

SIBO - LIFESTYLE

ISSUE NO. 5
SEPTEMBER 2020

LIVING A LIFE OF
PASSION AND
PURPOSE

NOMALANGA NCUBE

Wellness:

The journey to self-love.

Dreams/Vision:

The need for a destination in life. Living from strength. How to figure out what you are passionate about.

Travel:

My solo trip to Venice, Italy.



Hello Diamonds,

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

In this month's Issue the theme is passion. We discuss following your passions, how to figure out what you are passionate about and why you need a destination in your life. We take a look at the journey to self-love, something we believe is important if you hope to live a life where you impact others. Joyce Mutangara also continues her "Living from strength" segment.

The diamond of the month is Nomalanga Ncube, who is showcasing what life can look like if you follow your passions and do what you love and what you believe you have been called to do. As a success coach and someone who empowers women, she is an individual who can tell us a thing or two about living a purposeful life filled with passion.

In our travel section this month, Lyuba Nyathi tells us about a solo trip she took to Venice, Italy, with plenty of pictures to allow us to travel vicariously through her.

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 41. 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 pursue your passions 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.

SEPTEMBER 2020

EDITOR'S LETTER

Contact details

Email:

sibo@inspirationbysibo.co.m

Cellphone Number:

+263733259119

Twitter:

@SiboHlabangana

Instagram:

SiboHlabangana1



Sibo Hlabangana, Editor

Contributors in this edition:

1. Joyce Mutangara
2. Lyuba Nyathi
3. Sibó Hlabangana

SIBO-LIFESTYLE MAGAZINE

BROUGHT TO YOU BY:



Table of Contents

Dreams and Vision

5 You can't get where you're going without a destination in mind

10 Living from strength with Joyce Mutangara

12 How to figure out what you are passionate about

Diamond of the month feature

16 Living a life of passion and purpose – An interview with Nomalanga Ncube

Wellness

28 The journey to self-love

Travel

33 Experiencing the Biennale – My solo trip to Venice, Italy

40 Contributor details

41 How to receive a copy of SibO-Lifestyle Magazine and how to contribute to the next Issue.



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

DREAMS AND VISION

You can't get where you're going without a destination in mind *By Sibò Hlabangana*



If I woke up one morning and said to myself “I want to visit a nice place” and got into the car and started driving and three hours into the drive my car breaks down. I said I wanted to visit a nice place, am I going to say “this is as nice a place as any, I just wanted a nice place so this will do” and stop there, or am I

going to say “let me keep going, I need to go where I need to go.” Chances are I’ll do the first thing because I just wanted a nice place and any place will do.

If however I got up one morning and decided I wanted to go to Victoria Falls and I started driving. Three hours into the drive the car breaks down. Do you think I’m going to say “oh wherever I am is fine, this is just a nice place I’ll stop here,” or rather I will say to myself “I’m going to Victoria Falls, I haven’t gotten where I’m going so I have to keep going until I get to where I’m going.” Chances are I’ll do the latter. I won’t just stop there. I’ll fix the car and... scratch that, I’ll find somebody to fix the car, and then continue on my journey. I find that in life it’s the same thing. If you don’t have a destination, you’re going to stop anywhere. You’re going to say “ah I’ve arrived” because you don’t really have a destination in mind.

Another reason why you need a destination in mind or a vision for your life is because if you don’t, you’re going to get pulled in different directions. Some can come and say “we’re starting a business where we’re selling cars and we’re making so much money” and you say “oh it sounds great let me go and join them.” Then you join them. Or someone else comes and says “we’re starting a business selling property or chickens” or whatever it is and you say “it sounds like a good idea, we’ll make lots of money,” then you get pulled this side as well. Not that there’s anything wrong with any of the things I mentioned but the thing is, you’re going to get pulled in different directions if you don’t have your own destination in mind.

You have to follow your own passions and do what you love. So have a vision for your life so that you have your own destination in order for you to know when you’ve gotten there. It will also give you a reason to keep going when your car breaks down.

As you craft that vision for your life, I would suggest that you dream big. I say dream big because I've found that as human beings we limit ourselves. Because we limit ourselves, we then limit God. God can do anything. There is nothing that God can't do. Why would you limit Him? Why would you ask for a bicycle when what you need is a car? The same God who will give somebody a one bedroom house is the same God who will give another a five bedroom house or a seven bedroom house. God has limitless resources so dream BIG!



As you dream, don't worry about the how. I say so because if you think about the how, you won't dream big enough. You'll let what you currently see determine how big or small you dream. Your part will be to prepare yourself and when the time comes to act, be sure to do so. As you're dreaming, if you're thinking to yourself this is how this will happen then chances are you're not dreaming big enough. Dream such that you have no idea how it will happen.

As you dream, it is vital that you believe in your dreams. Believe that your dreams will happen. Believe without any evidence at all, which is called having faith. So you have to have faith. No matter what is going on in your life you have to ignore your circumstances and trust that God will do what you have asked Him to do. I know right now we are all being affected in different ways by COVID-19. I know that's what's on our minds these days but we have to ignore that and dream big, trusting that God can do anything.

If you decide to start the process of coming up with and putting together a vision for your life, I've found it's important to record that in some way. This will allow you to take time to think about it. It will also give you something to refer to when things aren't going as you hoped or your circumstances contradict your dreams. It will be a reminder of what awaits you in your future.

I use two ways to record my vision. One is a vision board and the second is a vision letter. I've referred to these two in other articles of Sibolifestyle Magazine but in case this is the first time you're reading, I'll let you know what they are and give you my own examples.

What is a vision board?

This is a board where you put pictures, drawings or words of things you want to see in your future. You can use any board as a base. I used an old calendar for one of mine. You can use old posters. You can get pictures from old magazines or print them from pictures online. As you do your vision board, dream big. Don't limit yourself because God's resources are limitless. Go crazy on that board. Above is an example of a vision board for my life in general. You can do one like that or a different one for each aspect of your life.



What is a vision Letter?

It is a letter that you write to someone or yourself and date it 5, 10, or 20 years from now, or however long you wish. In this letter you describe what your life is like, where you are, what you're doing, who you're with, and a whole host of other things you want to include. You would have to be as descriptive as possible as you write the letter. I've shared vision letters incorporating my life in general, in the May 2020 and the August 2020 Issues of Sibolifestyle Magazine that you can find at inspirationbysibo.com under the section "Magazine." In this example I write about one aspect of my life, namely travel.



Example of a vision letter (dated 2022)

My dearest Sibolifestyle Magazine of 2022,

I know travel is something you dream of doing, I mean you've even added a travel section to your magazine when you're not traveling at all lol. I love your faith though because in each editor's letter you state where you're writing from so that when you're now getting to travel, it will be signed from different places all over the world. So what role is travel playing in my life?

I get to travel to different places around the world. I love doing so and it brings joy to my life. I grow and learn as I go. I get to experience life through a different lens. I have amazing experiences that even my wildest dreams don't live up to.

I travel to places like Thailand, Bali, Costa-Rica, Cape Town, Madrid, New York etc. I spend 3 months (give or take) at each location. At each location, I live there, do life there and immerse myself in the culture there instead of just doing touristy stuff. I meet all kinds of people from countries all over the world. I make acquaintance with some and become friends with some, who are kindred spirits.

From each location, I travel to nearby places, a vacation within a vacation lol. I also travel around the world as an international speaker. I'm invited to speak in different cities that I've always wanted to visit. I travel alone and enjoy doing so. When my husband and children are in my life we will travel together, other times it will be just my husband and myself and other times it will still be only me.

In my travels, I have the pleasure of attending events I've dreamed of attending, such as A'fest, Essence Festival, Jesus Conference, Pinky Promise, SXSW, among others. The experiences are far much better than I could have ever expected. They were well worth the wait.

At each location I live in safe, beautiful, luxurious accommodation and can afford it because I am financially free and have money coming in from my numerous sources of income every month. Opportunities keep making their way to me and my part is picking and choosing which ones to take part in.

At each location, I continue the pursuit of my dreams as I "make good art," as Neil Gaiman suggests. I also get to live alone, have ME quality time and make time for meeting people and hanging out with people. Some of my travels lead me to meet and hang out with people I've admired from afar and hoped to meet, hang out with or work with and some even become friends with.

I know your life at the moment doesn't reflect the above and doesn't look like it ever will but I tell you all this so you know I'm living in your dreams. Keep dreaming because when you do, it makes my life that much more exciting.

I love you,
Sibo of 2022.



Living from strength with Joyce Mutangara

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

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

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

"This theme challenges other people. "Prove it. Show me why what you are claiming is true." In the face of this kind of questioning some will find that their brilliant theories wither and die. For you, this is precisely the point as you want their theories to be sound. You like data because they are value free and have no agenda. Armed with this data, you search for patterns and connections. You peel the layers back until, gradually, the root cause or causes are revealed." *Tom Rath, StrengthsFinder 2.0.*

My sister has Analytical in her top 5 dominant strengths. She doesn't like being put on the spot for an answer. She always prefers having time to research and give well informed answers. She prefers hard, real facts instead of sugar-coated ones. She cannot be 'hood

winked' for long, she will work out the hidden issues herself. Recently, her family was looking into which high school to send their daughter. They have gone to plenty of open days. This should allow her to compare and contrast which school offers close to what she is looking for.

She is also good at drafting proposals for business as she is able to imagine how everything is connected and works together. She is not intimidated by housing plans or sewing patterns that need precise calculations. They are easier to understand than human drama. Her memory is pretty good, and she amazes me at how much detail she can describe. This makes her a great writer who is able to take you to the places she describes.

Suffice to say, she is comfortable with her own company, and is able to decipher complex formulas and simplify them. She is the 'go to' person, if you want a reality check.

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





How to figure out what you are passionate about
By Sibona Hlabangana

In the first article (page5) I wrote about why you need a destination in mind regarding your life and why it's important to pursue what you are passionate about. A couple of years ago, whilst talking to a friend I realized that not everyone knows exactly what they are passionate about. I didn't either at some point.

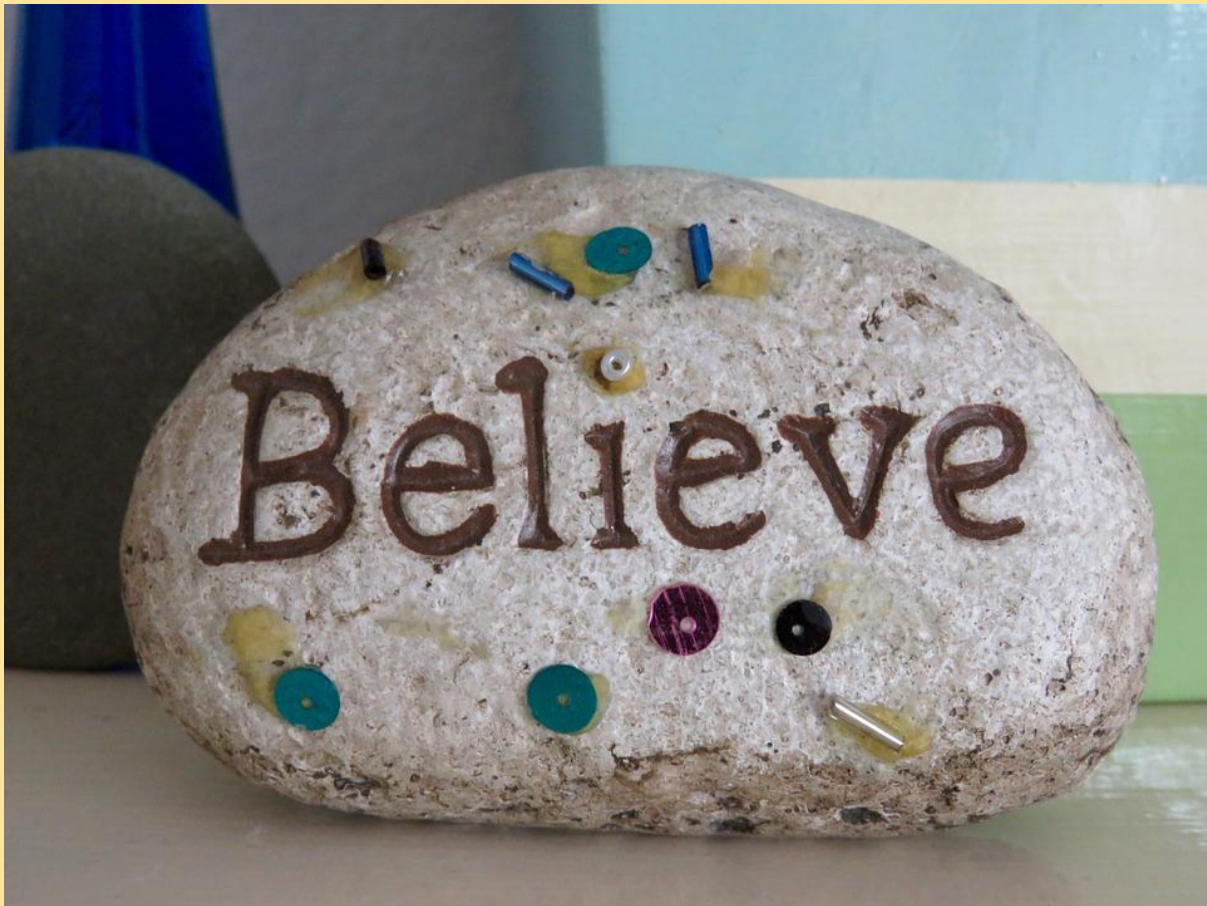
She said she was passionate about a lot of things. She said a lot of things excited her and she was still trying to figure out what exactly she was truly passionate

about. I asked her to give me examples of things she was passionate about, which she did. From the list I realized it was all things that would make her money in some way. This led me to ask her what if she removed money-making from the equation. I asked her to imagine she had all the money she's ever wanted or needed, where would she be and what would she be doing?

She said that was an easy question and went on to tell me her answer. I smiled and told her you've just told me exactly what you're passionate about. She said but how can she do it when she doesn't have the money. That's when I told her that she doesn't have to ask how or know how. Even if you don't know how you can pursue what you are passionate about, it doesn't stop you from being passionate about it.

All that is required when you write a vision letter or do a vision board is that you say what it is that you want and then believe you're going to get it. Once you've done that, as Paulo Coelho says in *The Alchemist* "When you want something, all the universe conspires to help you achieve it." What is required from you is belief. **You have to believe that what you are hoping for will come true.** You have to have faith.

You can continue with whatever you are currently doing, whilst resting in the knowledge that what you are believing for will happen. That is what faith is, belief in that which has not yet happened, that which we have not yet seen. What will also help is visualization, taking time to imagine what your life will look like when you're following your passions.



Don't get me wrong, there's nothing wrong with wanting to make money and finding ways to do it but it doesn't tell you what you are passionate about. If you figure out what you are truly passionate about and pursue that, money will come as a result of that and you will also be happy. If you chase only money, you can have millions of it and still be unhappy. You can have a 9 to 5 job but pursue your passions on the side until you can do that full time. I started writing and speaking whilst having a 9 to 5 job.

If you focus on the how, you will only hurt yourself because if you really dream big, there is no way you could imagine or figure out how you could get what you are dreaming about. It will seem unattainable.

If after asking yourself what you would be doing if money was not an issue, you still can't figure out what you are passionate about, maybe this next suggestion will help. I once heard someone say one way is to ask yourself "what are you willing to suffer for?" If you're willing to suffer for something, chances are you're passionate about it. For example I know some people enjoy mountain climbing and reaching a certain summit gives them such a high. I can't imagine suffering through something like that. For some people if you put them in a room and say write something, it will be punishment to them but for me, I could write all day! We all have different passions, things others would consider suffering but we just love.

I've also found that what you're passionate about won't be something new. It won't be something that someone points out and you say 'oh yes that's it'. It's usually something that you've always known deep down in your heart. You may not have realized it for what it is but it's already inside you. Trust your gut and your intuition, what I call your "Spirit" and it will guide you. What will be true for someone else will not necessarily be true for you. Find your truth and the only place you will find that is within yourself.

If you'd like a book suggestion in figuring out what you are passionate about, one book that will help you with this is "The Alchemist" by Paulo Coelho. Give it a read and see if it helps you.





DIAMOND OF THE MONTH



Speaking at a Women's Day Celebration in Bulawayo, Zimbabwe.

Living a life of passion and purpose - An interview with Nomalanga Ncube

By Sibonhiso Hlabangana

In each Issue of Sibonhiso 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 I'm excited to present to you Nomalanga Ncube.

Nomalanga Ncube is an entrepreneur who is the brains and beauty behind the successful Working Girl (Pvt) Limited, a holding company for WG Guest Villas and WG Catering. She acts as its managing director. She is also the founder of WG Foundation, an NGO that helps women start successful businesses. Having had the opportunity to see her in action in this role, her

passion for women and her desire to empower them shines through. In addition to that she is a success coach and business consultant.

Before all the above she had a 9 to 5 job like most of us but in transforming her life, she decided to take a chance on herself and not only follow her passions but to live a life of purpose. I believe she is the perfect person to show us what a life lived with passion and purpose, whilst pursuing your dreams looks like.



Being interviewed for the Centre for Innovation & Technology (CITE) in Bulawayo, Zimbabwe.

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

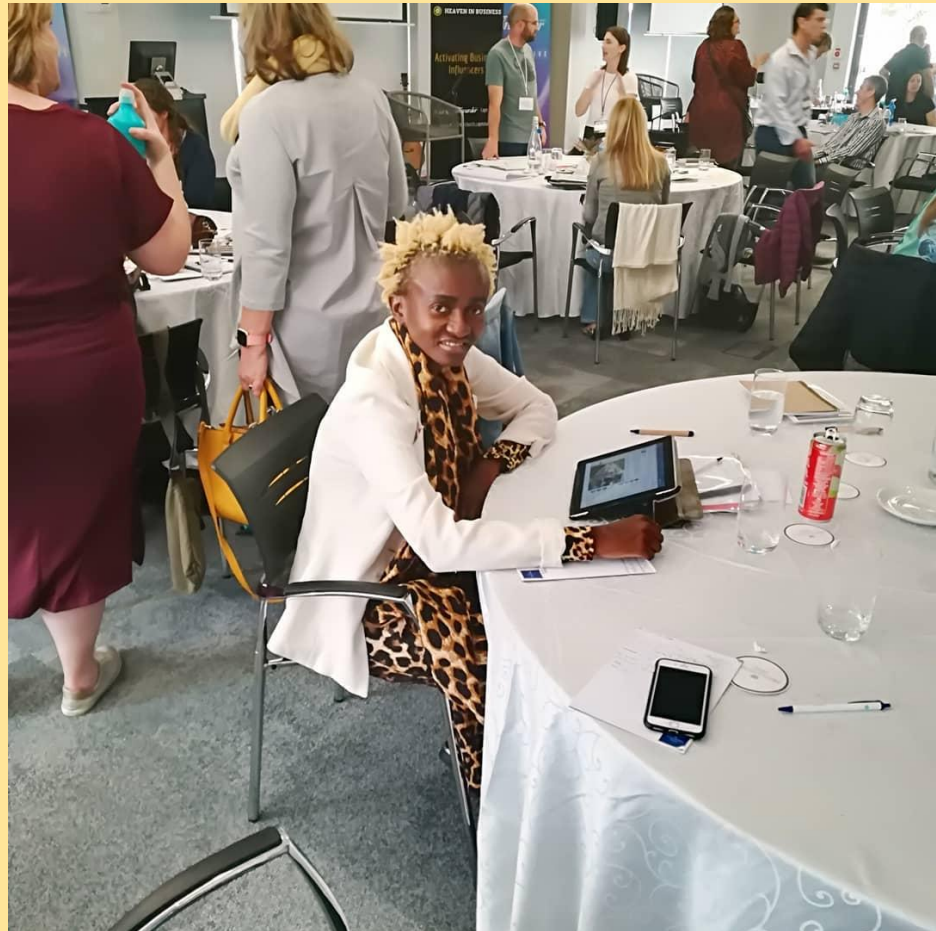
I am from Bulawayo, Zimbabwe. I was raised by a prayerful mother and grandmother at different occasions. At the age of 9 at Sipepa Tsholotsho, I opened a school in my grandmother's backyard where I used to teach my young sisters and brothers the things I would have learnt at school and at church. When I learn I teach, it's a gift I brought from my childhood. It is the gift that birthed WG Foundation and Success Talk with Noma.

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

I was a day dreamer as a child. I closed my eyes and saw good things. I think what we see ourselves becoming in the future is influenced by the people around us. My younger self wanted to dominate in the corporate world as an employee, because I was surrounded by employed people.

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

I am proud that now in my life I have found my purpose and what I am passionate about. I went to a coaching gig in Nkulumane in 2019 with a very painful uncomfortable stiletto. As I drove there I was in pain, as I got out of the car I was in pain. Then when I started my 2 hour coaching session standing in front of 40+ women I felt no pain. It was only when I was driving back that the pain returned. That is when I said to myself, "I must love this, it even takes away my pain." I am also happy that I have monetised this passion during covid-19 hence the birth of Success Talk with Noma.



What are you currently working on?

Heaven in Business Conference, Cape Town.

I am currently working on the Success Talk with Noma brand, being a Success Coach, monetising my passion. This I started during lockdown. Coaching women from all over the world online. What I am able to do I have done, such as shooting videos from my YouTube channel "Success Talk with Noma TV." I also have a blog where I write success stories and tips (Success Talk with Noma.) In my social media platforms, I am positioning myself as an influencer in the success space.

What did you do before starting your own business?

I worked for an NGO.



With the US Ambassador to Zimbabwe, Brian A. Nichols.

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

I have been a serial entrepreneur for the longest time, since selling cakes as a student at Bulawayo Polytech. I had a moneylending and a stationery company with my workmates at Zimbabwe School of Mines. In 2010 I opened a restaurant and a boutique that folded a

year later. I have done cross

border trading. My current business is Working Girl (Pvt) Limited which I started in January 2015, which is the only one where I had a vision and a burning desire to succeed.

What do you enjoy about running your own business?

I like being my own boss, I hated being pushed around at work by bosses. I am happy to be using my gifts and energies to benefit myself and then choose what I want to do with the benefits. For instance, I love that I can take profits from Working Girl (Pvt) Ltd to fund my charity WG Foundation.

What have you found to be difficult or challenging as a business owner?

The road to success requires patience. It is not a get rich quick scheme. I have learnt to be patient and enjoy the journey, because it is a journey which has no destination, because there will always be new dreams to pursue in the success space. I have learnt not to tell my dreams to the wrong people.

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

I have learnt that the world has changed. The future is in online work and food production. I started learning about running a business online so that even if I am locked down I can still work. While we are crying about being locked down, companies like Amazon, Netflix, Bloggers and YouTubers are killing it. I have started a blog, a YouTube channel and have joined Amazon associates as an affiliate marketer.

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

Start now with what you have. I started my catering business in 2015 with borrowed equipment from family and friends. Today I have Working Girl Events, WG Back2Basics Restaurant and WG Guest Villas. If I had waited to have capital, I would still be waiting in poverty.

What role, if any, has social media played in running your business?

Social media has been my best friend. I am inspired by Kim Kardashian and Bonang Matheba. I post everything about my business. I build a story around my life, I share my fantabulous life and my work, which is marketing and building my brands; WG and Success Talk with Noma. I have diaspora and local people hiring me to do catering and booking my guest house just from seeing my posts on social media. In my new success coaching business, I am getting clients who saw me on social media.

What made you start the Working Girl Foundation?

WG Foundation is a women economic empowerment NGO. I have always found myself encouraging people around me to succeed, using whatever success journey I am on at that particular time. So when I left my NGO job in 2017, I decided to use my experience and contacts to start my own NGO in what I love doing the most. So I started trainings for women in the Bulawayo wards on how to start successful businesses. It is my way of giving back to the community doing what I love.

Are you currently working on other things as well, if yes, what?

I grow herbs and vegetables at home as a hobby, but also for food. Though I see it becoming an income stream for me in the future because I have sold some herbs on a small scale for now.



WG Foundation Graduation, Bulawayo, Zimbabwe.



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

Yes. I want to be the richest woman in the world in the next ten years. I have goals to become a better version of myself spiritually, physically, in my mind, in

Camp Amalinda, Matopos, Bulawayo, Zimbabwe. relationships with people and in the money I collect.

Have you recorded the above in any way? If yes, how?

I have several vision boards. I have yearly plans which I do at the beginning of every year. For example in 2006 I wrote that I wanted to have a guest house and in 2016 I had one, in a miraculous way because I had even forgotten about that until I was going through an old vision paper in 2017.

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

Yes, I have a guest lodge WG Guest Villas. I have a Catering company Working Girl Events. I have an NGO that I founded WG Foundation. I am now a success coach www.successtalkwithnoma.com. I have purchased equipment for my business including a car, an inverter, computers, etc.

What drives you in life? What keeps you going?

My faith in God and his promises. The burning desire to succeed inside of me. I am in too deep in the success road to turn back.

What does success look like for you?

It looks like this journey I am on where I daily make a conscious effort to be better than I was yesterday while remaining grateful for yesterday and full of faith for a bright future.



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

In 2011 at the National University of Science & Technology (NUST) while doing my MBA I failed my dissertation. I was told I was not going to graduate but must resubmit in 3 months' time and graduation was in 3 weeks' time. I prayed and after a week NUST called me to come and pay graduation fees. I graduated with my classmates in 3 weeks. God is good.

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

Graduation Day in Pretoria, South Africa.

During the last years of my employment journey our salaries were being cut regularly. I was short of cash badly. I was driven to start a successful business. Having a history of failed businesses, I first started by research of how I had failed before and finding out what others who succeed do. I prayed and read motivational books such as Think and Grow Rich by Napoleon Hill, The Richest Man in Babylon by George Samuel Clason, As a Man Thinketh by James Allen and Rich Dad Poor Dad by Robert T. Kiyosaki. I read biographies of successful business people on the internet.

I researched on successful business women in Bulawayo and discovered the likes of Eunice Dhlamini, who later became my mentor, Memory Ngwenya – Continental Hotel, Thoko Ndlovu – Events Centre, Nosizo Chogah – 4 Squared Events, Blessing Mashangwa – Oceans Perfume, Juliet Mutongerwa – Events by Jules, Zee Ncube – Zeeya Events (Harare.) I left Zimbabwe and found Basetsana Khumalo, Bonang Matheba, Johana Mukoki (South Africa;) Folorunsho Alakija (Nigeria;) Oprah, Kim Kardashian, Beyonce, (USA;) Michelle Moon (UK.) I did this because success leaves a trail, so I was following the trail.

Tell us about the role of travel in your life. What places have you travelled to and what did you love about them?

I have travelled mostly on business to countries in the SADC region, Botswana, South Africa, Zambia, Malawi, Mozambique, Swaziland, Tanzania, Zanzibar. I have travelled around Zimbabwe too. I love South Africa, I love shopping in Johannesburg and holidaying in Cape Town. I love the Cape Town beach. I love Binga, Zimbabwe; the taste of the water and the view from Journey's end and the lake. I love the rocks in Matobo National Park, in winter I love to go there lie on my back and bask in the lovely Zimbabwe sunshine. I loved the Zanzibar spice farms, they inspired me to start an herb garden at home.

What have you learned from your travel experiences?

When I travel I learn a lot from the hotels and I use this to redecorate my guest house WG Guest Villas. I remember when I went to Johannesburg and stayed at Davinci Hotel & Suites, a 5-star hotel, I returned on a mission and I completely revamped the WG Guest Villas linen to quality thread counted sheets, pure cotton. When I was in Dar es Salaam, Tanzania I stayed in an Indian hotel. The restaurant food was healthy and tasty, it inspired new dishes in my Foodie businesses. Going to Zanzibar I enjoyed my first time on a ferry (boat.)



On holiday in Simon's Town, Cape Town, South Africa.



Sandton Convention Centre, Johannesburg, South Africa.

memories for me. When Lisa Nichols was on stage, I saw myself a few years from now in the same place doing the same thing.

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 pray, try to live by the word of God. I am learning to appreciate that Christ lives inside of me and that God is Love. Love lives inside of me, so I must learn to love others.

Body – I am a healthy living freak. I drink lots of water. I do not eat any meat and sugar. I walk 10,000 steps weekday mornings in summer. Since Covid-19 I take home-grown mixed herb concoctions day and night composed of anti-oxidant herbs (mint, rosemary, thyme, fennel, lemon grass, turmeric, cinnamon etc.) I chew my food 32 times.

Soul – I try to feed my mind with the right stuff. I read and watch motivational material. I am learning to control my mind. This is uniting the conscious mind (mouth) subconscious mind (heart) and stay connected to my God, my creator.

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

I buy expensive sugar-free chocolate and binge. I go to expensive restaurants with my girls and we talk business and success and pretend to be billionaires. I buy high heeled stilettos, dress up and go to red carpet events, some of which I create and plan so I can shine bright like a diamond.

What has been the best place you've visited and why?

Johannesburg Sandton Convention Centre in September 2019. I had the best time of my life. This was because I had gone to a conference where I met my heroes in the success world. The conference had Lisa Nichols, Robert Kiyosaki, Peng Joon and Robin Banks. I had read their books, listened to their podcasts and now I was seeing them live. The Sandton Convention Centre holds some special

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

I drink a glass of water first thing in the morning. I go for a walk 10,000 steps, prayer walking. I drink a healthy herbal concoction, listen to sermons from either Benny Hinn, Bill Winston, Andrew Womack or Cindy Trim. I bath while I listen to music from Takesure Zamar Ncube, R Kelly etc. I then dress up and start my day.

Do you have any people you consider role models? (Living or passed on) If yes, name 3.

My mother Joyce and late grandmother (MaMoyo) fighter prayer warriors, Basetsana Khumalo, Uebert & Bebe Angel.

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

The Power of the Subconscious Mind by Joseph Murphy, Think and Grow Rich by Napoleon Hill, The Game of Life and how to play it by Florence Scovel Shinn.

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

As a Man Thinketh by James Allen, The Richest Man in Babylon by George Samuel Clason, Think and Grow Rich by Napoleon Hill and Rich Dad Poor Dad by Robert T. Kiyosaki.



SADC People's Summit, Swaziland.



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?

That I succeeded in business, became the

Journey's End View, Binga, Zimbabwe.

richest woman in the world. I taught success to other women all over the world. That I raised successful children who carried on the torch of helping others to succeed.

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

- Seek ye first the kingdom of God and his righteousness.
- Read to renew your mindset from poverty to success.
- Take care of your body for the first 50 years so that it will take care of you for the last 50 years.
- The success journey will bring the right people into your life, do not hold on to the old who do not wish you well.
- Work and collect lots of money so that you can have choices in life of where you want to live and what kind of car you want to drive and what charity you want to donate to, etc.


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

Like and subscribe to my YouTube channel. Follow me on Facebook, Instagram, Twitter, my blog – Success talk with Noma. Visit my website www.successtalkwithnoma.com and book a coaching session. Book a room at WG Guest Villas, let me cook for your function at WG Back2Basics Restaurant / Working Girl Events.



*Taking care of spirit, body
and soul*

WELLNESS



They say beauty lies in the
eye of the beholder, you my
darling are the most
important beholder of them
all!

SIBO HLABANGANA

The journey to self-love By Sibó Hlabangana

Where some people grow up loving themselves, I didn't do that. It's only recently that I've been on a self-love journey, one that's still in the process. I didn't realize that I had to love myself and it wasn't apparent to me that I actually didn't love myself. Now that I know how important it is to love yourself, I'm doing everything I can to make that a reality in my life.

To me self-love means loving yourself as you are. It means being kind to yourself. Being forgiving to yourself. It means treating yourself with compassion as you would a loved one, instead of being hard on yourself. I believe self-love begins with self-acceptance. You can improve yourself but I believe you have to accept yourself as you are first to be able to love yourself.

It's important to love yourself as you are because if you wait until a certain time, what if that time never comes? You can't put conditions on your loving yourself. Real love is not meant to

be conditional. Would you ever say to your child or someone you love “I’ll only love you if you get certain grades” or “I’ll love you when you’re a certain weight?” or “I’ll love you if you have a certain qualification.” I doubt you’d ever say that to someone you care about. Why then would you do it to yourself? Are you not as valuable as the people you care about?

To me this was such a revelation because I had never looked at it that way. Realizing that has made me think how crazy it is not to love myself. It seems silly now that I struggled with it so much, when I should love myself without conditions.

If you don’t love yourself before a certain condition changes, I doubt you will love yourself when it does. You might think you do but it’s conditional. For example if you love yourself only when you’ve lost weight, what happens if you gain it back? I see all these people who’ve lost weight and I admire them for doing so. What concerns me though is when some say things like “now that I’ve lost weight I love myself.” I wonder, do you really? And if you gain it back, will the love stay? I think it’s also dangerous to make such statements because young girls and impressionable people see this and think I can’t love myself as I am, I have to wait until I reach a certain weight or achieve certain things.

I think it's important to love yourself because it's difficult to fully love others and impact others if you hate yourself. If you don't love yourself it can affect your relationships, whether it's family, friends or your significant other. With your significant other, if you don't love yourself you'll expect that love from them and that's putting unnecessary pressure on them because they can't make you love yourself.



With your children, they learn less from what we say than what we do. If they see you not loving yourself, they'll learn to hate themselves too. You won't want that but it ends up happening. Show them a great example by letting them see it's a wonderful thing to love yourself.

It matters even more with girls. Tell them and show them you love them. Tell them and show them they are beautiful before the world comes and tells them lies. Some of the things I'm dealing with now could have been avoided by being told certain things when I was younger. There is no need to blame anyone because our parents didn't know any better, but we need to do better for our children because we know better.

As part of a continuous journey of self-love and self-celebration, I asked myself how I see myself. I wrote down what I see as my best qualities. I then wrote down qualities that I would like to see in myself. Together they form how I now choose to view myself. The result was the below poem that I recorded and now listen to everyday. I'm sharing it in case you consider writing your own poem about yourself.



Sibonginkosi, African Queen – A self-celebration poem

All hail the African Queen, Daughter of the Most High God
Made in the image of God, royal blood flows through her veins
A beloved daughter, Yahweh is pleased with her and she knows it
She has nothing to prove, in Him she is already approved
Known before she was formed in her mother's womb
Not only does she know who she is, she knows whose she is.

All hail the African Queen, Daughter of the Most High God
As she walks into a room with grace and poise, the atmosphere shifts
She is beauty personified, in body, soul, spirit and heart
A gift from God, as her name suggests, we thank God for her
With obedience and submission she serves her God
With her smile she puts a smile on the faces of all she encounters.

All hail the African Queen, Daughter of the Most High God
Connected to the Holy Spirit, her love of Jesus is infectious
When she walks into a room the level of faith shoots up
People believe because she shows them what belief can do
As she lives in her purpose, with passion, others follow suit
Her love of herself allows people to love themselves too.

All hail the African Queen, Daughter of the Most High God
She freely opens herself to be loved and receive that love
Resulting in her being loved by the God-sent man of her dreams
In her he finds respect, honesty, loyalty, patience and faithfulness
Coupled with discipline, kindness, generosity and a forgiving heart
With her support and cheerleading her husband thrives.

All hail the African Queen, Daughter of the Most High God
If you ask anyone who knows her, they will tell you:
She is a loving person who loves even those seemingly unlovable
Her understanding and non-judgmental nature shines through
She is self-secure and exudes confidence everywhere she goes
Her great sense of humour melts even the toughest of hearts.

© Sibonginkosi, 2020.



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

TRAVEL GALLERY

This month’s travel diamond is Lyuba Nyathi. Since traveling is not really an option for many at the moment, she’s shared pictures from past travel experiences. Let’s travel vicariously through her as she showcases different places around the world. Let her travels encourage you to dream big and design your life to allow you to do the things you love.



Experiencing the Biennale - My solo trip to Venice, Italy

By Lyuba Nyathi

In 2015, I did one of the bravest things I have ever done to build my courage. I went to Venice, one of the most romantic cities in the world, on my own. I was single at the time, my friends were busy or couldn't afford the trip on short notice.

Every 2 years Venice has an art festival in Spring. The Biennale or Biannual in English. So with 2 guide books, a tonne of courage, a selfie stick (I take terrible pictures at the best of times but they were worse with a selfie stick.) I booked 4 nights at The Marriott hotel on an island called Isola Delle Rose. An island that tried to declare its independence from Italy and for an ephemeral moment in history was an independent nation.

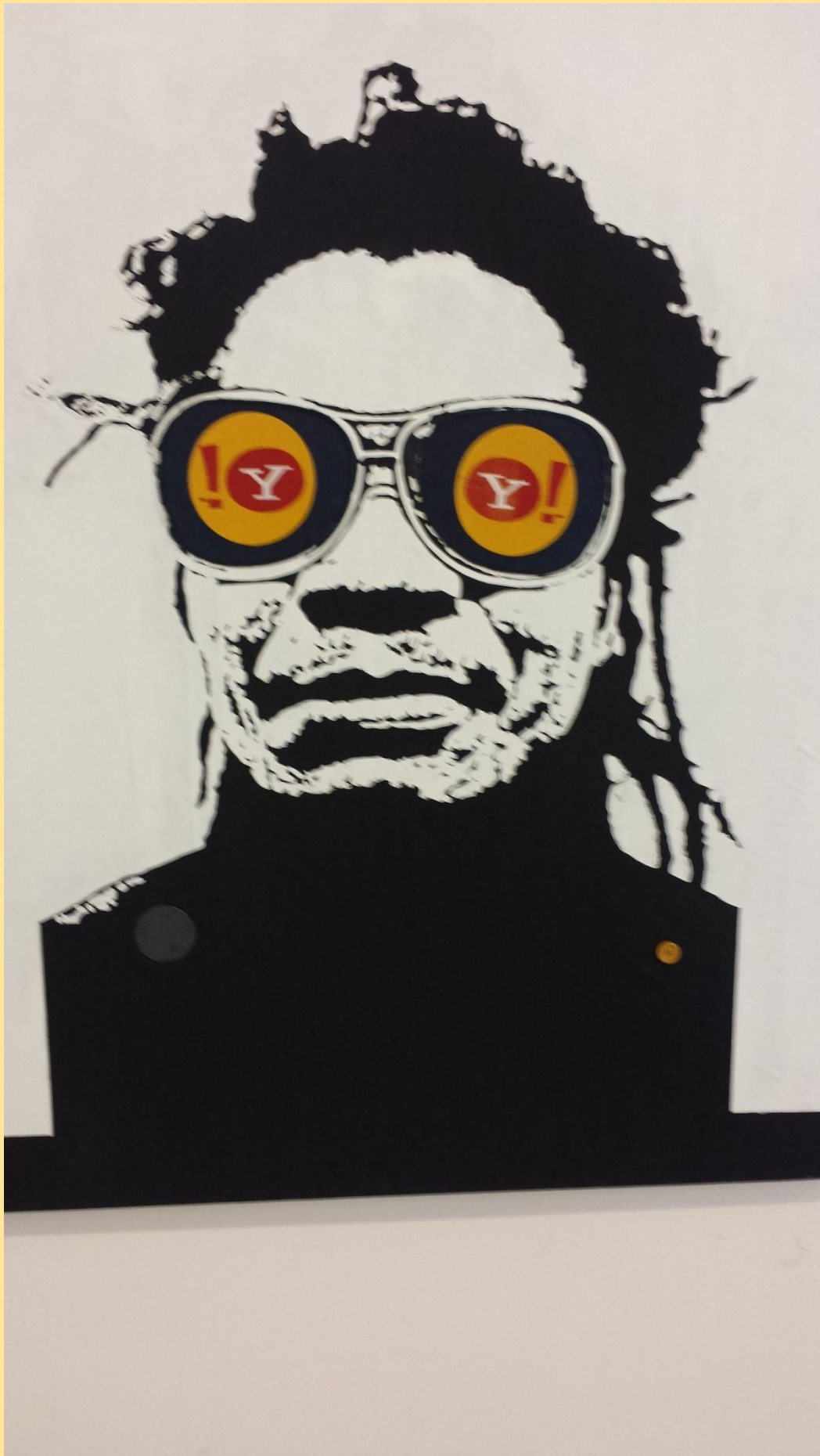
I arrived at night and instead of braving the public transport, to get to the hotel shuttle, I took a water taxi to my hotel. Best decision ever. The views were pretty special and I had the opportunity to squeal my delight without being self-conscious.





I'd get the hotel water taxi shuttle every morning to St Mark's square and spend the day marvelling at Venice, the art exhibitions.

The highlight was discovering the exhibition from Zimbabwe called "Pixels of Ubuntu." Suddenly, in a strange city far from home, there, my beautiful fellow Zimbabweans flying our flag in Venice. I spent ages there, just hanging out.



It was mostly sunny, and warm, but every now and again there'd be torrential rain. Because of the Bienalle, the streets of Venice were heaving with humanity. I liked the rain because it emptied the piazzas and little alleyways and I would come out in the rain and walk freely to my next stop on the guide book. I got lost many times. But I found a friendly face is an international language. People were happy to help. I went to numerous art galleries. And every now and again, I'd stumble on a tiny hidden gallery and I'd be the only person leisurely enjoying the whole place. I came across a painting of Lucretia, (there are dozens and dozens of them) but this one made me cry and up to today I do not really know why. It made me sort of understand why some people are intense when it comes to art. I've never been one to care too much about paintings so that was a new experience for me.

I ate so much Gelato. I drank many carafes of Italian wine, all the Prosecco I could manage. Every lunchtime I went to the same cafe where the waiters were super friendly.





I wish I'd taken more selfies but I was so pre occupied with the feast for the eyes taking place. I was usually so tired after a day of traipsing up and down the hundreds of little bridges in Venice that when I got back, I'd soak my weary bones and order room service.





I did every touristy thing except ride a Gondola. I needed to save one thing for the next visit. My confidence grew with each hour I spent in Venice. I relied entirely on my own wits and ability to communicate and Google translate. It was one of the best times of my life and I highly recommend not waiting for the perfect moment to go to some of these places. There never is. Yes I used an entire month's salary on a 4 day trip, and I don't remember how I survived the rest of that month, but I will never forget my 4 days alone in Venice.



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.

Contributors to the September 2020 Issue

1. Joyce Mutangara

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

2. Lyuba Nyathi

Lyuba Nyathi is a Bulawayo girl living in the English countryside with a fiancé, 2 cats and a thriving herb garden. She is an avid reader who is partial to the company of good friends, travel, food & wine and in the exciting early stages of her 3rd business venture. She is also happily restarting her journey as a Christian.

3. Sibho Hlabangana

Sibo Hlabangana is a dreamer, writer and speaker. She is the founder and editor of Sibho-Lifestyle Magazine. She is also the author of 4 books, 3 of which can be found on Amazon and 1 that is free and can be found at inspirationbysibo.com under the section "my books." Beyond that, she is a co-founder of Hosea Women International, an online women's ministry. Contact details: Email: sibo@inspirationbysibo.com. Twitter: @sibohlabangana. Instagram: @sibohlabangana1.



SEPTEMBER 2020

CONTRIBUTORS

1. Joyce Mutangara



2. Lyuba Nyathi



3. Sibho Hlabangana



How to receive a copy of Sib0-Lifestyle Magazine

1. Subscribe to Inspiration by Sib0 through visiting inspirationbysib0.com and get an update of new content on the website and a copy of the magazine, once a month. **OR**
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 will be open to admin only. The only communication sent through the group will be the monthly Magazine. There will be no comments or anything like that, to ensure you are not bombarded with many messages.

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 20th of the month before e.g. for October, submit by September 20, 2020.

Share with and hear from others as you navigate your spiritual walk with Christ. Visit Hosea Women International at hoseawomen.com.



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

FREE MAGAZINE

HOW TO GET A COPY

SIB0 LIFESTYLE MAGAZINE

BROUGHT TO YOU BY

