out, what exactly he wanted to do, who he wanted to be with and what would make him truly happy. I could relate to his life because in a couple of years I'll be turning 40 and I'm still figuring stuff out. His death blindsided me and I wasn't sure if I could continue watching the rest of the episodes in the series.

Now, its weeks later and I keep thinking about Nate. He didn't get a chance to go back and redo things or choose a life that made him happy, not trying to please people around him. I don't wanna be Nate. I don't want my life to end without me having lived a life I loved. Are you currently doing what you want to do with your life? If you found out today was the last day of your life, would you be able to say you lived it the way you wanted? I believe it is vital that you live your life the way you want right now because it can end at any moment. If you can't, then start taking steps to make that life possible because you may have less time than you think.

do what
makes
you
happy

when the demands of work are pulling you in many different directions at once.” *Tom Rath, StrengthsFinder 2.0*

My husband has Adaptability as his first dominant strength. Before I knew about strengths, his adaptability used to drive me crazy. We would literally decide on a course of action in the morning and by the afternoon he would have changed his mind. Now, bear in mind that one of my dominant strengths is Intellection, and I like to think things through. So if they keep changing, then it means I have to go through the deep reflection of it again! I used to wonder why he couldn't just make up his mind.

Fast forward to an understanding of strengths, and now I know he isn't trying to drive me crazy. He

is just super flexible, and this is a great help in sudden times of change or difficulty. He is able to remain calm and accepting of the changes that need to be done whenever they happen. His work colleagues often call him when they have those 'suddenlies' and they are too shocked or frustrated to respond. No matter what he is doing he is able to adapt to their situations. I am now very appreciative of this, as he helps the family accept change, and in a country like Zimbabwe this is a daily necessity.

In the next Issue, we will look at the strength of **Analytical**.



Staying in the arena - Why I will not give up

By Sibò Hlabangana

In the pursuit of your dreams, I'm sure there are times where you wonder if you'll ever get where you want to be. Where you wonder if you'll succeed at what you're tackling. Where you find yourself asking if it will all be worth it. Times where you are tempted to give up. Well, you're not alone. I go through times where I feel like I'm treading water to stay afloat but being so tired that I feel like letting go and just drowning. I sometimes feel like Jack in the Titanic, instead of Rose who survives. For those times, what keeps you going? What makes you believe you'll achieve what you've set your mind to. What makes you sing another song, write another book, start another business or continue to do what you believe you should be doing with your life?

For the most part I believe because I have faith that God will get me where I want to be. On



some days though, I only believe because I have no choice but to believe. If I don't believe it means that all my hurts, my disappointments, my pain will have been for nothing. I am in the arena bleeding and walking away now will mean all those jabs I've taken so far were

for nothing. I have to stay in because I want what I've gone through so far to mean something, to have been worth it.

Although it means I may take more cuts and stabs, it's nothing I haven't already experienced and survived. I've told myself I'd rather die in the arena than not get to see what's waiting for me when I finally conquer. Being the dreamer that I am and looking at what my future looks like, I'm glad I'm staying in the arena. I wouldn't have it any other way. Stay with me, let's not give up. We can do it!



The power of belief By Sibohlabangana

Oprah Winfrey once said, “You don’t get what you hope or wish for, you get what you believe.” I’ve found that to be true.

Our beliefs and what we think determines how we fare in life. Be it that those beliefs are to our benefit or to our detriment. Some of those beliefs society planted in us, some it might be what we were told growing up by our parents, family or any person that had an influence on us. I’ve sometimes found when you tell someone that what they believe matters, they say “but let’s be realistic.” What is reality? It is subjective because what is real to me might not be real to you.

What I’ve found to be one of the best examples of belief in action is Jim Carrey’s story. I watched a video on YouTube where he was talking about how he wrote himself a cheque for 10 million dollars. He wrote on the cheque “for acting services rendered.” He dated the cheque a number of years from when he wrote it. He did this when he was a broke and struggling actor. He didn’t have much to his name and couldn’t have known if he’d ever get that kind of money. What he had was belief. He believed that he would receive that money. In the exact year he had written on that cheque, he found out he would be getting paid 10 million dollars for a movie he was to take part in. Now that’s the power of belief.

In his book ‘Think and grow rich’ Napoleon Hill talks about how he managed to make his son believe being born without ears would be an asset. He was proved right when his son not only

gained hearing but helped others to do the same. None of that would have happened if Napoleon Hill hadn't believed and in turn caused his son to believe as well. He made his son believe, in a process that I think every parent can learn from. I'm not going to attempt to explain it to you because I won't be able to do it justice. It would be better if you read it for yourself.



'Think and grow rich' is one book I suggest you read if you haven't read it yet. I got it for \$0.99 on Amazon. What I got from this book is priceless. It is one book you cannot afford to miss out on if you really want to change your life.

I remember before I got admitted to practice as a lawyer I used to have a fear of going to court; I was told it was an intimidating place, especially for women. I thought the judges were scary and were out to get you. I thought this because of stories I'd heard and because of what I believed about a courtroom having been a place to be afraid of. Now I enjoy going to court. Cross examining someone and getting them to say what I want gives me such a high. I can't believe I used to be scared by the idea of appearing in court! My beliefs are what scared me. Granted there are times where I've embarrassed myself in front of a Judge or Magistrate but I've laughed it off afterward and more often than not they just smile and shake their heads.

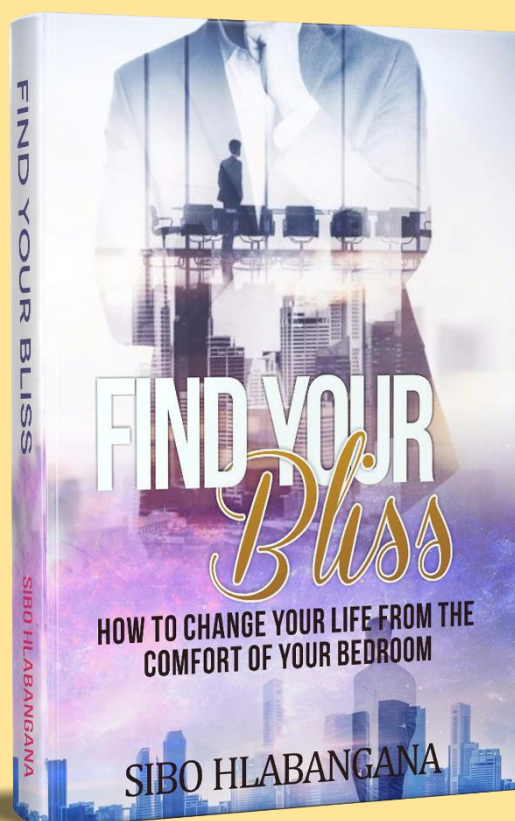
Look at your life and what is happening around you. What are your beliefs? Are you normally proved right or wrong? I can't speak for every situation you might experience, but for me, I've found what I believe is what ends up happening, even when I'm hoping for something else. Whether it's our beliefs about money, about relationships or about our values, what we believe plays a part in what happens in our lives.

I have beliefs that I'm changing through affirmations because I've had those beliefs for a long time. I didn't even realize I had those beliefs until I took stock of my thinking and my beliefs.

Now that I know what they are, I'm working on changing those beliefs, I don't know how long it's going to take, but I'm doing it, and it's making all the difference. It wouldn't hurt to do the same.

Since I'm hoping you're reading this because you want to change your life, you have to think about what your beliefs are. For you to achieve anything, you have to believe that it is going to happen. Whether you believe in yourself, in God, or in your dreams, you have to believe. To believe in what you do not see yet is called faith, so you have to have faith. You have to believe that God is on your side and that He wants to make you happy and to prosper you. You have to do your part by saying what it is that you'd like and then holding on to the belief that it will happen. Even if it takes a month, a year, 10 years, it will happen. And if it doesn't happen the way you hoped for, something bigger and better will take its place because God is cool like that.

This is an extract from the book "Find your bliss" by Sib0 Hlabangana. It's available on Amazon.





DIAMOND OF THE MONTH



Lincoln Memorial, Washington D.C. USA

Investing in experiences, rather than items that can perish - An interview with Nompakamiso Hude

By Sibò Hlabangana

In each Issue of Sibò-Lifestyle Magazine, we interview individuals that dream big, pursue their dreams 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 get to hear from Nompakamiso Hude.

Nompakamiso Hude is a modern business leader that has trained and excelled at world class institutions, managing top lifestyle brands such as Jack Daniels, Amstel, Smirnoff and Gin

Tanqueray. She has been interviewed by the likes of DJ Fresh on Metro FM, been a panelist at alcoholic beverage industry events and spoken at events hosted by different brands such as Dawn Beauty SA. She has lived a life many of us dream of: living in and traveling to exotic locations around the world; interacting with people the average person dreams of meeting and attending events many can only dream of like New York Fashion Week and Essence Festival. She is a jetsetter who is pursuing her dreams and someone whose book I think we can take a page from.

Growing up, did you imagine you would do the things you've been able to do in your life?



Were you a dreamer as a child?

No, I never imagined that we would move out of Khayelitsha (one of the poorest neighborhoods in South Africa) where I was born and raised. I never imagined I would be working for global companies that would send me overseas and expose me to a life I never even dreamed about. I certainly never

Angela Basset 60th birthday in Los Angeles thought I would be living in New York City, for as long as I did working in corporate America. I was never much of a dreamer, I truly lived for the moment – I miss that about myself. I was curious about things yes but never a dreamer.

So far, what are you most proud of achieving?

I am most proud of taking the decision to move to New York City without knowing anybody there! It was the best decision ever! I have met the most awesome people and I've had incredible experiences in the last 5-6 years; I don't think I would have had all these



Women's Day, Google Event, Johannesburg, SA (with my family) the loneliness and keep myself entertained. There were work pressures too. The fast pace and working with the best in the world meant I had to perform at my highest level.

One of the biggest challenges came when, on my way from a weekend in Jamaica, I got a message that the apartment I lived in had burnt down. This was after living in New York for only 2 months!

I got back to NYC with one carry-on bag full of bikinis right in the middle of November in New York where temperatures were -3 degrees Celsius! I had lost everything. My clothes, my brand-new furniture, my documents, gifts from my friends and family from back home, sentimental items that reminded me of home when I felt lonely which are your life support when you are living away from home, I had lost everything. Not to mention the expense of setting up the place in the first place.

Through all that, I continued to stay in NYC because I reminded myself why I wanted to come here in the first place. I remembered the reasons I made the move in the first place and I decided this wasn't the end of the world, it was a setback, a major setback. I cried and cried, allowing myself to feel the pain and frustration. After that, I woke up and went to work and dealt with this disastrous setback. Everyone was shocked I even came to work but it was the only thing that kept me going.

experiences had I not taken the leap of faith and stepped out of my comfort zone. Of course, it didn't come without challenges or frustrations.

What challenges did the move come with?

Since moving to New York, I had to get used to a few things. Not having the support of family or friends was tough at the beginning and I had to find ways to beat



Smirnoff Global Team, New York City

After a few months, and me moving to my new apartment and started settling in, again; I had a new way of thinking. I realized all the expensive material stuff I bought when I moved to the US all went up in flames and the only thing I had after the fire were the memories I had built in this great, beautiful and complicated city as well as in Jamaica. I then made a decision to invest in more experiences rather than items that could perish, a difficult and great personal lesson for me.

You've done quite a bit of traveling, could you please share some of your experiences

I moved to New York when I was 28, which was 6 years ago. I knew I loved to travel but when I got to New York City and met people from around the world who told me about their

countries, I certainly wanted to visit. I now have friends who are from all over the world and I took advantage of it. My team at work was a truly global team, you had me from South Africa, and the rest were from Argentina, Spain, Australia, Sweden, UK and America. That exposed me to different cultures, which teaches you to be open to people that are different from you.

I have travelled to the Caribbean Islands; Jamaica, Barbados, Dominican Republic, Puerto Rico, Bahamas as well as St Martin, St Barts and Bermuda. Some of the best beaches ever! And they make a mean ass cocktail! I have also been to France; Paris the fashion capital for me and where I had the most amazing food, well that was before I visited St Tropez (although very expensive!) Nice, Monaco before going to the party capital Ibiza in Spain, story for another day! I had the best Paella in Madrid but nothing beats the Mediterranean beaches and the freshest fish in Formentera! My beautiful Spanish friends were getting married and they invited me, it was beautiful! That same year another friend of mine got married in Malaga, Spain and it was another gorgeous wedding! That weekend I went to meet up with my mom and sister in Barcelona after not seeing them for close to 9 months so it was beautiful!



Jimmy Kimmel Live, New York City

Then I travelled to Italy where I fell in love with more than just their pasta. I mean I have been to a lot of places including Sweden where I had the best homemade Swedish meatballs by my friends Daniel and Alex. All to say that traveling has opened my mind and has made me see the world differently. I am a lot more patient with people and I see so many similarities that I start questioning why, as people, do we always magnify differences instead of embracing how similar we are? This I believe leads to tolerance.

What drives you in life? What keeps you going?

Right now it's figuring out what my purpose is. At 34 I am still not sure what my purpose is but every day I try to be fully present so I can be ready when that awakening happens. I think once I find what that purpose is, then I will go about that business of doing it every day. Until then, I wake up every day doing what I do and hope it comes. Sorry it's not a profound answer but that's what drives me.

5th Avenue, Manhattan, New York City



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

I think the most trying time of my life was working for a manager that didn't know how to manage, teach, communicate and have patience. That was a hard time for me because I take pride in what I do and I want to be the best at it. So when you don't have a supportive manager, you end up doubting yourself and feeling inadequate. It's honestly one of the best lessons for me because I learnt that you can't change someone who's not ready to change and when they are in a position of power, the best thing to do is get yourself out of that situation because if you can't change the situation and can't change yourself then get out of it. It's really not worth losing your peace of mind.



James Rooftop, New York City with Taye Diggs & Yolanda Cuba

How do you show yourself love?

I have days I call Mpakie Days, it's an actual hashtag I've created he he #Mpakieday. Anyone who knows me knows that on this day it's all about Mpakie. I do what I feel like doing no matter what, that could be a spa day, picnic day, shopping, reading day, TV day, etc. The important thing is that I do it by myself and it's ALL day. I look at my phone just a little bit less than usual. The point is that #Mpakieday I do what I want not what anybody else wants me to do.



Diane von Furstenberg, Tanqueray Event, Meatpacking District in Manhattan, New York City

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

I read a few self-help books and right now I'm reading *Uncommon* by Tony Dungy, it was a book someone gave me about 10 years ago and I am only reading it now, because you know, COVID19 has given us time. But my favourite self-help podcast is *SuperSoul Sundays* by Oprah Winfrey. Those are my go to for inspiration. Eckhart Tolle's books are great too.

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

Where you come from certainly doesn't determine your future but it gives you lessons that prepare you for the future! So embrace your past and embrace your present as well. The lessons that I have learnt through moving to New York City, which is one of the hardest cities to live in for multiple reasons. But through that experience I learnt that progress and comfort

don't live together in harmony. You can't progress in life without trials and tribulations. Also, don't be afraid to leave a place you are not happy in, you're not a failure when you leave. It's just life moving you forward to a place you didn't even know you needed. Lastly, find everything you can to build your confidence, when you speak with conviction people tend to trust what you're saying, because most of the time it's not what you say it's how you say it! 😊

You can find Nompakamiso Hude on social media:

Instagram – mpakie

Twitter – @mpakie

Facebook – Nompakamiso Hude

L'Ormarins Queen's Plate Racing Festival with Siv Ngesi, Siya Kolisi and Pontsho Maduna





*Taking care of spirit, body
and soul*

WELLNESS



Living in the middle of a raging calorie-counting and calorie-busting war

By Ruramai Mugwisi

It was a cold June morning and the day had started off well. We've heard the adage "summer bodies are made in winter." I had successfully fought the urge to stay in bed curled up under the warm winter quilt to sleep for just 5 more minutes. I had braved the nip in the air and quietly struggled into my workout clothes in the semi darkness of my bedroom. Then grabbing my skipping rope and one wobbly hop at a time I skipped and as each hop became steadier and stronger I felt pride welling up in my heart that I'd done this! I had prevailed against the conspiracy of the winter season to increase the girth of my waist and decrease my almost visible thigh gap! So I envisioned my summer body as my breathing deepened and my chest pounded within me. I was smashing my fitness goals! I knew I was going to have a great day.

That was before I took a quick hot shower after my skipping routine and prepared to metamorphose into a magazine cover model. I slipped into a professional look pencil skirt complete with a tucked in crisp white shirt. That's when things went awry. The skirt hugged my lower body in crevices I didn't know existed! When did that dimple get there! Were those hip dips? As for the tucked in shirt! Well let's just say my tummy protruded like a second trimester bump and the svelte image of my imaginary lean body in a power suit melted away like a chocolate sundae in the sun! I desperately needed to change the whole

outfit and rethink what I was going to wear. With a sinking feeling I knew I was going to be late to work.

The reality was that I was a woman fast approaching the forties, thick in the middle of a raging calorie-counting and calorie-busting war that had left me physically battered (pulled ligaments, aching muscles, stubbed toes, does a bruised ego count too?) I was fighting daily to bring back to line a body that was determined not to cooperate with my mind and the images that I constantly envisioned, which I thought reflected my vision of what I was going to look like (which much to my dismay were becoming more and more a past vision of what I USED to look like before the arrival of my 4 children in aeons gone by!!!) And with each passing season I had to reacquaint myself with new fine lines etched into my face and added inches never previously encountered before.



I took another look at my reflection in the mirror. As I scrutinised myself it suddenly occurred to me that this wasn't a battle against a fat invasion intent on sucking the joy out of my life but that this was a battle against self-obsessive traits and perceptions that I'd held on to and come to accept as the truth that shaped my life. I was more than fine lines and inches! The gentle curve of my tummy represented the life I'd nurtured in the sacred haven of my body for nine months at a time. The cellulite and dimples in my hips, a reminder of the chocolates and wine shared without remorse and without regret with family and friends in carefree moments that defined the true meaning of life. The fine lines on my face mapped the smiles, laughter, and also the growing pains of a life lived with clarity and meaning; a life lived with an abundance of love and a much needed generous dollop of humour.

I made it to work and I wore that pencil skirt with my shirt tucked in. I embraced my changing body with confidence because I realised that wellness was much more than a

number on a scale or the calories in a meal. Wellness was loving myself regardless of my flaws and holding myself accountable to my goals. I was not as slender as I wanted but I could do something about it.

Wellness is a dynamic process of self-awareness, accountability and growth. It is confidence in my fine lines and inches. It'll mean that each winter morning I have to win the battle against the dropping temperatures and when I do manage to crawl out of my warm bed on time, I'll skip a little longer, go a little faster, push a little harder. I am going to get this body to step it up and shape up one way or the other and although I may not enjoy every single moment of my fitness journey I am going to love this imperfect body through it all. After all these are my fine lines and inches.





Feeding your spirit and nourishing your soul By *Sibo Hlabangana*

It's very easy to find yourself in a situation where you're living your life as though nothing matters. To wake up every day and do the same thing. To wake up and not know what to do with yourself because you currently don't have a job. To go to that dead-end job you hate, be around people you don't like. You find yourself hating your life and in some cases you don't even realise that there's anything wrong with that because you tell yourself "that's life." Not realising that there's more to life. I used to be in that situation. This resulted in me throwing my life away, living a life with no improvement and turning to different vices to make myself feel better. I didn't have to live like that, neither should you. I'd like to share what led to my life changing, to me living a passion filled life, living with purpose and finding fulfilment.

How to find fulfilment

1. Feeding your spirit

Before any change could take place in my life, my spiritual life had to change first. If your spiritual life is suffering or is not being fed or your life is in contrast to it, you will not feel fulfilled. You might blame it on other things but if the way you're living your life is not in line with your spiritual needs and values, it will cause friction in your life. Until you do something about it, you'll feel disjointed and lost but unable to pinpoint exactly what the problem is. You might even blame it on your circumstances, like I did for a long time.

For me, things changed around when I turned to God. That's where I find my spiritual fulfilment. I had turned away from that and until I accepted that it was the missing link, what was causing discord in my life, I couldn't move forward in anything worthwhile. For me I felt found when I turned to God. I now have an anchor. I feel loved unconditionally. With so much uncertainty in life, this one certainty allows me to face life confidently, well most of the time. Find out what it is for you and do something about it. Feed your spirit and nourish your soul because without sorting that out first, it will be difficult to find fulfilment in your life.

2. Self-love

Many people think self-love is some form of arrogance but without self-love it's near impossible to live a fulfilled life. We often want to treat the symptoms of a lack of this, such as alcohol abuse or drug abuse without treating the root cause. Whether or not you love



yourself will determine what you allow into your life and how you treat yourself. There are some things that if you loved yourself you wouldn't entertain. For

example if you truly loved yourself you wouldn't do some things you consider normal at the moment but are symptoms of your lack of self-love. Examples of these are excessive drinking every night (not drinking for enjoyment or socially) or taking drugs.

Lack of self-love is a huge problem for many people but it goes undiagnosed that not many people realise they suffer from it. I know I'm talking about it as though it's some sort of disease, that's because it is. The worst kind because it's symptoms are what ends up being treated as diseases without dealing with the root cause. This results in the symptoms coming back and people don't know what to do anymore. You could be suffering from it without knowing it.

Look at your life right now. If you loved yourself would you be in the relationship you're in? Would you be spending time with the people you spend time with if you loved yourself?

Would you frequent the places you frequent? Would you ingest the substances that you take that you know are damaging your body?

I'm not talking about something I know nothing about. It's only a few years ago that someone pointed out to me that I didn't love myself. I didn't think so but upon reflection I realised she was right because the kinds of relationships I got into showed a lack of self-love. The excessive drinking I did and the smoking I was doing was evidence of the same. I can't tell you if you love yourself or not, only you can honestly answer that. Take time to reflect on it and if you find that you don't love yourself, make a conscious decision to do so. It might not seem like much at the beginning but it will change your life because it will govern your decision making and what you allow into your life. You won't be alone on this journey because I'm still learning to love myself too.

I don't know what your life is like or what makes you happy or sad but I know if you're living a life that is not fulfilling you, you need to do something about it. Life is too precious to spend it just getting by. I hope the above will assist you in taking the first step to feed your spirit and nourish your soul.





“Dropping names is so last year. We dropping locations now.” – Anele Mdoda on Celebrity Game Night SA.

TRAVEL GALLERY

This month’s travel diamonds are Lisa Netha and Fiona Mavunga. Since traveling is not really an option at the moment, they’ve shared pictures from past travel experiences. Let’s travel vicariously through them as they showcase different places around the world. Let their travels encourage you to dream big and design your life to allow you to do the things you love.



Fiona Mavunga at Table Mountain in Cape Town, South Africa
Fiona Mavunga Instagram: [fifty_marue](#)



Fiona Mavunga at Groot Constantia Wine Estate in Cape Town, South Africa



Fiona Mavunga at the Robben Island Museum in South Africa



Fiona Mavunga at Victoria Falls in Zimbabwe



Fiona Mavunga at the Johannesburg Zoo in Johannesburg, South Africa



Lisa Netha at Time Square, New York City, USA



Lisa Netha in London, UK



Lisa Netha in Accra, Ghana



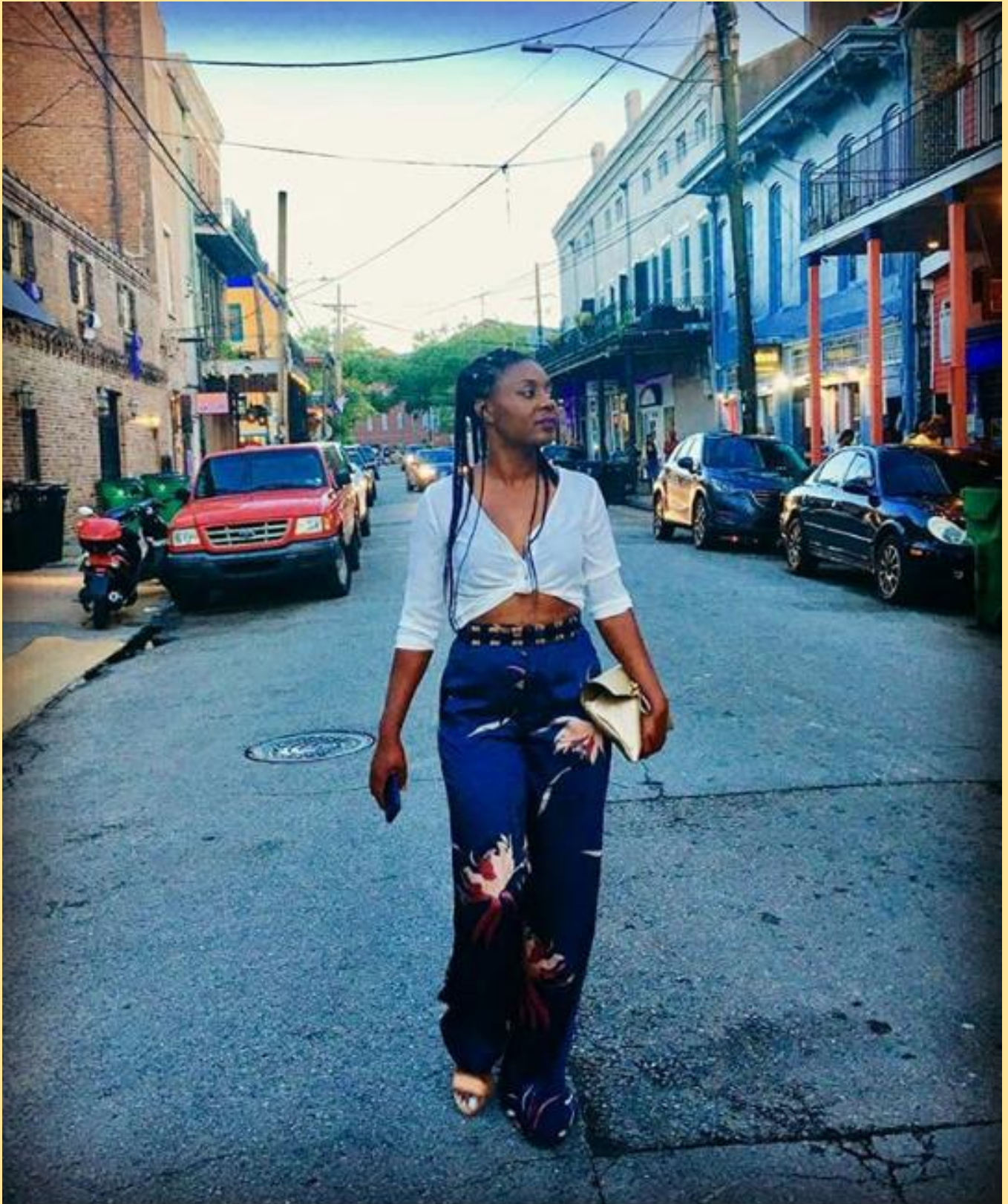
Lisa Netha with her husband in Asakusa, Japan



Lisa Netha in Kanchanaburi, Thailand



Lisa Netha in Nice, France



Lisa Netha in New Orleans, Louisiana, USA

If you would like to contribute an article on your travel experiences and/or share pictures of your travels in the next Issue, send your article and/or pictures to sibo@inspirationbysibo.com or send via WhatsApp to +263733259119.

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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. Sibho Hlabangana

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JULY 2020

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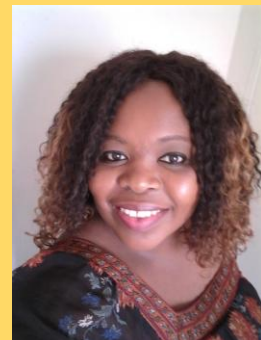
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Contribute to the next Issue

If you would like to contribute to Sib0-Lifestyle Magazine, email sib0@inspirationbysib0.com or WhatsApp +263733259119. It should be your own work/opinion, you can use quotes but it should be mostly your work. We will not accept your article if it's been published anywhere else. Length should be from 400 words to 1000 words. For publication in a certain month's Issue, submit it by the 15th of the month before e.g. for August, submit by July 15, 2020.

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