

SIBO - LIFESTYLE

ISSUE NO. 10 FEBRUARY 2021

IT'S NOT AN ACCENT, IT'S
SIMPLY ZIM FLAVOURED
ENGLISH!

LYUBA NYATHI

Wellness:

Choosing a theme for the year. A letter on love and heartbreak.

Dreams/Vision:

Elon Musk shows us what acceleration looks like. Living from strength. A vision letter for Zimbabwe.

Hello Diamonds,

Welcome to the February 2021 Issue of *Sibo-Lifestyle Magazine*, where diamonds emerge. Worldwide it seems as though it hasn't been a great start to the year so far. I don't know what it's been like for you. What I do know is that no matter what is going on in the world, you can still succeed at what you choose to focus on. You are not your country and you are not the economy. **You** get to decide what your focus will be this year. You can choose the word or theme for your year and you'll see the process I use to do this.

Our diamond of the month is Lyuba Nyathi, a UK based entrepreneur. Her story as a whole is inspiring but I'm more excited for you to see how, in the middle of a pandemic that affected and is still affecting us all, she started a business. I hope this, together with her willingness to start over will make you persistently continue the pursuit of your dreams.

Also in this month's Issue of the magazine, we see what acceleration looks like through the financial rise of the "king of cars and rockets," Elon Musk. The *Living from strength with Joyce Mutangara* section this month tackles the "Connectedness" strength. To give you a glimpse into how vision can produce hope, we share a vision letter for Zimbabwe.

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 37. Comments and suggestions are welcome, using the contact details to the right. If you discuss or share about the magazine anywhere on social media, please use the hashtag #SiboLifestyle so we find it.

I hope what you read here will leave you hopeful about the future and encouraged to never give up.

With love,

Sibo Hlabangana
Bulawayo, Zimbabwe.

FEBRUARY 2021

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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



Elon Musk, the richest person in the world, shows us what acceleration looks like

By Sibio Hlabangana

A few years ago I watched a Joel Osteen sermon where he was talking about acceleration. He was discussing how there are points in life when things happen so quickly that it seems unreal. Things that would normally take years happen in much less time. I thought of this yesterday when I read about how Elon Musk, the founder and CEO of SpaceX, CEO of Tesla and founder of The Boring Company, among a whole host of other things, is now the richest person in the world. I'm not surprised that he would reach such a feat, it was inevitable, but it's the amount of time it happened in that I find mind blowing and quite frankly thoroughly exciting. A perfect example of acceleration from a man who specializes in cars and rockets. How fitting.

"Musk started 2020 worth about \$27 billion, and was barely in the top 50 richest people" according to Robert Frank writing for CNBC. He ended the year having added over \$150 billion to his net worth. How is that even possible?! For someone to gain over \$150 billion dollars in a year! It keeps going up because as I write this (January 8, 2021) his net worth is now at about \$185 billion dollars, which now makes him the richest person in the world, after passing Amazon's Jeff Bezos yesterday.

Maybe you think this has nothing to do with you, but how can you read that and not see that anything is possible?! Not only that, but things can happen quickly and in unprecedented ways, after years of working at it of course. I always say you should go after your dreams and never give up. This right here is why. One day everything you've been doing will pay off in ways you never expected. I don't think being the richest person in the world was on Elon Musk's radar. He was going after his dreams and doing what he loves and boom, here he is today.

It was not an easy journey, at some point his companies were draining money at such a fast rate that he had to get money for living expenses from friends. If you're not familiar with Elon Musk's story I would suggest that you make it your mission to get yourself acquainted with it. You can read the biography: *Elon Musk* by Ashlee Vance. One way that I find inspiration and lessons in dream pursuit, entrepreneurship and life in general is through reading biographies or autobiographies and this Elon Musk one that I just mentioned is one that is worth reading if you want to make something of yourself and achieve greatly.

I hope his story as a whole and this new development show you the importance of pursuing your dreams, doing what you love, working at it and never giving up. And that at some point acceleration can take you to a level you never even dreamed of, without you doing anything differently.





Living from strength with Joyce Mutangara – Connectedness

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 CONNECTEDNESS.

“Things happen for a reason. You are sure of it because in your soul we are all connected. This feeling of connectedness implies certain responsibilities. If we are all part of a larger picture, then we must not harm others because we will be harming ourselves. Your awareness of these responsibilities creates your value system. You are considerate, caring, and accepting. Certain of the unity of humankind, you are a bridge builder for people of different cultures. Sensitive to the invisible hand, you can give others comfort that there is a purpose beyond our humdrum lives, which can sustain you and your friends in the face of life’s mysteries.”
Tom Rath, StrengthsFinder 2.0.

I have Connectedness in my top 5. Everything has a reason, as far as I am concerned. We are all connected in our humanity and our purpose. I love connecting the dots. I always know the murderer in mysteries before they are revealed. Understanding the connections helps to know how best to manoeuvre people and resources. There is a bigger picture that we are all a part of. A greater work that we cannot do on our own. I thrive in multi-cultural environments. Finding out how what I am good at is connected to how I can serve my community, has transformed my life.

I enjoy reading autobiographies, because they explain every condition that makes a person who they are, and how their experiences are connected with what they end up doing. Phil Knight, the founder of Nike, loved running as a young boy, and his passion turned to how best to support other sports people achieve maximum success. Comfortable running shoes was where he started and the rest is history. Such connections inspire me, as a coach, to help others find relevant connections too, in what they do. Connections are evidence of purpose.

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





How vision can produce hope – A vision letter for Zimbabwe

By Sibò Hlabangana

Living without hope is a very dangerous place to be in. Many of us may have found ourselves hopeless in 2020. I know how easy it is to find yourself hopeless. It can affect your wellness and all other areas of your life. What do you do when you find yourself hopeless or losing your faith? I've written about trying to hold on to faith whilst living in my country, Zimbabwe where fuel/gas queues, water shortages and power cuts are the order of the day. What I'd like to do here is show you how having a vision can result in hope. I'll do this by giving you a glimpse into one of the ways I keep hope alive in my life.

If you're a regular reader of Sibò-Lifestyle magazine you will have seen me talk about a *vision letter* and giving examples of vision letters concerning different aspects of my life. If you're new to vision letters, here's a brief description: 'It is a letter that you write to someone and date it 5 or 10 years from now, or however long you wish. You tell this person you're writing to what your life is like, where you are, what you're doing and who you're with. You would have to be as descriptive as possible. You're basically dreaming on paper.'

I'm going to share an example of a vision letter I wrote in 2019 and shared online at hoseawomen.com. Usually the vision letters I write are on different aspects of my life or a project I'm working on, in this case though it's for Zimbabwe. I did one because with everything that was happening at the time, I needed to believe that things would change. If

you're Zimbabwean, I hope it will give you hope for our beloved country. If you're not Zimbabwean I hope it shows you how you can build a vision that gives you hope.

I wrote it in the voice of a journalist in Zimbabwe in 2024 where he describes a completely different country than the one he saw 5 years before, in 2019. Maybe I should have made it 10 years later instead of 5 years later, I tend to be rather optimistic when it comes to time frames. Dream with me why don't you?



Vision Letter for Zimbabwe:

May 29th 2024

Bulawayo, Zimbabwe. Article by Thubalakhe Gatsha.

I remember visiting this country 5 years ago and landing at a dark airport in Bulawayo because there was no electricity. I was shocked but the person I was sitting next to was not surprised because it had happened to her before.

Fuel queues were the order of the day, as were water shortages due to the lack of rain. Attempting to report on this was not something I was keen on doing. I knew it would make for

a story that would sell because no one outside the country really knew how dire things were. I was reluctant because this was my city, my country, my home. Even though I now lived and worked in South Africa, Zimbabwe still had my heart. I felt like I was cheating on her and the worst part was that she knew it.

I had work to do though so I wrote all about the despair that the people of Zimbabwe were facing. I wrote about the food price hikes and the fuel price hikes that were taking place weekly and in some cases on a daily basis. All this and many people's salaries remained the same. I couldn't imagine how people were surviving.

Now, 5 years later I'm looking around and I feel as though I'm in a different country, a different city. Everyone I meet is smiling. I spoke to a woman earlier who when I passed her just handed me a chocolate. I asked her why and she said she was just happy because since she came back home 3 years ago from the diaspora, her life has turned around for her.



Seeing high rise buildings in Bulawayo is something new and yet here they are. It's hardly 5 years since what is now known as "the great shift" in Zimbabwe and Bulawayo has turned into an economically vibrant city. I feel like I'm back in South Africa, only with a nearly non-existent crime rate.

Leaders from other countries are coming to Zimbabwe to try and make sense of how things turned around so quickly. It's something unheard of that in what seemed like a split second, "the great shift" happened and before long it was as though some sort of steroids were injected into the country. It started to rain. Precious minerals were found. Entrepreneurs emerged with viable businesses. Inventions came out of the country. Investors were fighting to get a piece. It was rebuilding time and the people were ready to work together in unity and solidarity, every race and every tribe.



I'm faced with a country that was once called the bread basket of Africa in her former glory. After what she's been through and the quick turnaround, it's no surprise her new nickname is Lazarus because she practically came back from the dead. (For real, not Elliot style.) People thought she was down and out but look at her go. I have a feeling she's only just getting started.

I'm glad I've come back home. They called us traitors for a bit when we came back but Zimbabwe has taken us back like we never left. Us the diaspora returnees, whom she took back even after we sought love elsewhere. She's a forgiving land you see. No wonder she's so beautiful and flourishes the way she does.

When I interviewed a woman named Sibó Hlabangana, I asked her what she thought was the cause of the change in Zimbabwe in such a short space of time. Her answer was that Zimbabwe had been undergoing a Spiritual drought and after they cried out to God for forgiveness and mercy, He heard their prayer. She said God has opened His heart out to Zimbabwe and blessed her to show her favour among the nations. I was not much of a believer but seeing what God has done for this country, I'm left saying to myself, "Imagine what He could do for me."

Back to 2021. Did you picture that with me? How are you keeping hope alive in your life? Why don't you write a vision letter? If you'd like an example of one of my personal vision letters, you will find one in the December 2020 edition of Sibó-Lifestyle Magazine, which you can download from inspirationbysibo.com. If you decide to write one, remember to dream big. God's resources are limitless. Dream bigger than you've ever thought possible and then dream even bigger than that. Ask God what lies in your future and start imagining it. I believe imagination is a form of prayer. One day, you'll find yourself living in your dreams.



DIAMOND OF THE MONTH



It's not an accent, it's simply Zim flavoured English! – An interview with Lyuba Nyathi

By Sibho Hlabangana

In each Issue of Sibolifestyle 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 the spotlight is on Lyuba Nyathi.

Having grown up in Bulawayo, Zimbabwe, Lyuba Nyathi is a UK based entrepreneur. With a background in Forensic Mental Health and Clinical Risk Assessment, upon taking an entrepreneurial route, she saw the need to better equip herself and now holds a Master of Science in Management with International Business and Development.

In Lyuba Nyathi's story you will find the essence of entrepreneurship, that of never giving up. You will see how Lyuba tried different things that didn't work out before starting again because she is on a mission and nothing can stop her. We get to experience this side of her when we find out how she summited Mount Kilimanjaro in Tanzania. Dream pursuit and follow-through are at the heart of her journey as she dreamed of travel growing up and now has made that a part of her life, from Amsterdam to New York to Venice and many other places. Strap on your seat belts and let's take a trip down Lyuba Nyathi's journey.





Where are you from and where do you currently live? If not your country, how did you end up in the country you're living in?

I'm from an old but beautiful city of Bulawayo in Zimbabwe. However, the economic situation that was brewing in Zimbabwe in the late 90s and early 00s led my eldest sister to strongly urge me to move to England at the age of 19 to pursue a more hopeful future. I applied to universities in the UK and got places to study English Literature and Nursing respectively. I then obtained a 3 year student visa from the British Embassy in Harare. I was extremely lucky as my other sister was already in the UK since the early 90s on a scholarship and I got to live with her and my brother in law for my first 12 months while I acclimatised.

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

I can honestly describe my childhood as happy. My parents tried very hard to give us a decent life. I am so grateful to them. I come from a big but close knit family. Mum and Dad, 3 older sisters and 1 younger brother, all squashed in a small house. There is a big age gap between the older sisters (because of the liberation war.) It was a typical traditional set up. Mum was the home maker and dad worked for an engineering company. We did not have much in the

way of stuff but we ate well and felt safe and loved. I no longer like to describe my childhood as poor, because we had more than most and we had each other.

We were able to have conversations and jokes with our parents. Up to now I can have a natter and gossip with mum. Don't get me wrong, she would not hesitate to mete out African mum discipline if you misplaced your manners. She is very easily tickled by funny stories, which helps because dad, in the privacy of home was a joker. He taught me how to play card games, fill out the crosswords and do "Target" a puzzle that was at the back of the Chronicle newspaper. He was a socialist at heart and I grew up with what might be considered controversial views of Castro and Gorbachev. He died in 2007 and I still miss him terribly.

I was a scrawny, loud and energetic little thing. Mum strongly encouraged we stick together. My sisters were avid readers so they read my brother and I dramatic and sometimes scary stories. This made me a voracious reader. I read a lot and I read EVERYTHING, including the books my sisters hid under the mattress. I read Jane Eyre for the first time when I was 11. It is still my favourite novel, mostly due to the sentimental attachment. When they all flew the nest, they helped out with pocket money, social activities, clothes etc. I then went to two girls' boarding schools for my entire high school (6years) where I made the most awesome friends and happy memories.

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

Not in a million years! I was always a dreamer and fantasist and spent countless hours lost in books and my imagination. I dreamed of visiting places but they seemed so far-fetched. Sometimes as I drift off to sleep I say to myself, "I can't believe this is my life."





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

I managed to fulfil my intention to read the entire bible for myself. It took me 10 months and renewed my faith. I also completed a full time Master's degree in a completely new subject area (Business) while also working full time as a community nurse and graduated with merit. I almost lost my mind from exhaustion but I actually showed myself what you can do when you decide to make things happen. I'm also proud that I successfully climbed and summited Mount Kilimanjaro. I launched a business during a pandemic and built my own website, work still in progress.

What are you currently working on?

I own a gift shop that sells products with an African "flavour." I want people to be able to get good quality

gifts, made by or designed by Africans at an affordable price. I launched in October 2020 and have been overwhelmed by the response. I have already had customers in America, Australia and of course the UK. I've recently been accepted at my former University's (University of London) flagship pioneer 2.0 programme for entrepreneurs so I am very excited at the prospect of mentorship and scaling my business. I also run a shoe and candy business with my cousin Lolo in Zimbabwe. I have a much bigger project in the works and it is a few years away from fruition but it is in the pipeline.

**What did you do before starting your own business?**

I worked as a nurse.

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

I started this shop because in England, this is the shop I was looking for but could never find easily. For example, one Christmas, we were putting up and decorating our Christmas tree and traditionally a star or an angel goes on top of the tree but that year I wanted a black angel doll, because why not? My fiancé then set out looking for a black angel and managed to find one in Canada and have it shipped and it ended up costing more than the tree itself! It should not be that hard to get things like this if we want to embed representation of diversity in all aspects of life. We must naturalise diversity. So a seed was sown.

My signature best seller mugs were developed from a smart answer I used to give people when they asked me what my accent was as they couldn't place it. I'd say, "It's not an accent, just Zim flavoured English" and they would laugh and diffuse the tension that may come from these awkward questions.



Have you ever started other businesses and how did it go?

This is not my first Rodeo. I have had many false starts and disasters and moderate successes over the past decade. My very first foray into entrepreneurship started when I was doing my nurse training back in 2002. Before Amazon, Etsy, even Google, there was EBay. I sold children's toys and second hand shoes I'd bought cheaply from sales and then sold. I also sold grown up novels that I would not be caught dead reading or selling now (Think 50 shades of Grey.) I was getting requests from America and the UK and I'd get the bus to this shop that sold them, then I'd resell them. I eventually didn't have time due to the demands of nurse training plus I had no business sense, I spent the money as fast as I got it. I then tried reselling clothes and underwear. I did this several times, despite losing money. It was disheartening and when you run out of all your money, I will not gloss over the feeling of failure that can hit you.

But the mark of an entrepreneur is that: no matter how long or how devastating the fall, you regroup and start again. I decided to be more intentional about my business, be more organised, arm myself with knowledge and understanding, invest in myself so I gritted my teeth and enrolled in MSc Management with International Business and Development. The modules excited me and I can guarantee you they were worth it. Some people have a natural flair for business and some need a little bit of help. I needed a little bit of help. I am not ashamed to say that. I needed a structured programme to help me understand financial

statements, investing in shares, JIT, marketing, loan amortisation, International trade etc. I currently source most of my products from Africa and work with one graphic designer in Argentina and another in Zimbabwe to conceptualise my ideas and terrible drawings. It is important for me to understand things I'd never considered before.



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

As an Alumni of the University of London I have been recently accepted on their flagship Pioneer 2 programme to help me grow my business. I'm excited by this chapter and the opportunity for mentorship. I will also be starting a blog on my online shop (lyutopia.co.uk) and this should tap into that creative side of me that has lain dormant for quite some time.

What do you enjoy about running your own business?

The joy I feel with each and every purchase. The hours up late at night individually packaging all the products for my customers. The satisfaction for my customers. Providing people with something that cheers them up or makes them feel good. And obviously the satisfaction of getting paid for doing something you're actually enjoying. Nothing related to the business stresses me in the same way I have been stressed in the past. I don't feel powerless even if things go haywire, that feeling of knowing that this is all on me is something that I enjoy.

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

Currently, the biggest challenge has been building brand awareness and therefore, scaling up. This is one of my big priorities this year. Sometimes it is difficult to let go or to park a concept or design because your vision is bigger and faster than the pace at which everyone else is moving at.

How has COVID-19 affected your business and what have you learned as a result?

I launched my business during COVID-19 so in some respects the associated problems are part of my reality. Courier services have been impacted meaning customers getting their goods late and on some occasions I have had to resend a different purchase with different couriers so a client can get it in time for a birthday or Christmas etc. High quality photography is difficult to access for website pictures due to the minimal contact rules of social distancing. Some of my products are in storage awaiting professional photography. Plus some of my products are best showcased when people are out and about. I've had to introduce lounge wear, products best used at home, etc.

I learnt that people want things that make them feel good, things that they can use and they feel are worth parting with their money, now more than ever.

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

Procrastination is the devil. The sooner you meet the challenges and stumble and fall, and



tackle them, the better. Because the learning does not stop. I'd also say be prepared to cancel out the negative noise, sometimes even the people who care about you are not

able to see what you are seeing and may plant their own fear in you. They are not necessarily haters or intent on discouraging you, they are just not you. Be brave, research, and Start!

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

I'm slowly working on this as it will ultimately allow scalability. I did some paid advertising for one product on Instagram and Facebook and it brought customers to my website and resulted in sales. So when I have a more sleek advertising campaign In Summer 2021, I'll be firmly rooted in social media. It is without doubt more effective at targeted marketing and the somewhat disconcerting growth of the internet of things. At some point, some of my products will need to evolve along with smart homes, smart fashion and it is inescapable. However, for as long as possible, handmade, quirky products will be my main stay.



Have you ever failed at something or not achieved what you hoped for? If yes, what happened and how did you handle the situation?

Yes. When I was doing my nurse training, I set myself a goal to be a Nurse Manager before I turned 30. I achieved this goal at 29. And to my shock and horror, I discovered that I did not enjoy the role at all. I was so miserable. My idealistic and optimistic outlook was utterly crushed and it affected my wellness, happiness, and confidence. It was a poisoned golden chalice. I did a

good job, but I knew I could do better but the organisational structures and environment were not fertile enough to allow me to grow. I had been promoted from a clinical role to a managerial role with zero mentorship. I somehow had to suddenly understand how to make a budget of £1.2 million work. It sounds like a lot of money. With 30 staff, and a ward of 18 men, it was not! I really liked my staff but after 3 years I had to let it go.

I remember bumping into a very good friend of mine I hadn't seen in a while and he said, "My goodness you look so old. You need a break." I was constantly tense and waiting for the phone to ring even on weekends. I was not ok. So I requested a 3 month sabbatical. This meant no income. I pivoted. I went to another branch of community nursing which allowed autonomy, freedom and actually helped patients and inexplicably earned twice what I had been earning! I would never have done this move had it not been for this major setback. I was happier for it, but for a while I felt like a failure. I also realised I wanted more and something different; and the entrepreneurial spirit was re-awakened.



What places have you travelled to?

I have been to a lot of places and not enough. The older I have grown, the more concern and love I have for the environment and climate change so I may have to be more cautious in the future. For example, Venice canals, have for the first time in years, fish swimming as the pollution levels reduced. I cried when I saw the footage. When I went there, as magical as Venice was, the water was murky and you have to wonder, what am I doing to the earth?

I've been to New York, LA, Rhodes (Greek Island,) Turkey, Kilimanjaro and the Serengeti (Tanzania,) Cancun (Mexico,) Sharm el-Sheik (Egypt,) Scotland, Cyprus, Amsterdam & The Hague (Netherlands,) Brussels & Bruges (Belgium,) Berlin and Munich (Germany,) San Pedro del Pinatar (Spain,) Vic Falls, Matopo, Inyanga (Zimbabwe,) Livingstone (Zambia,) Botswana, Drakensburg & Ballito (South Africa,) Venice (Italy,) and Hong Kong.

What did you love about the places you've travelled to?

I love everything about travel. From the anticipation when you check in your luggage at the airport to using Google translate to order food and even the disasters of being stuck in a Spanish town at sunset and realising there is no Uber service or on one occasion needing a speedboat ambulance to rescue your friend from a cruise boat. It is all learning, experiencing new things and testing your own limits and pushing you out of your comfort zone. I rarely regret any travel.

What have you learned from your travel experiences?

I learnt we definitely have more in common than what separates us. And that most people are friendly and curious. I've rarely had any bad experiences when travelling, even on my own. The worst was



Egypt and Haartesbeerspoort in South Africa but they were distinct outliers. Hong Kong was a revelation. I went to a friend's wedding. Although I was there for the groom, I was invited to join the bride and her bridesmaids for the pre-wedding customs. The maid of honour was Chinese English so she helped to translate and explain the traditions and I still feel so honoured to have been privy to such a special moment. Their rituals are very similar to the *lobola* proceedings.

On my first night, my friend's mum prepared a very expensive dish called *Poon choi* which was a mix of various meats and sea food and we all sat around this massive bowl and ate in little bowls. I made a decision there and then not to ask what was in the dish until I had eaten. Some of the ingredients looked disconcerting but it was so delicious and I discovered I really like Abalone (sea snail.) If I'd known what it was prior to eating I'd have probably refused and offended my friend's mum. I tried loads of food. The wedding banquet itself was 10 courses! It truly was an honour to be so immersed in non-touristy activity. I spent time with my friend and her family as well as on my own exploring Hong Kong. I learnt to use chop sticks on this trip because I got so tired of asking for a fork. To top it off, I met my fiancé a week after I got back from Hong Kong.



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

I went on a holiday to Victoria Falls with my mum just the two of us. It was by far one of the best holidays of my entire life. We experienced superb service, mum was treated like a queen. Just to have that bonding time with her and spoil her rotten was special. I was proud of the Zimbabwean owned Lodge that organised all our shuttles, tours and activities.

But special mention goes to Kilimanjaro, just spectacular breath-taking wondrous nature.

The Drakensburg as well. My first holiday with my fiancé, we hired a car from Centurion and drove from Johannesburg to Drakensburg, then

to Ballito. The long walks, walking on the beach in Ballito at night, staying in very basic surfers' accommodation with lizards and all sorts and no locks on the doors. One of the best trips. And yes, we felt safe in South Africa, which apparently is not a thing.



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

These are people I admire, who inspire me:

Florence Mangena Nyathi – for her resilience, faith, patience and overflowing love.

Jacinda Ardern, the New Zealand Prime Minister – she is compassionate, strong, confident, a clear thinker, unafraid and humane.

Serena Williams – she is unapologetic, powerful and a winner.



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

May sound off beat but bear with me:

1. **He's just not that into you** by Greg Behrendt & Liz Tuccillo. This book completely changed my relationships with men and what I accepted and did not accept in relationships. It resulted in me having better quality relationships and it also meant I was able to wait for the right person as opposed to suffer in aimless situations. As a result it took me until 33 to meet my fiancé. It freed me from toxic situations and I avoided red flags. We're getting married this year.

2. **Memoirs of Extraordinary Popular Delusions and the Madness of Crowds** by Charles Mackay, published in 1841. It explores crowd psychology, economic bubbles, financial scams, dodgy bankers, the crusades, politics, witch persecutions and a vast array of topics chronicling the behaviour of mankind. I could not put it down. It felt so contemporary and familiar. For every "madness" I could find a modern day equivalent hundreds of years later. It made me

more circumspect and calmer regarding politics and financial crises etc. Humans always have a way of see sense eventually. Until it all starts again. It feels painful when we're living in it but in terms of history, a hundred years is just a tiny dot in time. No point in fretting. Make the most of life, change what you can, be careful not to be swept up in the madness of crowds and don't fret about that which you cannot change.

3. The NIV Bible.

For someone at the beginning of pursuing their dreams, what book would you recommend?

Remember that the people who write books are people too. Not everything will resonate with you, so exploration is vital. I personally would start with the book that helps your spiritual growth and self-awareness before you pursue any of the others. In 2009 I read Unlimited Power by Tony Robbins and it still resonates today.



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

I have always enjoyed baking, I find the process and the smells very therapeutic. However, in 2020 I fully committed to gardening and got my hands and knees dirty and planted, nurtured, watered plants and it is one of the best feelings ever to use herbs from your own garden as opposed to buying from the supermarket. I take walks, listen to sermons on YouTube, read books, spend time with my fiancé and my cats and invariably these are the things that keep me grounded and happy.

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

I'm working on this. Trying to eat well. Move more.

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?

Kind, generous, loving business woman, running an ethical progressive and socially responsible business and making the people I love feel loved.

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

- Success means different things to different people and it's ok if your idea of success is different from others. You need to define what success looks like for you. Harriet Tubman, Chinua Achebe, Oprah, Mary Seacole and Einstein, although different, are/were all very successful people.
- Never stop learning.
- Choose your support network wisely. The people you expend your energy and emotions on are very important, so choose wisely. If you frequently have to diminish or minimise important aspects of yourself, like your faith, if you have to hide, or reduce your dreams and ambitions around them just to get along, those people are probably not really your friends. They are just people you know.

To access Lyuba Nyathi's work and products, you can go to: www.lyutopia.co.uk.





Taking care of spirit, mind,
body and soul

WELLNESS



A letter on love and heartbreak

By Sibö Hlabangana

I sometimes write letters to my daughter-to-be, before she even comes into my life. Since February is the month of love, I thought I'd share a letter on love and heartbreak. I think most of us can relate to experiences of love, heartbreak or both. Below is what I'd like my daughter to grow up knowing about love and heartbreak.

My dearest daughter,

If someone loves you they will make sure you know it. You will not have to wonder if they love you. You won't have to read through their messages a thousand times trying to deduce what exactly they meant by placing this hyphen here instead of a comma. You won't have to ask yourself over and over again if maybe there's something you're missing. You won't have to keep checking your phone to see if they've called.

It took me a long time to realise this but my dear, when you are loved by someone who says they love you, you will know. Their actions will speak for them. Don't let someone's words be the only deciding factor. A person's actions speak louder than their words. Is he telling you he loves you but treats his mother and sisters like they don't matter? Is he telling you he respects you when he scoffs at everything you have to say?

My darling, your craving for love will only be fulfilled if you love yourself. You see if you love yourself you will treat yourself with love and those around you will follow suit. You my dear are lovable. You are beautiful. You were made in the image of God. You are intelligent. No matter what anyone tells you, you are worthy of love and respect.

My love, sometimes people will treat you however you allow them. I'm not talking about non-consensual acts of violence. I'm talking about staying with someone when they mistreat you because if they're doing that now they won't change when you're married to them. I'm talking about letting someone walk all over you and complaining about it but staying in the relationship.

All this might not apply to you now but bear it in mind when you start to enter into relationships. It will save you a lot of heartache. It won't save you from heartbreak altogether because at one point or another it will happen. When that heartbreak occurs, the only advice I can give you is that it will pass.

Yes it will hurt like nothing you've ever felt before. It will make you question if you were ever loved. It will make you question if you will ever be loved again. Yes you will. You will look back on that time and discover something that it taught you. It won't feel like it when it's happening but believe me you will discover it and be thankful for the lesson or lessons it taught you.



I love you my darling,

Your mum, Sibó Hlabangana.



Choosing a word, theme and/or scripture for the year

By Sibö Hlabangana

A few years ago I discovered the tradition or process of having a word for the year and/or a scripture or verse for the year. This is done to give a theme of sorts or focus and guidance for the year ahead. It could be something you hope to have, something you would like to learn, and something you need to embrace or anything else. The word and/or scripture could be prophetic regarding your year. The word can be anything you choose, for example faith, forgiveness, clarity, love, focus, peace, fun, gratitude, action or anything else.

Last year my scripture was Isaiah 60:1-3:

*“Arise, shine, for your light has come,
and the glory of the Lord rises upon you.
See, darkness covers the earth
and thick darkness is over the peoples,
but the Lord rises upon you
and his glory appears over you.
Nations will come to your light,
and kings to the brightness of your dawn.”*

My word for the year, taken from that scripture was SHINE. In brief, this is what I wrote [about the process](#) at the beginning of last year.

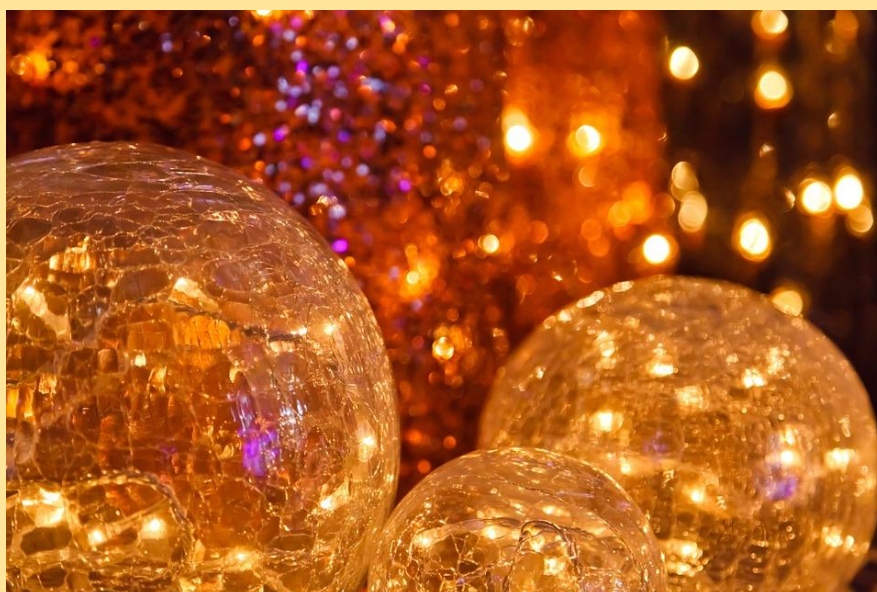
“For the last few weeks I've been seeing and hearing Isaiah 60:1-3. At first I didn't think much of it because earlier in the year God had spoken to me using that scripture and I had included it to the list of verses to pray over my life. As I kept seeing it though and it spoke to me, I thought mmm... maybe these are my verses for 2020. Then about 40 minutes before midnight, just before entering 2020, I started watching a message and the lady started by reading Isaiah 60:1-3, the very verses I was convinced were for my 2020.”

Last year, with my word being shine, I asked God to make me shine and illuminate others around me. Reflecting on last year I found that I did do my own version of that. I started Sibolifestyle Magazine and in each Issue I interview different people and get to shine the spotlight on them. This time around, towards the end of last year I started considering my scripture and word for the year. After asking the Holy Spirit's guidance, the verse that kept coming to me was Isaiah 43:19:

*“See, I am doing a new thing!
Now it springs up; do you not perceive it?
I am making a way in the wilderness
and streams in the wasteland.”*

From there I've chosen the word “NEW” as my word for the year. Since then people have been randomly sending me messages and verses that have to do with God doing a new thing. I'm excited to see how this plays out in my life this year.

I've shared how I normally choose my word/theme and scripture for the year, not to say that's how it's going to happen for you or that you should do it that way, but to give you an example. It's up to you how you choose yours. I'm believing for God to do great things in my life for 2021, I hope you believe the same for your life. **What will be your word and/or scripture for the year?**



Contributors to the February 2021 Issue

1. Joyce Mutangara

Joyce Mutangara is a wife, mother, pastor, legal advisor 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
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2. Sibó Hlabangana

Sibó Hlabangana is a dreamer, writer and speaker. She is the creator and editor of Sibó-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.



FEBRUARY 2021

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How to receive a copy of Sibolifestyle Magazine

1. Subscribe to Inspiration by Sibolifestyle through visiting 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 or WhatsApp +263733259119. It should be your own work/opinion, you can use quotes but it should be mostly your work. We will not accept your article if it's been published anywhere else. Length should ideally be from 400 words to 1000 words. For publication in a certain month's Issue, submit it by the 20th of the month before e.g. for March 2021, submit by February 20, 2021. 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.

For the travel section, you can send in your travel photos on their own or with an article on your travel experiences.

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