

# SIBO – LIFESTYLE

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FREE Dream Pursuit Magazine | Edition #08, DECEMBER 2020

## Dreams & Vision

End of year reflection & preparation for next year. Living from strength with Joyce Mutangara. Finding your gift & purpose. Lessons from 2020.

## Wellness

Letter from a 30 something year old to her younger self.

# THE YEAR END

# EDITION - 2020

## Travel

Top 10 places I'd like to visit and why.

Sibo-Lifestyle Magazine

Where diamonds emerge

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Hello Diamonds,

Welcome to the December 2020 Issue of *Sibo-Lifestyle Magazine*, where diamonds emerge. We're excited about this particular Issue because we get to do a reflection of this year and prepare for the next. We know 2020 wasn't what was advertised but phew, we got through it! 2021 can only get better right? No matter what comes our way, let's take time to prepare for it and look forward to a better future. We've structured this edition of *Sibo-Lifestyle Magazine* with that in mind.

You'll find there's no "diamond of the month" because this month YOU are the diamond. The focus is you and your future, 2021 and beyond. We hope you'll take the time to do the exercises suggested here so that 2021 YOU can say to 2020 YOU "You think you did good, wait till you see what I did!"

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 40. 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.

Alright beautiful diamonds, that's all from me this year. May all your dreams come true in the coming year and may the rest of your year be filled with love. Until next year, dream big, believe in your dreams and don't be afraid to be 100% YOU.

With love,

Sibo Hlabangana  
Bulawayo, Zimbabwe.

DECEMBER 2020

## EDITOR'S LETTER

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SIBO-LIFESTYLE MAGAZINE

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

# DREAMS AND VISION



## End of year reflection and preparation for next year

By Sibö Hlabangana

We've come to the end of yet another year. Phew! I don't know about you but I am glad it's over. I don't know what your year was like but I'm sure we're all battle weary. Mine, although it had some highlights and a lot of growth, proved to be one of my hardest years. Having been someone who in the past allowed my life to stagnate and didn't care much about my future, now I use the end of the year as a time to reflect on my year. I do this to see what changes need to be made going forward so that I'm constantly growing and pursuing my dreams. Here are some

questions I ask myself that you may use as you do your own reflection:

### Questions to ask yourself:

1. What were the highlights for the year?
2. What did not work or did not go well?
3. What should I continue doing?
4. What changes do I need to make?
5. Do I need to make any changes regarding the people around me? (As Jim Rohn said, you are the product of the 5 people around you.)
6. Of what I set out to do, what did I achieve?
7. What should I carry over into the coming year, if anything?
8. How were my closest relationships? Did things go well or things could have gone better? What can I do to improve them? (For example you may need to spend more quality time with your family. If that's the case, how will you do that?)
9. How do I feel about myself and how have I been taking care of myself in the past year?

(Ask yourself this because you have to love yourself and take care of yourself if you're going to perform at your best.)

In deciding how to tackle my next year, I looked at things that I could do. Think about what you need to do or would like to do. Here are my examples:

**To do:**

**1. Write down what you would like to achieve in the coming year.** Where possible break it down into which parts of the year you'll tackle these. For example, I write down a 3 month to do list. Yours could be 1 month or however long you wish.

**2. Note down what you would like to focus on where your growth and development is concerned.** For instance my financial and entrepreneurial education needs improvement so I've included that on my list. With YouTube, books, numerous podcasts and blogs, I don't have to get some sort of qualification. I can acquire all the knowledge I need from home.

**3. Set out what you're going to do towards achieving your dreams.** This is outside of your work, if you are employed and outside of your business if you have one that is for



making money but is not your dream. This is so that no matter what you do in the coming year, you make sure in one way or another you're pursuing your dreams.

**4. Who or where are you going to get your growth and development education from?** For example since I've decided I need more entrepreneurial knowledge, I'm going to listen to (or read) more of The Tim Ferriss Show podcast where he interviews the likes of Richard Branson, Arnold Schwarzenegger, Arianna Huffington and many more. Instead of reading about "10 things that millionaires do," I want to hear from the horse's mouth.

I don't know what the next year brings but I say let's go into it prepared. Let's commit to tackling it head on no matter what comes our way so that we come out on top. Let's also expect awesome things this coming year. Allow me to warn you, you can plan and prepare for all contingencies but whether we like it or not, life happens, as I'm sure this year showed us. Some things happened this year that blindsided me and some took me down for a while but I still got up. So what am I saying? Whether or not things go your way this coming year, face it head on.

### **Beyond the next year**

It's important to prepare for the year ahead, however I believe if you don't have a vision for your life as a whole, it won't help you much in the long run. You need to know what you're ultimately working towards. Do you have a vision for your life? Do you know what success looks like for you?

To help you with the above questions, let me share with you 3 ways I use to record my vision, **a vision board, a vision letter and a vision obituary**. To explain what each of them are and how to make or write them, I've dedicated the last section of the magazine to this, from page 28 to page 38, in case you missed them from previous editions of Sibolifestyle Magazine. If you haven't recorded your vision in some way, maybe you could choose one of them, or all of them.



## How to find your gift and purpose in life

By Nomalanga Ncube

I was coaching a young lady who wants to start a business the other day. The coaching structure I use is I ask the person to write a vision letter and then draw up a vision board. We then progress to purpose. As we progressed to purpose, the young lady got stuck. She just could not identify her purpose in life.

The truth is that we are all born with a gift(s). We use these gifts from birth in unique ways, that is why babies behave

differently. We use these gifts throughout our lives to navigate through life. Gifts can be used for good or bad. And gifts are eternal which means they cannot be taken away from you. As a person on a success journey you have to learn to identify your gifts and redirect them strategically to benefit you in your success walk. The gifts we have are meant to help us with our purpose on this earth.

All human beings are seeds of God planted to come and do a specific purpose on earth. So you are not on this earth by accident but God brought you to this earth at such a time as this for a specific purpose and he armed you with unique gifts to do that specific purpose. It is better that you find your gifts and purpose so that at the end of your life you will not go to the grave full. You must go empty having done all that you were sent to do, and your creator will be well pleased with you.





Dr. Myles Munroe, who I think died empty and left a legacy suggests you answer the following questions to find your purpose:

1. Who am I? (Identity)
2. Where am I from? (Source)
3. Why am I here? (Purpose)
4. What can I do? (Potential)
5. Where am I going? (Destiny)

It is important to identify who you are and not spend your whole life following the identity of others. You must understand your source and stay connected to that source. You were created in the image of God, therefore your source is love, so practise love always. **Find out from your source what you were born to do and start doing it.** Identify your gifts and how you can fully use them to fulfill your purpose. Know where you are going and commit to that road. Dr Myles Munroe says *“the cemetery is the richest place in the world”* with unsung songs. Sing your song loudly and to the fullest before dearly departing. The whole of creation is waiting for your manifestation. The world is waiting to see what is inside of you. Do not cage that hound dog inside of you, let it out. Next time you cannot sleep peacefully, it is that dog inside that wants to come out.



**This is an example of me describing my purpose: *(Its work in progress)***

My name is Nomalanga Ncube, I am an entrepreneur. I am the founder and Managing Director of Working Girl (Pvt) Limited, a hotel and catering company. As an entrepreneur I am learning a lot and as I learn I have a nagging urge to teach others. This comes from my spiritual gift of exhortation. It is this gift that has made me become a Success Coach and the founder of WG Foundation a women economic empowerment NGO.

I have two WhatsApp groups where I share daily success tips to some upcoming entrepreneurs. I have a blog where I write about success. I have a YouTube channel 'Success Talk with Noma TV' where I share success related videos. I have a Facebook page 'Success Talk with Noma' where I share success tips daily. I coach people on success. I have started using my gift.

I always have a smile on my face when I am using my gift. When I am working in my business, I have a strong desire to succeed so that I help others behind me to succeed as well. I am always truly happy when I watch others get on the success journey and succeed.



## 10 Lessons from 2020

By Bongie Ncube, Amanda Mathee and Sibö Hlabangana

2020 has been and continues to be one of the most challenging years to date. The good thing about challenging times is that they bring with them growth. That growth comes if we learn from our experiences. I don't know what your year has been like but I bet you it brought with it some lessons. I got in touch with Amanda Mathee and Bongie Ncube and we put together the valuable lessons that 2020 came with for us. Maybe you might relate to some of them:

### Bongie Ncube's lessons

1. **It is important to be debt free and to put as much money as possible in the savings accounts.** A lot of people lost their jobs this year, even people who thought their jobs were secure.



2. **The importance of a strong immune system** was further emphasised by the pandemic. I've learnt to make good choices when it comes to what I eat. (I don't always win, but I try.) I also exercise a few times a week to keep fit.
3. **Family is all we have.** When we were forced to go into lockdown, most activities stopped or slowed down (school, work, going out etc.) We were forced to stay home

with our families. I have learnt to prioritise family time, creating good memories with my loved ones and keeping in touch with those who do not stay with me.



#### **Amanda Matthee's lessons**

4. **God Is My Anchor.** The Bible verses that carried me through this time include my favourite scriptures Isaiah 43: 1—4 and Mark 11: 24. It is also during this time that I have seen these scriptures come to life in my life when the world was still gripped in fear of the pandemic God kept reminding me to “fear not” and I have seen God answering my prayers and I can ask anything in prayer. My relationship with God has been strengthened and even if we have to return to the office, I would still want to stick to my prayer times and reflections with God.
5. **The importance of Preparation.** I had a small business on the side that was bringing in some extra money, however, it was my responsibility to make sure that all the necessary payments are made on a monthly basis. With the introduction of the lockdown in March, the business was not operational. Financially, I did not save a lot to ensure that the business can carry itself during the tough times and I felt quite embarrassed with myself. I never ever want to feel like that again and I decided that preparation is key. Preparing for the stormy moments will surely assist us in navigating the turbulent waters with greater ease. My advice to upcoming entrepreneurs is that: start saving and reflect on how you can adjust your business strategies to adapt to

conditions during challenging times and consequently meet the demands that are placed on us.



- 6. The Joys of Working From Home.** Since the start of lockdown in South Africa, I have been working from home, it is a great opportunity that requires a fine balancing act. It is my view that working from home will actually open up the opportunities for many persons with disabilities to work remotely and in so doing break the social and environmental barriers. It also requires self-motivation because although you are part of a team, you still have to ensure that you put in the required working hours, but also to be resolute in clearly defining when your work hours start and end, otherwise it can also lead to burn out.

The benefit of working from home presented the opportunity of virtual meetings, as a blind person I can now freely enter and exit a meeting without the assistance of a colleague and having to familiarise myself with the office environment. Organisations need to ensure that in this new normal people with disabilities are adequately equipped with the appropriate technology and the progress should be effectively tracked.

- 7. I have learnt that showing interest in each other's wellbeing makes a positive impact in the other person's state of mind.** I received an amazing message from somebody just to check in on how I am doing. We probably spoke three years ago after meeting each other on a flight, but her reaching out to me was truly valued. *Why don't you select just five people today and reach out to them?*

### Sibo Hlabangana's lessons

8. **The importance of putting yourself first without feeling bad about it.** Basically to choose myself because if I don't, no one else will. Practising self-love and self-care. Even if it means disappointing other people or letting go of certain self-imposed responsibilities to focus on me and my healing and care.



9. **The need to work on healing.** Whilst being interviewed by Tim Ferriss, Brené Brown said something that got me thinking. She said we each in one or another need to heal from past trauma. She said if we don't, the effects of the trauma manifest themselves in different ways in our lives. Tim Ferriss likened it to Pandora's Box that we don't want to open. To this Brené Brown said what people don't realise is that you might not open the box but you're actually inside the box yourself! You're still affected, you just don't realise it.

A later interview by Tim Ferriss on his show made me finally take a step towards my own healing. I saw the need for it and saw that I'm not alone and finally felt like I could do it without it killing me. I've started that journey. It's not easy, lots of tears are involved but I've started and it's making all the difference.

10. **Even in the midst of despair, something good can come out of it.** With 2020 being what it was and bringing with it such darkness, the Jerusalema song by Master KG and Nomcebo Zikode brought with it some very much needed light.



## Living from strength with Joyce Mutangara – Command

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 COMMAND.**

“Command leads you to take charge. Unlike some people, you feel no discomfort with imposing your views on others. On the contrary, once your opinion is formed, you need to share it with others. Once your goal is set, you feel restless until you have aligned others with you. You are not frightened by confrontation; rather, you know that confrontation is the first step toward resolution. You need things to be clear between people and challenge them to be clear-eyed and honest. You push them to take risks. You may even intimidate them. And while some may resent this, labelling you opinionated, they often willingly hand you the reins. People are drawn toward those who take a stance and ask them to move in a certain direction.

Therefore, people will be drawn to you. You have presence. You have Command.” *Tom Rath, StrengthsFinder 2.0.*

John has Command in his top 5. He is very comfortable taking charge and leading teams. He is very persuasive, so make sure you have all your facts straight before approaching him. He is quick to notice the things that are not working, and will address them immediately, even in uncomfortable situations. He does need help with being tactful, and empathetic. Those with Communication and Empathy strengths will be great partners for him.

He does not need cheer leaders to be motivated. As long as he believes that what he is doing is right, he will work very hard at making it come to pass. John’s confidence is on steroids, and the insecure may get overwhelmed. But you can definitely trust him to give direction, and restore hope in the team, especially in the midst of huge challenges. When his father passed away suddenly, John effortlessly took charge of the funeral arrangements and was a great comfort to the family.

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







## 21 Life lessons from the past decade

By Sibö Hlabangana

At the beginning of this year we entered a new decade. At the end of last year, I had already done my reflection for that year and preparation for the next and I thought alright, I'm ready for next year. That was until I came across a Marie Forleo video where she talks about doing a 10 year review since we were about to enter a new decade. I'd never thought to do that. I was intrigued so I did a review of my past decade and let me tell you, I am glad I did that. My eyes were opened to things I hadn't considered and it also gave me food for thought regarding this decade. I would encourage you to do your own if you didn't do one at the beginning of this year. I think it's even more important now because when you look at your life, growth and achievements in 10 years, you see what might not be evident in one year. 10 years puts things into perspective. This will also help if your 2020 didn't go as well as you had hoped.

Ask yourself: What have you achieved in the last 10 years? What are you most proud of? Answering this will allow you to be able to see what you want more of, going forward. One of the things Marie Forleo suggests we do is make a list of lessons from the last decade. I did mine and I'm sharing them here in case one or two may prove to be eye opening for you.

The below lessons were a combination of experience, books I read, videos or interviews I watched whose truth I saw in my life. For some of them the learning is an on-going process.

1. I have to love myself if I'm going to be able to love others and impact them.

2. I have to choose friends wisely because you become like the five people closest to you, as Jim Rohn said. In addition to this, I must decide if I can trust someone before befriending them instead of the other way round.
3. I don't always have to be right.
4. Success is not a universal thing. I get to decide what success looks like for me.
5. I don't have to achieve certain things by a certain age or be a certain way. I should live my life at my own pace without comparisons. This freed me to enjoy birthdays again and not worry about not having enough time.



6. It's extremely important to have a vision for my life because if I don't I can be easily derailed.
7. God speaks to His children and I can speak to Him and have a relationship with Him.
8. I don't have to live my life to please other people. I can just be me and if it bothers anyone, they'll get over it.
9. Happiness is a choice I have to keep making over and over again. 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.
10. I should not hold on too tightly to things, be it dreams, hopes, people, control etc, because there may come a time where you have to surrender them.

11. When something happens to someone I love and I don't know how to help them or nothing can be done for them, I can pray for them because God loves them more than I could ever love them.
12. Continuous growth and development is vital to my success in life.
13. If you believe, anything is possible. Not just believe, but believe without evidence, as in have faith.
14. I can trust God because He will do what He says He will do. I can relax knowing He's got this, instead of trying too hard to force things outside of my control.
15. My thoughts matter greatly. I become what I think about.
16. I should dream big because my Father, in heaven, has limitless resources.
17. I shouldn't be afraid to disappoint people for my beliefs or values and what I believe is right for me.
18. Beauty not only lies in the eye of the beholder but the most important beholder of them all is me.
19. I am beautiful. Yes I actually had to learn that I am beautiful.
20. Truly trusting God comes out through the fire, not when everything's going well and you say "Oh I trust God."



21. God loves me no matter what. I used to think God only loved me if I was a certain way or did certain things but He loves me as I am. He loves you as you are. I wish more people knew this.

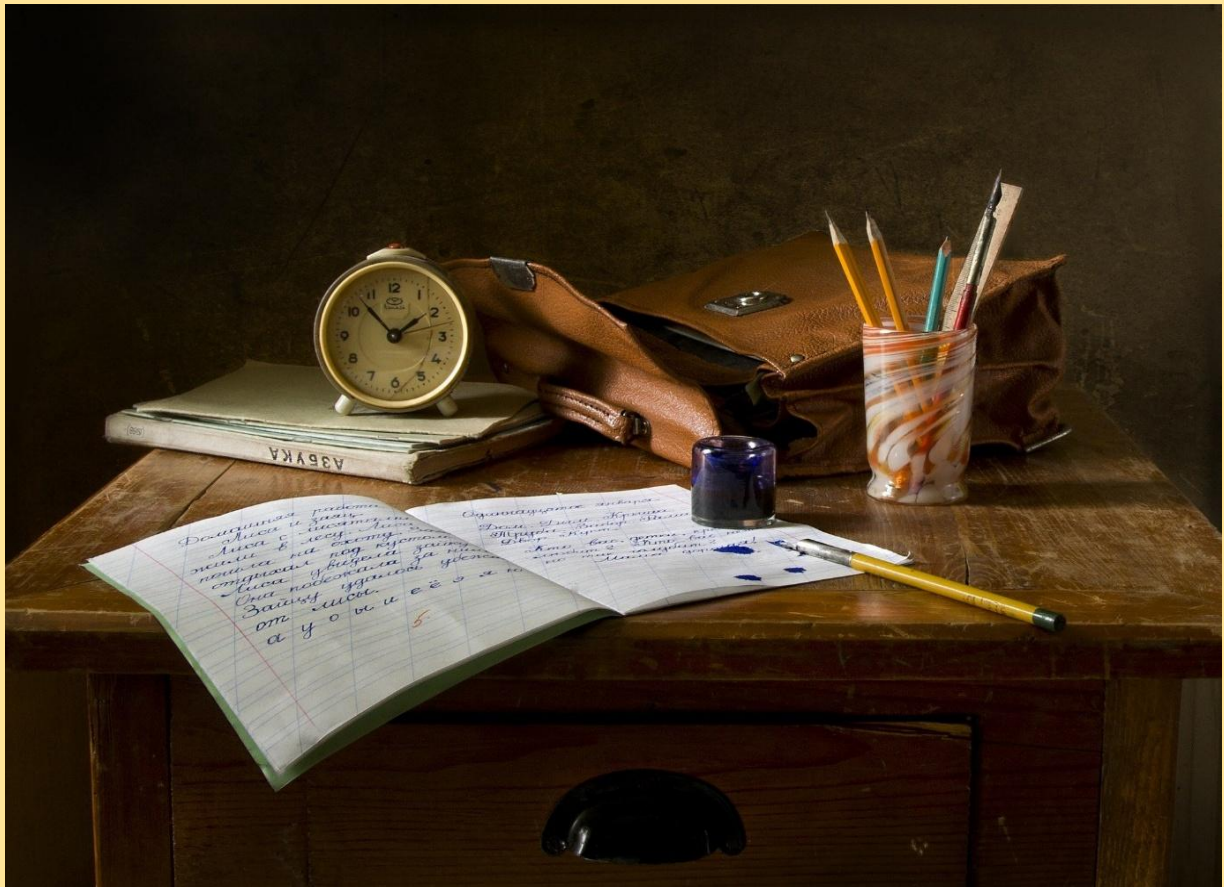
Those are the lessons I was willing to share, some were too personal. If you'd like to do your own decade review, check out the Marie Forleo video I was talking about. Go to YouTube and type in "Marie Forleo decade in review" and the video should come up.





Taking care of spirit, body  
and soul

WELLNESS



## Letter from a 30 something year old to her younger self

By Sibö Hlabangana

I know this has been overdone but I'm writing it in case there's someone out there who like me needed to hear what I'll say in this letter. It's a letter I wish somebody had written to me when I was younger. I hope it resonates with anyone who needs to hear the words.

*My dearest Sibö or should I say Maboe because you've decided that's what you want to be called because Sibö and Bongü are too common. You're being a bit of a diva but that's ok. I know you don't know this right now but you are loved. You are lovable and not disposable. God loves you and will always love you. He loves you without conditions because real love has no conditions attached to it. He made you in His image so your identity is in Him. Before you were formed in your mother's womb, He knew you. That means you were not a mistake to God.*

*You are beautiful. You don't feel it right now but you were made in the image of your Father in heaven and that makes you beautiful. You are the apple of God's eye and He calls you His. You belong to Him. You have to see yourself through His loving adoring eyes filled with love. If you do this, you will have a smile on your face that will never leave.*

*As you grow up you're going to take some wrong turns and end up on paths you never intended. That's ok, you're human. It doesn't make God love you any less. Don't let it keep you away from Him in shame. His arms will always be open when you choose to cry out to Him. He is a loving Father who loves you even in the middle of your messing up. He just wants you to come back to Him. He will court you until you come home. See you'll be lost until you come back home because only He can fulfill you. Don't let it take too long before you turn to Him because it's only you that will keep suffering when you don't have to. You have a Father waiting with open arms to take you in.*

*Don't believe the lie that you are not worthy of love. The lie that because you turned to the world, God doesn't love you anymore. The lie that you will never be rid of your different vices. All lies!*

*This is the truth: God loves you no matter what and will always love you. Even those times you don't feel it and feel far from Him. The only one who can get closer to Him is you. He is never far, He is always there waiting for you. It's you who will need to choose to go to Him. I hope you recognize that sooner rather than later. When you do, make God the Lord of your life. Put Him first in everything and you will not go wrong. You will not be led astray. Give your life to Him and your life will never be the same.*

*With love,  
Sibo Hlabangana.*





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

# TRAVEL

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](mailto:sibo@inspirationbysibo.com) or send via WhatsApp to +263733259119.





## Top 10 places I'd like to travel to

By Sibò Hlabangana

Do you have a list of places you'd like to travel to? My list is quite a long one. Each place with a reason why I want to go there, whether it was described so well in a book I want to see it myself or for some other reason. I know elsewhere this article might be "top 10 places I've visited" but bear with me, I'm still largely in the dreaming, planning and taking action stage. I know in time I will visit all these places and more, and tick as I do so but for now, dream with me and make your own list, if you don't already have one.

1. **Thailand** – I'd like to visit many places there, like Chiang Mai, Phuket, Bangkok etc. It has really beautiful places. It's cheap to live there, compared to other countries. You could have a long stay there and not spend as much as you would in other places.
2. **Chicago, USA** – I'd like to take a walk around Buckingham Fountain after I read about it in a book. I also want to eat at Alinea Restaurant, something I've wanted to do since I found out about it.
3. **Zanzibar, Tanzania** – A friend visited and told me about it and I've Googled and seen what it looks like and I can't wait to experience that beauty first hand.
4. **California, USA** – Although I'd like to start with a visit, I dream of living in Los Angeles at some point in my life so the state of California is on my list. Plus, where nearby, my dream home is in Camps Bay, Cape Town, further away, my other dream home is in Malibu, California, so it's definitely on my list.
5. **Agra, India** – That's where the Taj Mahal is. I can't wait to see that work of art that started being built in 1632 and took years to finish. It's something I've wanted to see for myself ever since I found out about it.



6. **Paris, France** – I want to have coffee and read a book at a coffee shop there. I've always fantasized about doing that. I'll do all the other exciting stuff (exciting for me) like seeing the Eiffel Tower, visiting art galleries, walking around etc, but the book reading at a coffee shop is number one.
7. **Madrid, Spain** – Someone I dream of one day working with lives there so it made it to my list for that reason. I'm even learning Spanish because I really admire his work. It's also a beautiful place I wouldn't mind exploring.
8. **New York, USA** – This one it's for so many reasons! Most of them TV related. *Sex & the city* anyone? *Friends*? I would love to shop in New York and do all the other stuff I've seen in movies and TV shows. Not very original of me but it stays on my list lol.
9. **Istanbul, Turkey** – I watched this movie that was clearly a huge advert for Istanbul and I could tell that's what it was but the sucker of a consumer that I am, it still made me want to visit.
10. **Costa Rica** – It's supposed to be one of the most peaceful places on earth. The people are said to be friendly and someone I trust waxed lyrical about it that I want to experience it for myself. I want me some of that *pura vida*.



# EXCITING WAYS TO RECORD YOUR VISION

Throughout the year we highlighted different ways to record your vision. Since it's the end of the year and the perfect time to record your vision in some way, we are republishing the articles for those who may have missed them. Whether you do it now or beginning of next year, record your vision in some way.

## How to write a vision letter

By Sibö Hlabangana

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

### What is a Vision Letter?

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

January of 2017, I wrote my first vision letter. In it I wrote describing my life 10 years from



then. I wrote about things that hadn't happened yet. Some of those things have already happened. Let me share some of them with you:

- I said I'm a writer, at the time I hadn't really written anything, I hadn't even started blogging. Now 3 years later, I've written and published 4 books.
- I also wrote that

I'm a motivational speaker, when I hadn't done that yet. Now I get to do this on a regular basis.

- I wrote I inspire people, especially young women. Now I have an inspirational blog, inspirational books and some of my speaking engagements are to young women.
- I also wrote I get to travel, at the time I hadn't traveled much. Last year I got to go on holiday to Bali, Indonesia.

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

### Why write a vision letter?

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



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

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

### Visualization

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

### Questions to answer in your vision letter:

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

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

### Example of a vision letter

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

#### Dear 2019 Sib0,

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





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

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

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

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

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

Forever yours,  
Sibo of 2029.

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

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







## How to make a vision board

By Sibò Hlabangana

In the May 2020 Issue of Sibò-Lifestyle Magazine I shared in detail on how to write a vision letter and gave an example of my own vision letter. I appreciate that not all of us are into writing. Some of us prefer a more visual or artistic way of doing things, which is why today I'm going to talk about... drum roll please... **how to do a vision board!** In my head you're screaming and dancing around from excitement.

### 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.

For every picture or words you put on that board, know what they represent so that every time you look at them you think of that thing. For instance I have a picture of Oprah Winfrey on one of mine and I put it there because of the influence I would like to have. Every time I see that picture, that's what it reminds me, that I will have the kind of influence on the world that I dream of.

### Why do a vision board at all?

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

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



### What you will need:

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

### Different types of vision boards:



### 1. Your life in general

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

### 2. Your business or project or creative venture

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

### 3. Specific vision boards for different aspects of your life

Here you do a vision board for a specific area of your life. For example, one for your love life,

one for your wedding and one for your dream house or apartment. It could be for any part of your life you would like a specific vision board for. To the right is one I did for my dream home. Sometimes words are not necessary, the pictures speak for themselves.

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





## How to craft your future now

By Sibö Hlabangana

In past Issues of the magazine, I've talked about the importance of having a vision for your life and discussed figuring out what you are passionate about. If you look beyond the now and consider what you want to have achieved in your life before you die, it will not only give you a vision, it will tell you your passion.

In his book "The 7 habits of highly effective people" one of the things Stephen Covey suggests to get to your mission in life is writing your obituary. This will make you think about what you want to have achieved at the end of your life. A friend and I once wrote our obituaries as a joke after watching the movie Serendipity. In 2017, after reading Stephen Covey's book I found mine and tweaked it a little to reflect the life I saw for myself then.

Below, I'm showing you what that 2017 vision obituary, as I like to call it, looks like so you can have an idea of where to start when you do yours, should you choose to do one. I've since updated my dreams and dreamed bigger but I'm sharing this 2017 one as an example. I look at the more recent one from time to time. Seeing it reminds me of where my life is going and it helps me to reflect if where I am right now and what I'm doing is in line with what it says. If not then I have to rethink what I'm doing.

## Vision Obituary for Sibò Hlabangana

Sibò was not only a daughter, a mother and a wife but a friend to many. She is survived by her husband, H and 2 children, Timothy and Nomzamo. Anyone who knew her, knew her to be a great mother, wife and friend. She was not only a mother to her children but to all the children she worked with and whose lives she impacted.

Having grown up in Zimbabwe she went on to study in Grahamstown, South Africa, where she obtained a BA and an LLB Degree. She moved on to Cape Town where she worked as a Candidate Attorney and later as an Account Developer. After leaving that job she went on to volunteer for a non-profit organization in Bulawayo, Zimbabwe where she felt she could help those who needed it most. She soon became a Lawyer with the same organization.

Her Inspire, Motivate, Empower (IME) mission was the beginning of so many things in her life that led to her leaving a legacy as one of the women who “did a little thing called changing the world.” Through this she started not only an organization but a movement that has led to many a dream being followed, belief that anything is possible and belief in the power of faith. She was able to do this and people believed her because her life was a testimony to all that she advocated for.



While she was working on inspiring people the world over, she met her husband H. Together they worked towards making the world a better place, one day at a time. It is while they were

doing this that they met, fell in love with and adopted their 2 children, Timothy and Nomzamo, whom they loved very much. She always wanted to adopt because she felt that there were many children that already needed parents, therefore felt no need to bring more children into the world when she could mother those who did not have parents. This is also why she founded Faith Heals Foundation, an organization that works towards reducing the number of orphans in the world.

She also started the Passion Rules scholarship, a scholarship given to people who are passionate about a cause, with grades not being considered. This she did because she felt that people should not be judged on intellect alone, because passion beats intellect any day, she said. She was a renowned speaker who reached millions of people through her talks as well as her bestselling books. She was an influential and inspirational woman who practiced what she preached.

She was a kind and generous person who put the needs of others before her own. It is likely as a result of this that throughout her life she was abundantly blessed. She always believed God would provide and as a result felt no need to worry or stress hence her positive disposition. She always said she wanted to leave the world having made an impact even if she didn't live to realize it. She most certainly did this as we can all see the number of people here today and those that couldn't be here who still sent their regards.

If she was here today she would ask that to remember her, make sure that you help those that need it whenever you have the opportunity or the means because nothing feels better than putting a smile on someone's face. I hope you will do this to remember this African Queen.



## Contributors to the December 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](http://joycemut.wordpress.com)  
Email: [joycemut@gmail.com](mailto:joycemut@gmail.com).

### 2. Amanda Matthee

Amanda Matthee is from the beautiful town Wellington, in the Western Cape in South Africa. She is an entrepreneur, writer and activist advocating for the rights of persons with disabilities. Furthermore, she is also blind. "My ability propels me to activate my greatness," this is her mantra that she lives by.

### 3. Nomalanga Ncube

Nomalanga Ncube is an entrepreneur, founder and Managing Director of Working Girl (Pvt) Limited, the holding company for WG Guest Villas and WG Catering. She is the founder of WG Foundation, an NGO that helps young women start successful businesses. She is also a success coach and business consultant. You can contact her through: Her blog: [successtalkwithnoma.com](http://successtalkwithnoma.com) Facebook: Success Talk with Noma, Instagram: successtalkwithnoma, Twitter: @nomancube2011, YouTube: Success Talk with Noma TV.

### 4. Bongie Ncube

Bongie Ncube is a wife and mother who recently discovered what home-schooling is. She is devoted to God. She enjoys reading, cooking and watching home décor channels. She doesn't think she's much of a writer but here she is!

### 5. 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](http://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](mailto:sibo@inspirationbysibo.com). Twitter: @sibohlabangana. Instagram: @sibohlabangana1.

DECEMBER 2020

## CONTRIBUTORS

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2. Amanda Matthee



3. Nomalanga Ncube



4. Bongie Ncube



5. Sibho Hlabangana



## How to receive a copy of Sibolifestyle Magazine

1. Subscribe to Inspiration by Sibolifestyle through visiting [inspirationbysibo.com](http://inspirationbysibo.com) and get 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 WhatsApp 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 Sibolifestyle Magazine, email [sibo@inspirationbysibo.com](mailto: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 20<sup>th</sup> of the month before e.g. for January 2021, submit by December 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.

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