

SIBO – LIFESTYLE

InspirationBySibo.com

FREE Dream Pursuit Magazine | Edition #06, OCTOBER 2020

Dreams & Vision

10 lessons from a 30 something year old.
Living from strength. Have you lived out
some of your childhood dreams?

Wellness

A letter to anyone that's
feeling lost.

DIAMOND OF THE MONTH

NKANYISO SIZIBA JAMES

Travel

Self-reflection in Bali, Indonesia.

Sibo-Lifestyle Magazine

Where diamonds emerge

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Hello Diamonds!

Welcome to the 6th edition of *Sibo-Lifestyle Magazine*, where diamonds emerge. This month we celebrate turning 6 months old! I'm so excited because each month I think this could be the last month but here we are. Thank you for choosing to read *Sibo-Lifestyle Magazine*. It means a lot to me that you've chosen to do so, I really appreciate it. I hope you get something from it that makes you want to come back for more.

This month we start off with a 'did you know' section where you find out about how *Sibo-Lifestyle* went from an idea into what it is now. We talk about childhood dreams and share some life lessons. Joyce Mutangara is back with her monthly instalment of "Living from strength."

The diamond of the month is Nkanyiso Siziba James, an entrepreneur who's doing amazing things whilst being a wife and mother as well. She takes us on a journey of her work life and her personal. She shares vulnerably about some struggles she's experienced, exemplifying what real life superheroes are made of.

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 35. Comments and suggestions are welcome, using the contact details to the right. 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 lights a fire in you to dream big, pursue your dreams and take action when the time comes. Read on, enjoy and share with others.

With love,

Sibo Hlabangana
Bulawayo, Zimbabwe.

OCTOBER 2020

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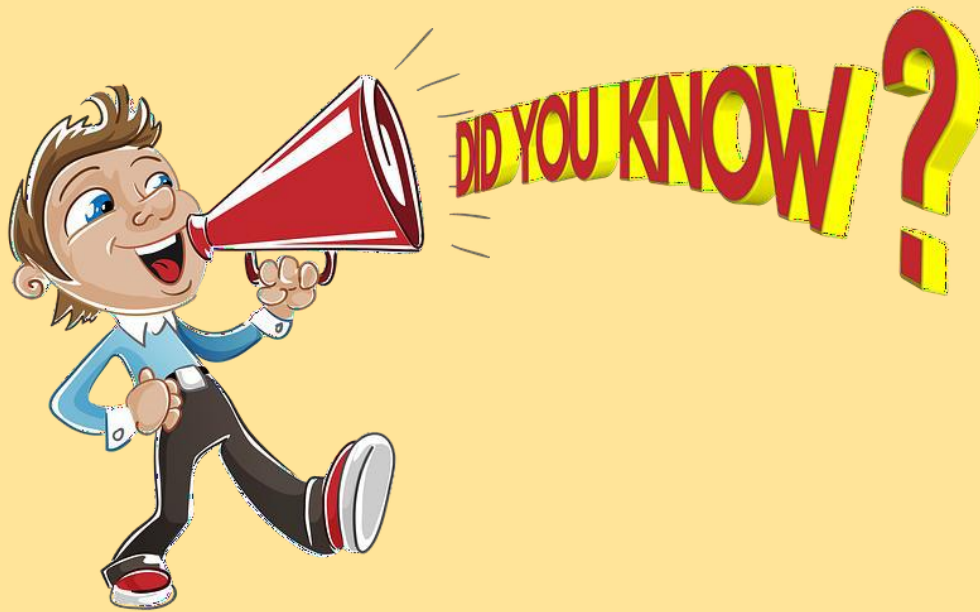
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A little bit about Sibolifestyle Magazine

When and how did Sibolifestyle Magazine come to life?

Last year in May I did a vision board of a project of an idea I had been thinking about for a few months. One of the things I put on it was a picture of a magazine. When I did that I had no idea how or when it would come about. I was doing my usual dreaming. A year later, May 1, 2020, the first Issue came out. Below are pictures of the vision board:





You will notice I was calling it Cleopatra-Lifestyle. I wanted that name because Cleopatra was a queen who was a flawed human being who was still perfect as she was. I thought I would start from scratch but a few months later I remembered my blog 'Inspiration By Sibó' that I had abandoned for a year and some months. It was a dream/vision blog. I went back to it and revamped it to add a wellness section, a features section and more recently a travel section. I started running the blog again and in April this year I thought, maybe I can start that magazine I dreamed of. Less than month later, the first Issue came out.

So Sibó-Lifestyle Magazine was birthed from my blog Inspiration By Sibó. I didn't go with the name Cleopatra because I didn't want to start over but wanted to build up from what I already had. I'm sharing this with you to show you that your dreams are valid and even if you don't know how, you will find yourself living some of those dreams and achieving what you set out to do.

What is a Sibó-Lifestyle? (The lifestyle we promote and hope to achieve)

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

9. You define success on your own terms.
10. You know you matter, your life has meaning and you are a beautiful and worthy human being.

Why are you, as a reader, called a diamond?

In a world where being like everyone else or fitting in is the norm, I wanted a name that made you stand out and affirm you for who and what you are. You are a diamond, a rare precious stone. Whether or not the world recognizes it, you are a diamond. Give yourself permission to shine and shine brightly. Don't ever feel the need to dim your light to fit in or to make other people feel better about themselves. With that said, let me share with you a letter I wrote to my daughter-to-be (that I'm now dedicating to you) on not shrinking next to a great man. To our male readers, I use 'she' in the letter because I'm putting it here as I wrote it to my daughter-to-be so feel free to read it in a way that applies to you 😊

Dear Diamond,

You don't have to shrink next to a powerful or great man. Sometimes people will expect you to do it but you don't have to. Look at Eleanor Roosevelt. Her husband is the one who was President but she still shined next to him. Even now her name is still known.

You can achieve a lot on your own. The world sometimes makes it seem as though to achieve great success as a woman you have to be single. You don't. If you want to you can. Marriage can sometimes seem like it stifles women. In some cases it does but only if you let it. You can be married and still shine your light bright.

Consider Eva Peron. Everyone knows who she is. Movies and plays have been made in her honour. She could have chosen to be the meek stand-and-look-classy kind of first lady but she didn't. She pursued her own causes and gained her people's love, trust and respect. She didn't conform to what was expected of her. You don't have to either.

Don't let the world define how you should act in order to succeed. Let that be up to you. Whether you do it on your own or next to a man, shine from where you are. Don't feel the need to dim your light. If you find yourself needing to then maybe the man you're next to needs to let his light shine brighter. That's his problem, not yours. So let your light shine and brightly at that!

*With love,
Sibo Hlabangana.*



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

DREAMS

AND

VISION



Have you lived out some of your childhood dreams?

By Sibon Hlabangana

I had seen the book [The Last Lecture](#) by Randy

Pausch on many lists of 'books you have to read before you die.' I don't know why I hadn't read it up until I did in 2017. I put it on my phone under 'books to read.' I finally read it and let me just say I didn't know what I was missing out on. If you haven't read it, I won't spoil it for you but he wrote it after being diagnosed with pancreatic cancer. He gave a lecture which turned into a book talking about fulfilling your childhood dreams and about life in general. He wrote it in such a way that it gets you thinking about your life and your childhood dreams. At the time I read it, it made it to my then top 5 inspirational books.

Reading this book led to me asking myself if I had any childhood dreams. I know it's assumed that everyone has or had childhood dreams. At least I assumed I did. I really had to go through my mind over and over but I can't seem to find any childhood dreams I had or maybe I just don't remember them. I remember being told you can do this or that but never something I wanted for myself. It could be I just don't remember but I don't think I had any. Did you? If you did, have any of them come true?

It's probably the reason why I'm such a big dreamer now. One of Randy Pausch's messages is that you can live out your childhood dreams. I believe him. What I've realized is that you can also live out your adult dreams. I might not have had or don't remember having childhood dreams but that hasn't stopped me from dreaming now. It's the dreams that I'm having now that are allowing me to see changes in my life. I know they're all going to come true (some already have) and that excites me to no end. It makes me giddy inside. I feel like a child when I think of what my future holds. I'm dreaming big and yet what awaits me will be even bigger than what I'm dreaming.

It's never too late to dream. The child in me is going crazy with her dreams because she never had the chance to do so growing up. My message to you today is this: Not only can you achieve your childhood dreams, you can dream new dreams. Anything is possible. If you aren't already doing so, start dreaming, and when you do, don't limit yourself, dream big.



Living from strength with Joyce Mutangara - Arranger

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 ARRANGER.

"You are a conductor. When faced with a complex situation involving many factors, you enjoy managing all of the variables, aligning and realigning them until you are sure you have arranged them in the most productive configuration possible. You are a shining example of effective flexibility. You don't mind jumping into confusion, devise new options, hunting for new paths of least resistance, and figuring out new partnerships – because, after all, there might just be a better way." *Tom Rath, StrengthsFinder 2.0.*

One of my church elders has Arranger as his top strength. He always questions whether things are being done in the most efficient way. He enjoys the exploration of doing things in different ways and likes to keep things simple.

He is comfortable supervising different activities and doesn't tolerate actions that waste resources. He is occasionally accused of being too forthright but he prefers getting to the

point. Suffice to say, sparing people's feelings is not at the top of his agenda. He is a natural at organising events and programs.

He is also good at spotting the talents of other people, and plugging them in the right areas. He intentionally seeks to disciple people. He struggles with things that are too laborious, because that may be an indication that it's not being done efficiently. He expects to be trusted with resources, and excels when given the room to manoeuvre unencumbered. Trust is very important to him.

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



10 Lessons from a 30 something year old

*By Sibò
Hlabangana*



I always use the time around my birthday as an opportunity to reflect on where my life is and if I'm still on track to where I want to

be. In the past this exercise wasn't always in a positive light. It would sometimes take on a Bridget Jones woe-is-me stance, complete with booze and everything. I'm so glad I'm past that stage of my life. A couple of years ago, on my birthday I'd been thinking about what I had learned in my 30's that I didn't necessarily know in my 20's. Some of these lessons are common sense and things that I should have known but it's amazing the things I didn't know in what I now call the pre-enlightenment phase of my life.

Below are some of the lessons I've learned or became clearer to me in recent years:

- 1. I don't have to have achieved certain things by a certain age.** We don't have to give ourselves time frames according to what we think is expected of us. We are all different and want different things and different lives. We don't have to compare ourselves to other people.
- 2. To love myself.** With this one it's continuous learning for me. I didn't realize I didn't do so until it was pointed out to me. So love yourself because you'll treat yourself better.
- 3. I can't control everything.** I can do all I can but at the end of the day I can control me, how I feel and how I react, my attitude. Not other people or circumstances. Sometimes it's ok to let go and let God take care of it. As long as I've done my part, I don't have to push so hard all the time.
- 4. To relax.** Not everything is life and death. My stressing doesn't help in any way. Sometimes no matter what is going on, relaxing can help. It gives me peace and allows me to think more clearly and calmly. I don't always have to be in a rush. I used to be irritated by people with no

sense of urgency but now I realize being calm and relaxed gets me better results than when I'm on urgency mode.

5. Success is different for everyone. I've had to figure out what success looks like for me. There's no one size fits all. Knowing what success looks like for you will determine how you live your life and what you pursue.

6. Living without a vision is detrimental to your success. You get led in different directions because you don't know where you're going. Having a vision for my life has given me an architectural plan to work with. Now as I live my life I'm building the structure that is my life. The foundation is there and I'm building on that. Even if mistakes are made, I can remove those few bricks or if it's a finished room I can renovate it. There's a plan and with the right resources and materials the building will be finished. I'm confident it will stand.

7. I am the artist of my life, the painting that I am crafting is ME. I get to decide what my future looks like. Through my thinking, my actions, my daily rituals, my values, I'm deciding everyday what lies ahead for me. The canvas is blank and it's up to me what goes on it.



8. Happiness is a choice I have to keep making over and over. I can't afford to think I'm happy now and that's it. One small thing can change things around if I let it. It's been said life is 10 percent what happens to you and 90 percent how you react to it. It's easy to forget this sometimes. Whether it's something as small as traffic or as big as not getting to do what I really want, my attitude towards the situation will determine if I stay happy or allow that to be taken away from me. For those times when things get me down or I start to feel depressed

I've learned to get myself from that through different ways depending on the situation. For example reading an inspirational book. Talking to someone who can talk some sense into me, to remind me that it's not as bad as it looks. To be happy, I have to continuously get myself in that state.

9. **At any given time I am exactly where I'm supposed to be.** It doesn't matter where I am, what matters is what is on the inside. In other words, my physical environment doesn't change me, I change me. I once heard this "you can take limestone from one place and move it to another place, it won't turn into gold, it will still be limestone" or some variation of that. My success in anything depends on me. It depends on my beliefs, my values, my habits, my rituals, not where I am. When I'm frustrated by something, such as having no running water or power outages, I sometimes forget that and wish I wasn't where I am. Then I remember I'm exactly where I'm supposed to be for now. And when I decide to move somewhere else it won't be because I think that place will make me successful but that it is where I want to move to at that point in time.

10. Last and most importantly **my life was a mess until I turned to God.** Without Jesus Christ and the guidance of the Holy Spirit I shudder to think where I would be and what I would be doing.

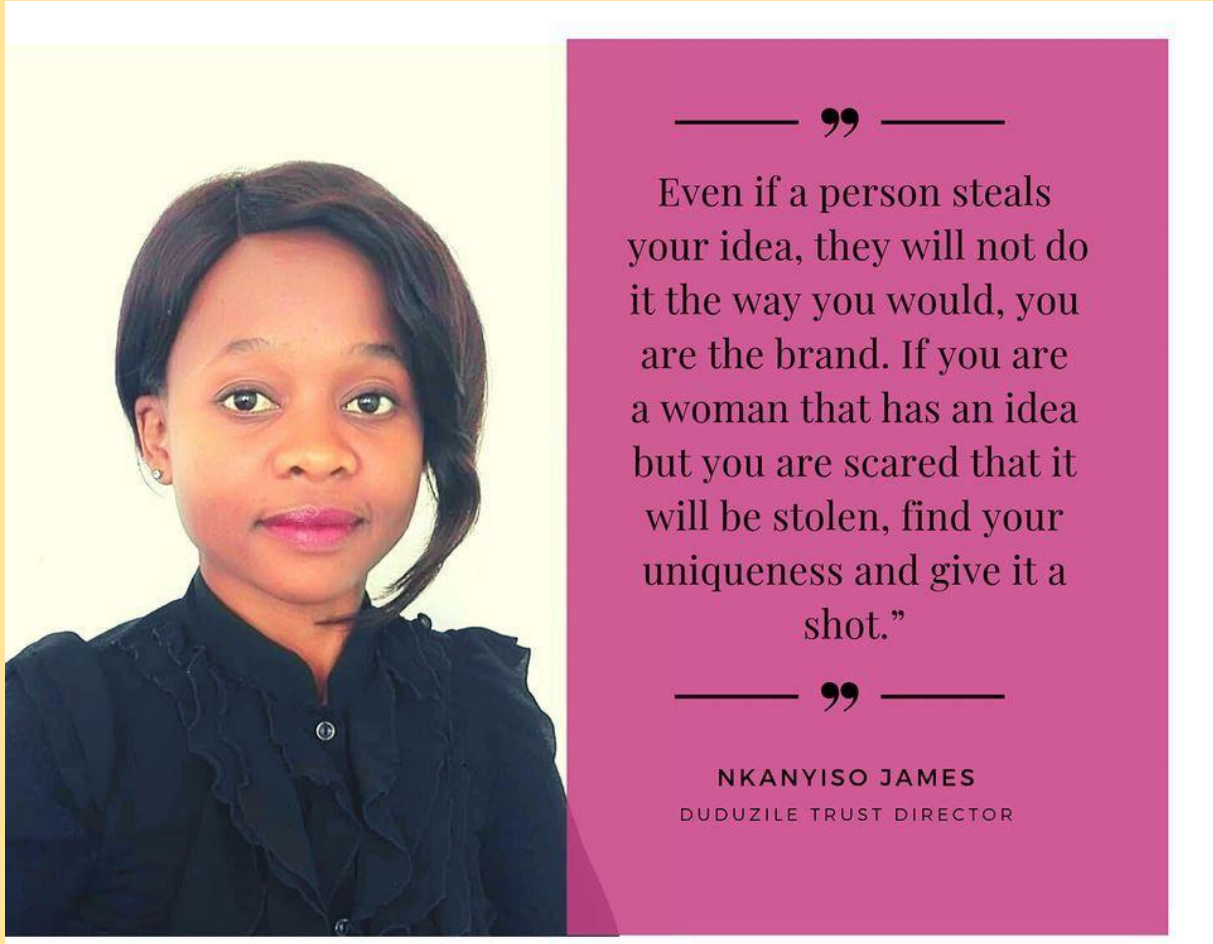




DIAMOND OF THE MONTH

Understanding is the beginning of healing – An interview with Nkanyiso Siziba James

By Sibho Hlabangana



In each Issue of Sibho-Lifestyle Magazine, we celebrate 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 delve into the heart and mind of Nkanyiso Siziba James.

Nkanyiso Siziba James is an entrepreneur to whom women empowerment comes first. She is the Founder & Executive Director of Duduzile Trust and the Director of Lior IT Services, an IT service company whose target market is women owned start-ups. All this, whilst being a wife and mother of two. How does she do it all? Read on and find out about a life changing event when she was ten years old and about how she balances work and family. She also bravely and vulnerably shares about having post-natal depression and how she got through that and other triumphs in her life. She is an example of what real life superheroes are made of.

Where are you from and where do you currently live?

I grew up in Gwabalanda, Luveve in Bulawayo, Zimbabwe. Currently I am staying in Bellevue.

Tell us about your childhood. What was life like for you growing up?

I was an only child till I was five. My first friend and playmate was the little boy next-door. We made shack houses from cardboard boxes, climbed trees, played with train sets etc. So, growing up, I was somewhat of a 'tom-boy' as they say. My father was a lecturer and therefore an educationist. He taught me algebra and geography while I was still at primary school. For toys he bought my sister and I engineer sets, and when he finally gave in to our cries for dollies, they were black and with hair quite like ours. My mother was a nurse and a disciplinarian. She was also an excellent home-maker and I loved having friends over to see just how good our house looked. Being a daddy's girl however I never got as close to her as I wish I had. Sadly, when I was ten, she passed away.



Her death left me shattered and I struggled with it for many years after. School, which had always been easy for me, became quite difficult, as I languished in the pain of losing this woman I wished I had known better and spent more time with. My beautiful mom was gone and with her our once beautiful house, my beautiful clothes and beautiful life. I was bullied and teased in high school for the

way I now dressed etc. However, watching my father take his own journey and struggle with the grief inspired strength in me to survive my own woes. He is my shining example of resilience and tenacity.

Growing up did you ever imagine you would be doing the things you are doing now?

I wanted to be a chemical engineer, with a husband, two kids and a dog. Full stop. Life, however, takes its own turns and gives us a collection of experiences and scars, which eventually shape our destiny. From as early as I could remember I loved counselling and encouraging people, especially girls. My experiences helped me develop quite the sense of empathy at a young age.

So far, what are you most proud of achieving in your life?

I am proud of setting up Duduzile Trust, a women's empowerment ministry which works to empower women academically, professionally, socially and economically. I am happy that I was able to turn some of the worst experiences in my life into something helpful to other women and girls. I am also proud of setting up Lior IT Services, an IT service company whose target market is women owned start-ups. I started this company when I was nursing a little baby, proving to myself (and others, I guess) that it can be done, and that's what I am most proud of.



What are you currently working on?

I am currently working on developing programs for Duduzile Trust which will meet the unique needs of women (our audience.) So far, we have managed to launch Vision Board Parties, Business Showers, SheEO Lunch Out, BizTalk and When Women Speak. These work to help women in business start, run and grow successful business enterprises and participate in the economic development of their communities. We are currently designing more programs like these. I am also, under Lior IT Services, offering business card, flier, catalogue and website design services especially to women owned start-ups and small businesses. We are also in the process of establishing online shop design and set up services to help women reach global markets.

What did you do before starting your own business or working on your own projects?

I worked in the IT department at KPMG Bulawayo for four years, and then at Charisma Agency for two years.

What made you decide to start a business? How did you come up with the idea and why that particular business?



I have always been an enterprising person, but the economic state of our country made setting up my own business absolutely necessary. I am an IT person by profession and hence my IT services business. My service packages however are inspired by my passion for women's economic empowerment, and therefore we tailor-make our services particularly for women owned start-ups and small businesses.

What made you decide to start Duduzile Trust? How did you go about getting it off the ground?

Duduzile Trust was set up in honour of my aunt, Duduzile Sithole. Her life and work taught me a lot about womanhood, marriage and motherhood. I did not

understand her and her story fully until I grew up and had a family of my own. My experiences in marriage and motherhood often times reminded me of her (she had passed away two years earlier,) and the things she would tell me. I wondered how many other women go through the same, and need the help my aunt and I needed. It is this realisation of just how hard it is to carry personal issues, in-laws, a spouse, children, money matters, hopes and dreams and all that and a desperate need to help women in similar situations, that made me start Duduzile Trust.

Getting it off the ground involved telling my sister, writing down the vision (which is to empower women to be their professional, academic and personal best,) assembling a Board and with that I thought I was set and good to go. However, I soon learnt that starting an organisation meant asking myself deep personal questions about what it is I wanted to say, what my opinions were on matters affecting women etc. I needed to find my identity before I could find that of Duduzile. I needed to find my voice before I found that of Duduzile. Often times I had so much to say, yet I had nothing to say. It was not until I found the help, healing

and answers to my questions and situations that I was able to make Duduzile provide the same. The journey has brought me much healing, clarity and peace – and I hope Duduzile Trust will do the same for women everywhere.

What do you enjoy about running your own business and working on your own projects?

I enjoy the creative space and freedom I get to express my thoughts and ideas. I also love that I am in charge of my working hours and can better balance work and home. I enjoy receiving feedback from my audience and customers after service or program delivery.

What have you found to be difficult or challenging as an entrepreneur?

Besides the instability and volatility of our economy, I have found defining oneself and one's brand to be one of the hardest things about entrepreneurship. I found I needed to listen to what the market wants, what the competition was doing, and then to myself – what I want



to deliver and who I want to be, and somehow mix all that together to create my product and service offering.

How has the Coronavirus affected your business and other projects; and what have you learned as a result?

Coronavirus has affected my two projects differently. Duduzile Trust is developing and launching programs for now, and some, if not most of them, require events to be held. With

COVID-19 public gatherings became impossible and this rendered our events calendar null. While we have been able to host a few online events (that is, BizTalk and When Women Speak,) it has not been the same. We have obviously taken the time however to restructure our team and functions in line with the new normal.

For Lior IT Services, COVID-19 and the subsequent new normal has been a major boost in operations. Online presence is now more important than ever and we are seeing an increase in the number of clients needing websites and online shops set up. We are in the process of finding more innovative and cost-effective solutions for women in business, which will enable them to trade online and reach global markets without breaking the bank.

I have learnt that adaptation is indeed the key to survival. Life is an expert curve-ball thrower and the survival of a business rests on the owner's ability to think on their feet and come up with innovative solutions to problems.



If someone wanted to start their own business or work on their own projects, what insights would you give them?

I'd say read. Widely and wildly. Learn from the best and the brightest. If books are too much for you, find articles instead. Know your trade and know the business terrain. A mentor is also an excellent idea. Get one. There's a Chinese saying that says: 'A fool learns from his own mistake, a wise man from a fool's mistake.' Learn from the mistakes of others. We learn from two things – mentors and mistakes. Mistakes, however are quite costly. Learn from those of others. I would also say, start somewhere. The only way to start is to start. Sure, you will stumble and fall a few times. It happens to everyone. Just start and get going. Sometimes we become serial workshop attendees and we never do anything or go anywhere with the information. Start.

What role, if any, has social media played in bringing attention to your business and projects?

I have learned that social media does not bring attention to anything. The proper use of social media does. One can only harness the power of social media when they understand just how to do so. There is a formula to posting adverts. You need to know when and how. Once I got this right, social media has helped me market my work and my passion at least country wide,

from my house, with a baby on my hip. It is a key resource in the economic emancipation of women, seeing as we are yet to win the gender tasks and roles battle.

Do you have dreams, goals or a vision for your life? Have you recorded these in any way? If yes, how?

Yes, I do. I have a vision board where I record my vision for my life. I then do smaller vision boards each year, which ultimately feed the bigger vision. I go one step further and create an action list, or a to-do-list if you will, to write out what exactly I have to do to achieve my goals and ultimately my vision. I map out 'blocks' of things to do by when so that I manage to do what needs to be done in the set time.

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

Oh yes, quite a few have been achieved. Setting up Duduzile Trust and the various programs under it, setting up Lior IT, and the service offerings are a few.

What drives you in life? What keeps you going?

God, my faith in Him, in His Word and in myself. My father. My sister. My children. My battle scars and the victories they represent always pick me up when I feel down and out. My vision as colourfully illustrated on my vision board.

What does success look like for you?

Success to me looks like waking up every day to do what I love and getting paid for it. Success to me is when I wake up to serve and empower women, raise Godly children, and be in good health both physical and emotionally, and in all that make enough money to live comfortably.

Have you ever failed at something? If yes, what happened and how did you handle the situation? What kept you going?



I have failed at a lot of things and a lot of times. What keeps me going is that at some point I unlearned, forgot, or both, how to give up. I do not give up. I keep going. If the door is closed, I try a window and I have found that unless it was not meant to be, I will eventually win.



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

My first few years of marriage and motherhood were difficult. Leaving the home one grew up in to go and be part of another family can be traumatic. I married into a family larger than and culturally different from the one I came from. Life as I knew it changed in ways I could have never imagined. Marriage itself can be difficult sometimes and requires a lot of work. I lost large chunks of myself trying to fit in, make things work, build a new life etc. I failed dismally at all of it and sank hopelessly into depression.

Then I had post-natal depression after the birth of my first child, my son. I was afraid I would hurt him and I felt suicidal sometimes. I felt guilty about the way I felt and never sought help. I thought maybe I was a bad mother. What mother could ever hurt their own baby? What woman cannot trust herself with her own child? Then one day I saw an article about post-natal depression on the Baby App I had. Understanding is the beginning of healing. While I had received healing on that issue, the other ones remained.

Change came when I watched the movie *War Room*, which taught me to pray for my marriage. In prayer I found that God is more interested in me and my emotional well-being than in the situation. I prayed, I cried, I breathed and soon, little by little, pieces of myself I had lost along the way came back to me. Piece by beautiful piece, they came back and I remembered who I

was, my hopes and dreams, my strengths and gifts. I wrote these things down, and I re-visit them from time to time.

I also read the book *Fool-proofing Your Life* by Jan Silvius which helped me manage myself and my relationships better. I am also grateful for Steve Harvey and his TV show. His humour and his take on women's issues schooled, encouraged, made me laugh through the tears and gave hope to me as I went through my storms. As a little girl I had always been inspired by Oprah and I have always wanted to host talk shows for women. One day when I was feeling particularly down and out Steve Harvey interviewed Oprah herself on his show. It felt as if he brought her to me, to my house, to remind the little girl in me - the dream. It was his most memorable show in my books and I got up that day and have never looked back.

The other story that spoke right to my heart was that of Princess Diana. Talk about marrying into a different family, life and culture. Talk about trying hard to fit in. Talk about marital woes. It seems her experiences developed in her such a sense of empathy and desire to help the less privileged, which she did with such grace and ease. Even after her divorce she continued her work, showing that she was enough, even without a husband and a royal title to 'generate her particular brand of magic,' as her brother said at her funeral. These, together with my sister, my father, my friends and prayer partners carried me to the other side.

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

Spirit: I have a daily prayer routine and a YouTube playlist of songs and inspirational videos,



called "As'ambe" which means 'Let's Go.' I listen and add new songs to it all day. I also have a prayer partner I share my faith walk with. We have some awesome times in God's presence.

Body: Detoxing occasionally. I am not supposed to eat sugar but sometimes I indulge, leaving me feeling sick and sluggish. However, warm lemon water every morning,

followed by a high fibre breakfast, salads and fruits for lunch, and plain yoghurt, and all is right in my world.

Sleep: I sleep eight hours every day and drink a lot of water during the day.

Eat: I like to eat salads and fruits, especially during the day. I tend to have a huge supper, which most might frown upon, but I am actually trying to put on a bit more weight 😊

Soul: I love a good book and to play with my children. I love to eat good food and a good cup of tea always hits the spot. I also talk to myself quite a bit - I love to be alone with my thoughts. My husband thinks it's weird... lol! I also love to take walks – prayer walks, self-talk walks, nature walks and walks for the fun of it.

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

I listen to and value my own thoughts. I love buying myself clothes and perfume. I also enjoy a good massage, hair and nail do. While I am not able to put myself first as it were, I put myself...as in I do not forget to set aside some time, love and attention to myself.



Do you have a morning routine? If yes, please share.

Prayer first. Then I get ready for work. When I get to work, I clean my work area. Something about cleaning (and these days sanitising surfaces) gets me ready for the day. I have a diary session with myself. I write down what needs to be done on the day and tick as I go. The ticking gives me such a sense of accomplishment and achievement.

Do you have any people you consider role models? (Living or passed on) If yes please name them.

Yes, I do. Oprah Winfrey, Steve Harvey, Winnie Madikizela Mandela, Princess Diana, Tsitsi Masiyiwa.

What 3 (or more) books or movies have played a role in your personal development and growth?

Books:

- Fool-proofing Your Life (Jan Silvious)
- Think and Grow Rich (Napoleon Hill)
- 48 Laws of Power (Robert Greene)
- Becoming (Michelle Obama)
- Lean In (Nell Scovell and Sheryl Sandberg)

Movies:

- Hidden Figures
- Queen of Katwe
- Harriet
- War Room

For someone at the beginning of pursuing their dreams, what book/s would you suggest they start with?

- How to Build A Million Dollar Business in Zimbabwe by Strive Masiyiwa
- Rich Dad's Cashflow Quadrant (Robert T. Kiyosaki)
- The Richest Man in Babylon (George Samuel Clason)
- Rich Dad, Poor Dad (Robert T. Kiyosaki, Sharon Lechter)

If you were to be well known for something, what would you want it to be? Or how would you want to be remembered at the end of your life?

I want to be known as the woman who successfully challenged gender norms, biases and stereotypes and helped the creation of a world where women are socially and economically emancipated. I also want to be known as the woman who successfully advocated for limitless possibilities and opportunities for women, and who spoke truth to power not just by her words but by her deeds. I want to set up organisations and institutions that exemplify such things as gender equal workplaces, and social structures that enable the full participation of women in economic development. We win by actions and not arguments.

I want to live up to my name and light the way to show women everywhere what is possible and within reach, should they dare to believe in themselves. I believe our work at Duduzile Trust will help me do just that.

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

Respect yourself enough to trust yourself.

There's a way you think and feel about certain situations and things. Do not talk yourself out of your own sense or view of the world. It is one thing to have everyone fail to validate you and/or your thoughts and feelings. It is another to fail to do so yourself. Trust your instincts, your thoughts, your fears, your proclivities. Do not talk yourself out of your feelings and honest opinions on matters, be they love and relationships or business or whatever. That inner voice is your inherent, in-built internal compass, which is supposed to help you navigate life. Life experiences may add to it and increase its scope. Listen to it. Sometimes it can save you a lot of trouble. You would rather listen to yourself and be wrong than the opposite. The regret and guilt afterwards can be crippling.

Your biggest battle in life will be against the things set to keep you from showing up.

Past experiences, current settings as it were, duties, responsibilities, etc, hold back the real you from rising and showing up. The world has problems and some of the answers are locked up in you. Slay every giant in your way and do your best to show up. The world is waiting for you. We are waiting for YOU.





As a mother of two, I am constantly aware of the fact that my children will learn how to take life on from me, just like I learnt it from my father.

William J. Toms said, “Be careful how you live. You may be the only Bible some person ever reads.” I believe as parents we are the first life manual our children read and as such, we need to be good ones. No pressure, but that’s just the way it is.

How can readers access you and support you or your work if they would like to do that?

For Duduzile Trust: Facebook: @DuduzileForWomen, Twitter: @Duduzile4Women,

Instagram: @duduzileforwomen, Website: www.duduzile.org

For Lior IT Services

Facebook: @LIORITSERVICES, Website: www.liorit.co.zw



*Taking care of spirit, body
and soul*

WELLNESS



Letter to you who is feeling lost

By Sibö Hlabangana

We all go through times where it takes all our strength to even get up in the morning. Times when we feel God has abandoned us or we have failed ourselves or someone has disappointed us. At times like that some words of encouragement might help. I don't know what will work for you but there was a time when I wish someone had written me this letter:

Dear you, who is feeling lost

For a while now you have been feeling lost. You wonder if it will ever stop, if things will change. You may even hate yourself right now because you feel like a failure. Let me tell you, there is no such thing as a failure. Yes you can fail at something but maybe it's not what you're meant to be doing. Or maybe it's an opportunity to learn from whatever it is you are facing. You should also know most of the people who succeed in life have failed at something.

You wonder if God loves you because in your eyes you have wronged him too many times. God does love you. He will always love you no matter what. He loved you when you were at your best and will love you at your worst. You are His most prized possession, the apple of His eye.

He loves you so much He sent his son to die for you as John 3 verse 16 clearly states. If that is not love then I don't know what love is. Do you have a son? Or a daughter, sister, brother, mother, father, husband or wife or any loved one. Would you send them to die for someone

else? Whether or not you feel it or believe it, **God loves you**. That is a fact. If you don't believe it you have to start doing so because it's the truth.

Since God loves you, you can rest knowing you have a Father who loves you. No matter what happens He will always love you. When things don't go your way or you face a disappointment, you can be rest assured that God allowed it for a reason because He loves you. You won't have to think "Why me?" or wonder what you could have done. His love is non-negotiable. Trust that and let it live in your heart so on those not-so-great days you can lean on that knowledge.

Another thing to remember is that whatever it is that you are going through will pass. You will wake up one day and realize you got to the other side. It might not seem like it now but it will happen. I'm not going to tell you to be strong because when you are weak, that's when God's strength shows itself. Rest and let God take care of it all.

With love
Sibo.





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

TRAVEL



Self-reflection in Bali, Indonesia

By Sibö Hlabangana

I've heard the term "Wherever you go, there you are," before and I don't think I quite got its meaning until last year. I went on a trip to Bali with some friends. Whilst there I took time out to reflect on a few things.

My first entry into my journal regarding the trip went something like this: "It feels surreal. My first overseas trip! As I write this I'm in Bali, Indonesia, on a trip that for many reasons nearly didn't happen. Thank God it did though because I'm at the Park Regis Kuta hotel, after a delicious meal at the same hotel (which cost me less than 100 000 INDR, about US\$7 including a non-alcoholic beverage.) Did I mention the staff have been amazing?"

A few days in, a different entry said this: "Waited so long for the trip but I find myself happier just sitting at the hotel by the pool reading a good book that I enjoy. Turns out I prefer just chilling and talking (heart to heart, not frivolous things) compared to doing activities. When I look back to last year's weekend away experience, I loved that. (We had spent a weekend away at Monchique, a guest house in Muldersdrift, outside of Johannesburg.) This Bali experience pales in comparison. Its so activity filled that I'm over stimulated. I just want to be by myself for a bit. Now that I've decided to spend the day at the hotel, I can't wait to experience tomorrow. Something to look forward to."

What is fun? Is it a universal term?

I think it's important to have your own definition of fun. Figure out what constitutes fun for you and make sure you do it often. I thought traveling with friends for this trip would be "oh

so much fun" but the reality was a completely different story. The last time we had gotten together was for the chilled weekend away I mentioned earlier, the year before. We had spent the time hanging out at the guest house we were staying at, catching up, having heart to hearts and making plans for and dreaming about our futures. We even wrote and shared vision letters. I loved that. It was more of a retreat than an adventure filled excursion. It was such a treat for me and I went back home rejuvenated. I think a part of me naively expected the same at our Bali trip. I forgot it was Bali, a tourist hub with tonnes of fun activities. It was good for everyone else but for me who thrives on personal time, catching up, discussing dreams and the future, it was not as much "fun" as I thought it would be.

Part of another journal entry: "I was trying to define "fun" using the accepted standard or using other people's standard of what constitutes fun. Yes it's cool that I'm in Bali with my friends doing stuff but I'd really rather we were just chilling, catching up and having heart to hearts. I can't believe it took me being in Bali with friends enjoying numerous activities and after a while wishing we were back at the hotel hanging out and talking, or by myself hanging by the pool reading a book. It turns out I am an introvert after all. Looks like that solo writing vacation I wanted to take may just be the thing for me."

That's why when I travel next it will be alone and I'll spend more time in a place so I can just hang out, meet and talk to people, take long walks and do activities that I feel like doing and other times just hang out where I'll be staying and read a book. Yeah I know, I'm that boring friend lol.



Contributors to the October 2020 Issue

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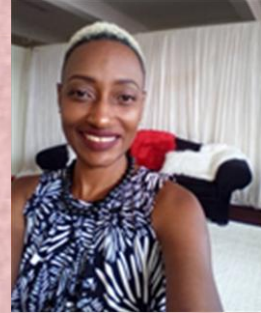
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2. Send your number to +263733259119, with a message with your name and stating “Please add me to the magazine group” to be added to the Monthly Magazine Group. The group is open to admin only. The only communication sent through the group is the monthly Magazine. Comments are welcome through private messaging.

Contribute to the next Issue

If you would like to contribute to Sibo-Lifestyle Magazine, email sibo@inspirationbysibo.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 ideally be from 400 words to 1000 words. For publication in a certain month's Issue, submit it by the 20th of the month before e.g. for November, submit by October 20, 2020. Your article can be on anything to do with dream pursuit, vision, wellness, travel or you sharing about a dream that came true or any other success story to encourage readers.

