

## FLORAH CHIZANA

CONSTRUCTING &  
DESIGNING A DREAM  
LIFE

### **Dreams/Vision:**

Nomzamo Mbatha shows us what crazy dreams can result in. Physical vs virtual vision boards.

### **Wellness:**

Faith in the time of COVID-19. Mental health.



Hello Diamonds,

Welcome to the April 2021 issue of *Sibo-Lifestyle Magazine*, where diamonds emerge. This month is what I'm terming the crazy dreams edition. Why? Well, seeing South African Nomzamo Mbatha live her dream of starring in a big Hollywood movie, we here at Sibolifestyle decided to dedicate this edition to those big seemingly impossible dreams.

We begin with Nomzamo Mbatha's story and what it means for us on the journey of dream pursuit. We also look at physical vision boards and virtual vision boards, with examples of each. The *Living from strength with Joyce Mutangara* section this month delves into the "Context" strength. To encourage you to dream some crazy dreams, I share my own crazy dreams.

Our diamond of the month is Florah Chizana, who is perfect for our crazy dreams edition because she is making waves in the male dominated industry of construction as a business owner and interior designer. She wears many hats, whether it's a construction one, literally or many others. She is someone we could stand to benefit greatly from.

In our wellness section this month, Ruramai Mugwisi talks about grappling with faith in the face of COVID-19. Sandra Areka discusses anger management to help us with our mental health.

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 42. Comments and suggestions are welcome, using the contact details to the right.

I hope what you read here will encourage you to dream some crazy dreams and believe you will get to live in them.

With love,  
Sibo Hlabangana  
Bulawayo, Zimbabwe.

APRIL 2021

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SIBO-LIFESTYLE MAGAZINE

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## We'd love to hear from you for our anniversary edition

Neil Gaiman said: *"A freelance life, a life in the arts, is sometimes like putting messages in bottles, on a desert island, and hoping that someone will find one of your bottles and open it and read it, and put something in a bottle that will wash its way back to you: appreciation, or a commission, or money, or love. And you have to accept that you may put out a hundred things for every bottle that winds up coming back."*

Sibo-Lifestyle magazine was launched on the 1<sup>st</sup> of May 2020 and we are 12 editions in. Next month's issue is our anniversary edition and we would love to hear your thoughts on the magazine so far. What have you learned? What have you enjoyed? How do you think we could improve? What would you like to see more of? Have you done any of the things suggested here or used any of the resources suggested? How can we better serve you as a reader? We look forward to hearing from you. With your permission, we would love to share your responses in our anniversary issue next month, with your name or without it.

Please send your responses to any of the above questions by April 20, 2021 using the details below:

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

# DREAMS AND VISION



## **Nomzamo Mbatha shows us what crazy dreams can result in**

**By Sibho Hlabangana**

I don't know if you are aware of who Nomzamo Mbatha is or if you've been following her story recently. Nomzamo Mbatha is a South African actress who moved to the United States in 2019 and recently starred in the movie *Coming 2 America*, the sequel to the Eddie Murphy and Arsenio Hall blockbuster that was *Coming to America*. I bring her up because when I found out what was happening in her life I was beyond excited! Right before my eyes is an African queen who dreamed big and is now living in her dreams. I love it when I see things like that because they remind me why it's important to dream and believe that anything is possible.

If 10 year old Nomzamo or 20 year old Nomzamo had told people of her dream to be a Hollywood star and be part of movies such as *Coming 2 America*, do you think anyone would have believed her? They would have called her dream crazy and not in a good way. In going through Nomzamo Mbatha's Instagram posts, I found this one:

*"I look at this little girl and I remember how big she dreamed. How BOLD she was... Who would've thought that from a small little corner in South Africa, that little smile would be where it is now... If it were not for my teachers who saw the bright light before I realized it, if it were not for the books that kept me Dreaming and imagining... I don't know how life would*

*look like right now. Education gave me the power to dream. The audacity to dare even greater. Dear 10 year old Zamo, I have kept my promise. You gave me the courage and I will never let go of it.” Nomzamo Mbatha – IG October 11, 2020.*



When you dream of something or you ask God for something, God starts to work behind the scenes. A home you want might start being built 10 years before it ever becomes yours. At 10 years old, Nomzamo dreamt the crazy dream of being an actor in Hollywood. From there God knew how he would do it. From making her get parts in local productions to putting her name in the right people’s minds, God was working behind the scenes. Years later, God put it in the hearts of Eddie Murphy and company to make Coming 2 America and who gets to star in it? None other than Nomzamo Mbatha! In another Instagram post, Nomzamo said this:

*“From KWAMASHU to the WORLD. My GOD is BIG, LIMITLESS and He is MIGHTY and my angels in heaven are the hardest working team. For the past couple of weeks I’ve just been having an OUT OF BODY experience just looking at Zamo’s life like, haibo sisi ... UWENA LO? \*claps once.\*” Nomzamo Mbatha – IG August 23, 2019.*

God will engineer things and move things around to make your dreams come true. No matter how long it takes. Your part is to dream it, believe it and act towards it. The problem usually comes with the belief part. If you focus on your current circumstances it’s not easy to believe. It’s not easy to believe things will change. It’s not easy to believe that you’ll run a successful business, that you’ll graduate with the degree of your dreams, that you’ll become a parent, that you’ll live in the country of your dreams, that you’ll become an internationally recognised entertainer, that you’ll become president, that you’ll have the job of your dreams or that

you'll get married to the love of your life. It really is not easy to believe in things that seem impossible right now but you have to. Nomzamo's story shows us that.

She dreamt as a child and 20 years later, she is living in that dream. What if she had given up 5 years in or 10 years in? Where would she be? If you're thinking of giving up, something I go through sometimes too, don't give up on your dreams. Let Nomzamo's story remind you to dream big, believe in your dreams and continue to take steps towards those dreams. One day you will be somebody else's Nomzamo Mbatha. People will see you living your dreams and be inspired to pursue theirs. Reading about and watching what's happening in Nomzamo Mbatha's life has certainly left me with this undeniable knowledge, it's possible, it's possible, it is so possible! As Nomzamo herself said *"Trust the Process."* IG July 10, 2020. Let me leave you with more of Nomzamo's own words, also from her Instagram page:

### In her own words



*"Those who have courage, DARE. Land on your feet, and if you fall on your back, will the strength in your knees to lift you up again. Stay in the arena. Head in the clouds. Believe that it's all made for you. That even the most impossible, seemingly unattainable dream is tailored for your life. You're closer than you think, kid."* Nomzamo Mbatha – IG October 20, 2020.

*"The power and clarity of perspective is that we get to be thankful for even the hardest of decisions that life requires of us. I'm grateful for this life and everything it comes with. God has and continues to be good. Mine is to be a willing vessel of reflection that we can be everything we dream to be! **Even the most ridiculous of dreams.** Here's to 2020... it's harvest season. Get yours!"* Nomzamo Mbatha – IG September 21, 2020.

*"When The [@hollywoodreporter](#) NAMES you 'THE NEXT BIG THING' (one of the most coveted titles) you pretty much cry and ask yourself ... where did you get the courage to dream THIS big. THIS boldly... HONOURED... SPEECHLESS."* Nomzamo Mbatha – IG February 25, 2021.





### Living from strength with Joyce Mutangara – Context

This is part of a series of articles on different strengths that we as individuals have. For more on other strengths, you can see previous issues of the magazine.

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 CONTEXT.**

“You look back. You look back because that is where the answers lie. You look back to understand the present. From your vantage point the present is unstable, a confusing clamour of competing voices. It is only by casting your mind back to an earlier time, a time when the plans were being drawn up, that the present regains its stability. As you look back, you begin to see the blue prints emerge. You realise what the original intentions were, and this context theme reveals them again. This understanding brings you confidence. No longer disoriented, you make better decisions because you sense the underlying structure. You become a better partner because you understand how your colleagues came to be who they are. And counterintuitively you become wiser about the future because you saw its seeds being sown

in the past. Faced with new people and new situations, it will take you a little time to orient yourself, but you must give yourself this time. You must discipline yourself to ask the questions and allow the blueprints to emerge because no matter what the situation, if you haven't seen the blueprints, you will have less confidence in your decisions." *Tom Rath, StrengthsFinder 2.0.*

My friend Ntando has Context in his top 5. He is always wanting to see the variables of a situation. The surrounding story to the process, he feels, is key to making present and future decisions. He is not happy hiring consultancies, unless he personally knows the people running the consultancy. His ability to give context, or insist on



understanding it, helps his team research on why the process is as it is in the first place, before improving or changing it. Why was it created in the first place? That question ensures that the process still achieves what it's there for.

If you want him to give you a quick decision, then make sure you provide him with the right background information of what you are seeking to do. Or, if you are having to do some kind of research or report, he can help you see what kind of information is needed to give a clear picture of your presentation. "Those who don't know their past, are in danger of repeating it." That is his mantra. The Context strength reminds us of the past, so we are clear on the types of decisions that are needed for the future.

In the next issue, we will look at the strength of **Deliberative**.



## Dreaming crazy, crazy dreams – By Sibö Hlabangana

If you read the first article about Nomzamo Mbatha’s dreams coming true of becoming an actress in a Hollywood movie, I hope it has impressed upon you that dreams do come true, even the crazy ones. I know it’s not easy to dream really big, to dream things that appear highly unlikely for you, to dream those seemingly impossible dreams. I don’t know what yours are but I’m going to share some of mine, with the hope of igniting your own dreams and encouraging you to record those dreams in some way. Whether through a vision board, a vision letter, writing a list or any other way. I’m specifically sharing what my crazy dream home looks like, as well as a list of what I call “my crazy, crazy dreams.” Though both are crazy now, I can’t wait to refer people here when I’m living in those dreams.

### **My crazy dream home before marriage**

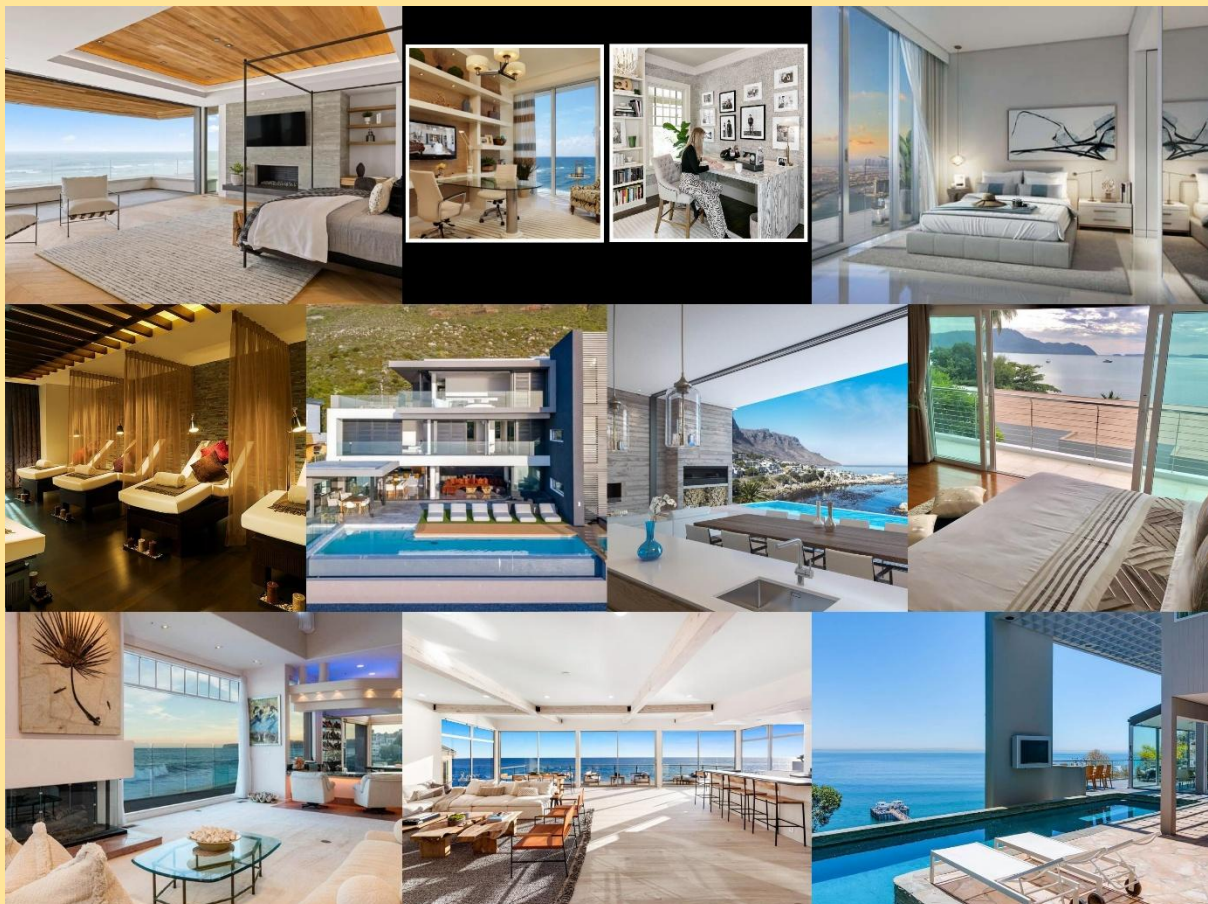
Although I’m not going to share it here, as someone who is currently not a home owner, in 2019 I wrote down what my 2 bedroom dream apartment/home looks like. Later, in 2020, I decided to dream bigger and crazier because if my dreams really are going to come true, why would I stop at only an apartment when I can upgrade? In my head I start with the apartment then move into the “crazy” dream home after a while. So what does this particular home of mine look like?

**It is a beachfront or ocean view property** in a safe, upmarket neighbourhood. Whether it’s in Camps Bay, Cape Town; Malibu, California or anywhere else, I love living in it. I live alone.

It's so close to the beach you can hear the water when the glass doors are open. I love sitting by the veranda/sundeck and watching the water, it soothes me. I find it quite peaceful. The home has 5 bedrooms. One is mine, two are guest bedrooms and the other two I turn into my office and the serenity room.

There is **my beautiful bedroom**. It has 180 degree views of the beach. It has a walk in closet. It has a beautiful bed and a lovely stylish bedroom suite. It's en suite with a bath tub and shower. The shower is the rainfall showerhead kind. There is **my serenity room** (a prayer/meditation/dream room.) It has a couch shaped like a bed where I can lie down. It also has a fluffy jumbo bean bag. It also has a normal sofa with a side table next to it with my bibles and journals or dream books. On one wall it has my favourite verses or verses God has used to speak to me.

There is **my awesome office**. It has a beautiful view. On one side of the wall it has what I call my wall of inspiration. That wall has pictures of successful people I admire or people who have achieved greatly or who fascinate me in how they do life or how they never gave up. These include: Oprah, Eva Peron, Winnie Madikizela Mandela, Serena Williams, Kim Kardashian, Rihanna, Gisele Bündchen, Jammie Kern Lima, Daymond John, Marshall Mathers, Tyler Perry, Benjamin Franklin, Trevor Noah, Richard Branson, Tim Ferriss, Vishen Lakhiani, Steve Harvey, Manny Koshbin, Elon Musk, Vusi Thembekwayo and Sean Paul.



*A virtual vision board I made to reflect my crazy dream home.*

Another side of the wall has my favourite life/business quotes/lessons that I like and live by or use in my work. The table is a circular shape so that I can move around, depending on what wall I want to face that day.

There is an **open plan kitchen, dining area and lounge**. It's quite a spacious area. It leads out onto the veranda/sundeck where there is the most stunning ocean view. You can see the view from the lounge and dining area. There are 2 **lovely guest bedrooms**. They are all also en suite. There is a **swimming pool** and/or a **hot tub** at my place. There are **beautiful art pieces** around the house. *Did you picture that home with me? I hope seeing my crazy dream home will make you think about what your dream home looks like.*



### **My crazy, crazy dreams list**

Some of my dreams seem even more unlikely than others, so I have a list of what I call my “crazy, crazy dreams.” It has over 50 things but I’m only sharing 15 of them here because the rest are too crazy for me to even list here. I mean, a girl’s gotta keep some of her crazy to herself right?! I probably would never have publicly shared these but I think if there’s one thing Nomzamo Mbatha has shown us, it’s that even the craziest of dreams can come true.

1. I am invited to Oprah's house and get to spend time with her or she interviews me, or both.

2. I am a billionaire. (Probably the craziest one since, using 2020 stats, there are only 15 black billionaires in the world and out of those only 2 are black women.)
3. I am number 1 on Forbes' World Most Powerful Women list.
4. I dance with Rihanna on stage.
5. My wedding is fully paid for and on Necker Island or somewhere better.
6. I get paid US\$100 000 to speak at an event.
7. I am in a Sean Paul music video and get to hang out with Sean Paul.
8. I'm featured in a Nike commercial about dreaming big or having faith.
9. I get to accept a Grammy for a song I didn't even sing, just danced in.
10. I learn a dance so well that I dance professionally, with the best.
11. I am a brand ambassador for an airline I like.
12. I am a brand ambassador for Nike.
13. I am a brand ambassador for Coca-cola!
14. Dierks Bentley performs "I hold on" and Bongeziwe Mabandla performs "Mangaliso" at my wedding.
15. I am invited to and get to attend the Met Gala.





## Physical vs Virtual Vision Boards – By Sibö Hlabangana

One of the ways that I and many others record our vision, goals and dreams for the future is through the use of vision boards. In the June 2020 issue of the magazine, I discussed how to make a vision board and different types of vision boards. Here I'm going to give examples of my and other people's physical and virtual vision boards with the hope of enticing you to do your own. First a recap of what a vision board is for those who may not be familiar with them.

### 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.

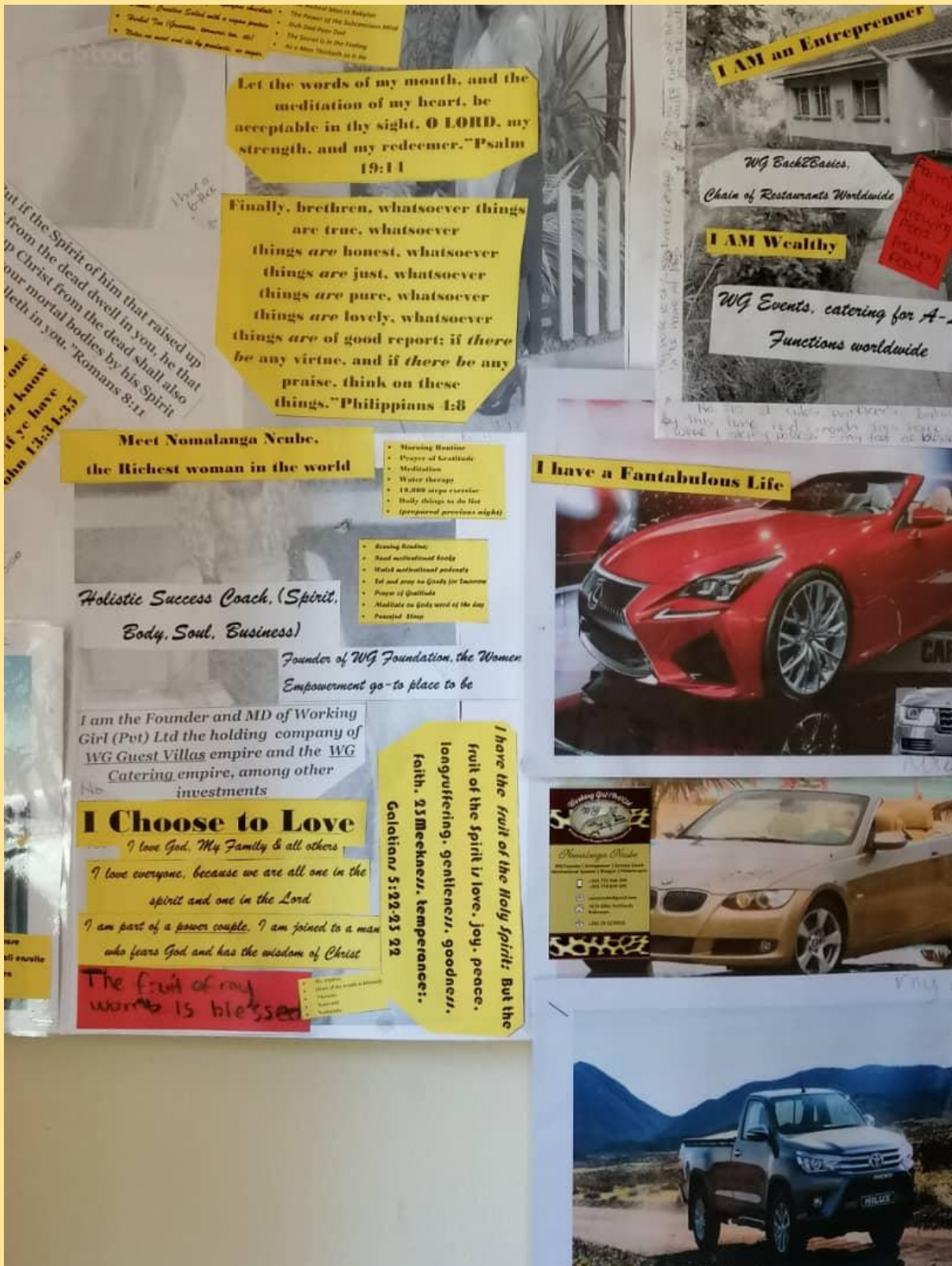
### Physical Vision Boards

When it comes to vision boards you can do a physical one or a virtual one. There is something exciting about sitting down (with friends, family or anyone else or by yourself) and doing vision boards using old magazines, markers and lots of other fun stuff. My friend Mati Mwamuka was kind enough to share some pictures from the vision board day that she had with her husband and children. (Side note: How awesome is it to have a husband who is willing to do vision boards with you?!) The below photos are from that family experience.





Another person I know who does vision boards and has lived to see some of her vision board dreams come to life is Nomalanga Ncube. She was happy to share photos of some of her vision boards with us and here they are:







This is an example of one of my physical vision boards. Having done a vision board for my life in general, I have vision boards for different aspects of my life or different projects I'm working on. I did this one in 2019 and in 2020 it came to life in the form of Sibolifestyle magazine that you're reading right now. In 2019 it was just an idea but now it's a monthly magazine that has an anniversary next month.

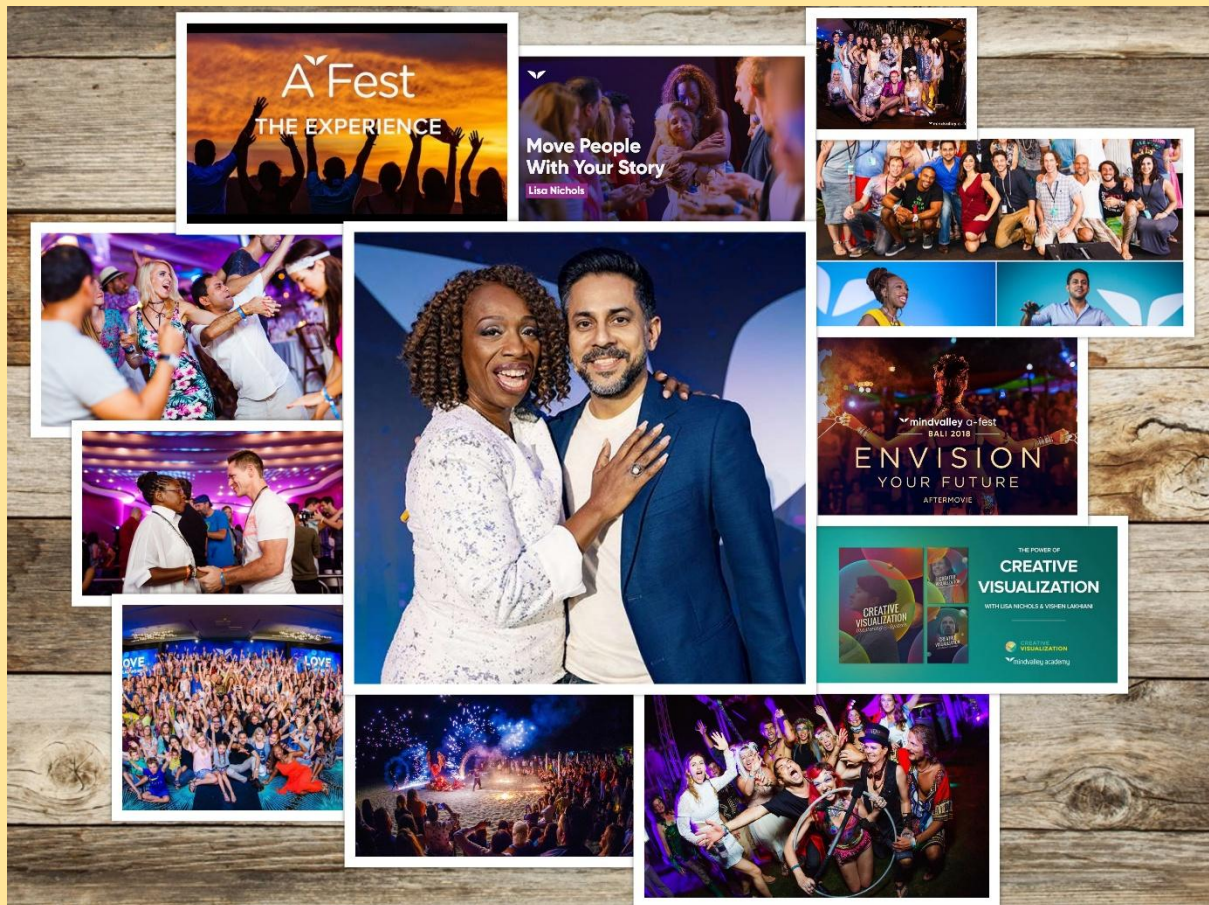
### Virtual Vision Boards



If doing physical vision boards doesn't excite you, you can always do one online. With the above vision board, I thought of influential women who are or were successful at what they do and are having influence in a way I admire. Be it advocating for prison reform, equality, emphasizing self-actualization or any other way, each of them exemplify what can happen when you use your influence for good. I did that vision board at [fototalisman.com](http://fototalisman.com).



One of the things I intend to do is travel. To reflect this, I did the above vision board. I did it at photocollage.com.



As part of a list of things I would like to do or experience, attending a festival called A-fest is high on that list. It's something that I know without a doubt I will one day attend, it's just a question of when. I made a separate vision board for it at photocollage.com.

Whether it's a physical one or a virtual one, vision boards are an exciting way to dream on paper and record your vision, dreams and goals. When things on your vision board start coming to life, it is a wonderful experience. If you decide to do your own, have fun!



# DIAMOND OF THE MONTH

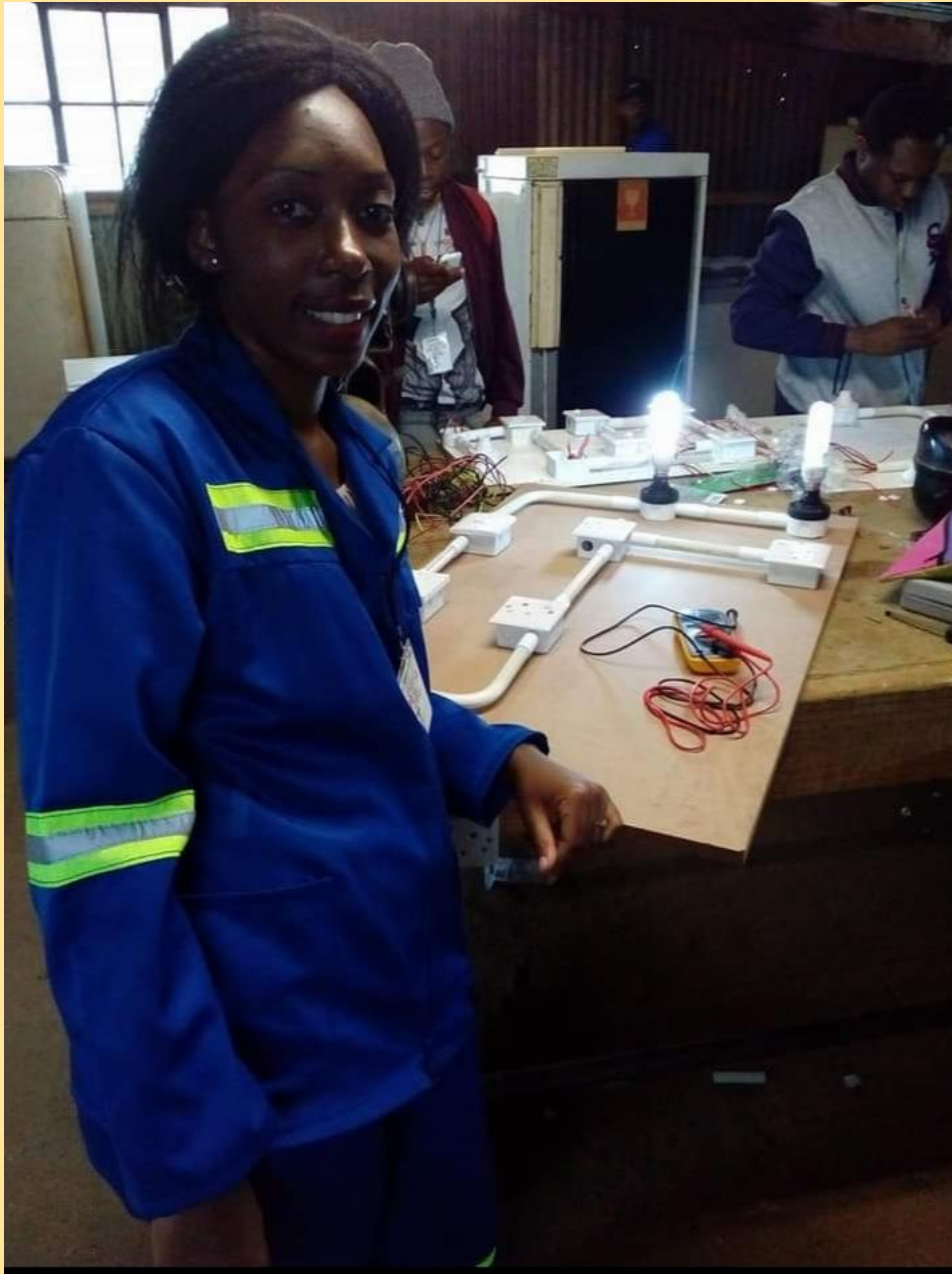


## **Constructing and designing a dream life – An interview with Florah Chizana** By Sibö Hlabangana

In each issue of Sibö-Lifestyle Magazine, we celebrate individuals that dream big, pursue their dreams and are pursuing success on their own terms. I'd like us to learn from them, to see how like us they are or how they differ from us. For us to see what we can do differently or continue to do to pursue our own dreams and success. This month Florah Chizana gives us a glimpse into her life.

Florah Chizana is an impressive woman on the move who wears so many hats, she leaves you wondering, how does she do it? She is an entrepreneur and interior designer who runs a company in the male dominated industry of construction. As if that wasn't enough, she went ahead and got herself a class 2 driver's licence to drive trucks! "Women can't do this and can't do that," Florah's answer is "challenge accepted." She is a fearless go-getter. She is also a pastor, a writer, a mentor, a wife and a mother.

With all that she still finds time to run her blog: [Confessions of an African Pastor's wife](#), where in her words, she *"writes to articulate the intricacies of different aspects of life in a way that is honest, yet uplifting, to express things that people are too ashamed to talk about yet are*



*suffering silently as if help is not available.” Now roll up your sleeves and let’s find out how Florah Chizana makes it all happen.*

**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 am originally from Tanzania but I was born and raised in Harare, Zimbabwe. I currently live in Bulawayo, Zimbabwe.

**Tell us about**

**your childhood. What was life like for you growing up?**

I am the last of 4 children from my mother. I was born in the latter years of my father’s career as a government official seconded by the government of Tanzania to Zimbabwe. However, that life quickly changed after my father’s retirement. I enjoyed school. I was competent in my studies (I was in the first class) but not so much on the sports-field. I enjoyed swimming and made it into the school swimming team in grade six, at about 11 years old. I loved church. I was “Miss remember every bible story and memory verse.” I was quite shy and timid around adults, but was loud and boisterous when I was with my friends.

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

Growing up, like most children I wanted to be a doctor. Looking back, I wanted to prove my academic ability and I thought the only way to do that was to become a doctor. Construction



was never introduced to me as a career. It never even entered my mind. I definitely was artistic as I learnt this from my parents, but art was “not a profession” as I was told.

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

I am not proud of a thing, in so much as I am proud of my journey. I have been able to do brave things like get a class two licence (to drive trucks,) use power tools or personally build a wall. I have been trusted to create and recreate spaces that my clients are proud of. I am proud of creating jobs for people.



**What did you do before what you're doing now?**

Before construction and interior design I owned and ran a retail shop that sold baby and maternity wear.

### **What are you currently working on?**

Currently I am working on a 17-unit townhouse construction project in Bulawayo, Zimbabwe.



### **What made you decide to start Pendeza Construction? How did you come up with the idea and why that in particular?**

The journey into construction started when my husband and I purchased our house. It was an old dilapidated house in a good area, at a good price. We engaged an architect and builder and I loved the whole process. I loved the smell of cement. I began project managing for different companies and grew in confidence to start contracting for work on my own. I did a few courses in interior design and project management. I also started a Diploma in Civil Engineering.

### **How did you become a pastor?**

My husband has been a pastor for 18 years, so after we were married I was a pastor by association and function. I was only ordained, personally in 2019.

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

I definitely have other projects, namely book writing, blog writing and a language app.

### **What do you enjoy about running your own business or working on your own projects?**

I enjoy the flexibility, quick decision making, working on my own terms and shaping something.

### **What have you found to be difficult or challenging in running your own business?**

I have found managing cash flow to be difficult because of the feast and famine cycle of construction.

**How has COVID-19 affected what you do and what have you learned as a result?**

COVID-19 induced lockdowns have slowed a lot of progress. We rely on approvals from the City Council so if their offices are closed or officers are in the office on rotation it delays progress. Work cannot progress during total shutdowns as construction is not an essential service. I have learnt to use time more wisely and more effectively, to get as much done as possible because delays are inevitable.

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

Starting a business is linked to the growth of the entrepreneur. It is a journey of faith because no matter how good your business plans or your forecasts are, you really do not know what tomorrow holds. Every day you open your doors or place that advert you have no idea whether anyone will come in or respond. Talk to people and let the market guide you on how to position your business for success. Your business must be meeting a need. Know your competitors but most importantly know your customer. Know what your customer can afford and supply them at that price, as long as you are making enough money to reward your effort. Persevere. Know yourself – your strengths and your weaknesses. Maximise your strengths, hire someone or hire out what you are not good at. Having said that, understand money. Understand how to calculate whether you are making money or not. Know how much you need to sell to meet all your costs (to keep afloat.) Know how much you need to sell to make the profit you want. Be unashamed to sell and talk about your business. If you are ashamed, then you are not in the right business for you.

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

Yes, I do have them.

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

Yes, I have recorded my dreams and vision in a vision board and a vision letter.

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

Oh yes, they have. The townhouses we are now building were first written in my journal and then put on my vision. I wanted to start a blog and I did. I wanted to mentor and train young people and I have managed to do that on different forums.



**What drives you in life? What keeps you going?**

I am a Christian. God is my number one purpose and ambition; to know Him more and make Him known. The word of God keeps me on track. I know that I am alive at such a time as this for God's purpose.

**What does success look like for you?**

Success is knowing that I am in alignment with God, where he wants me to be and doing what he wants me to do.

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

As I mentioned before, I owned and ran a retail shop. I closed it after I suffered a burglary. Even though I lost stock, I was already struggling to keep afloat. My rental was excessively high for the traffic in its location. I sold premium brands so my target market was small and thus their demand was not enough to sustain the shop with such a high rental. I closed shop and either sold the remainder of the stock from home or gave away as presents. I realised that I had misread the market and had not balanced the product, price, place and promotion of marketing strategy and also balanced to turnover/sales and overhead cost of accounting (my first degree is in Business and Entrepreneurship: ouch!) I have kept the dream alive in my heart and know that I will re-launch it sometime in the future because it still has market validity (plus it is on my vision board!)

**What places have you travelled to?**

I have been to Tanzania, South Africa, Botswana, Zanzibar, Dubai, Isle of Man, UK, USA, Canada and France.

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

I enjoyed the different cultures, food, sites and recreational activities.

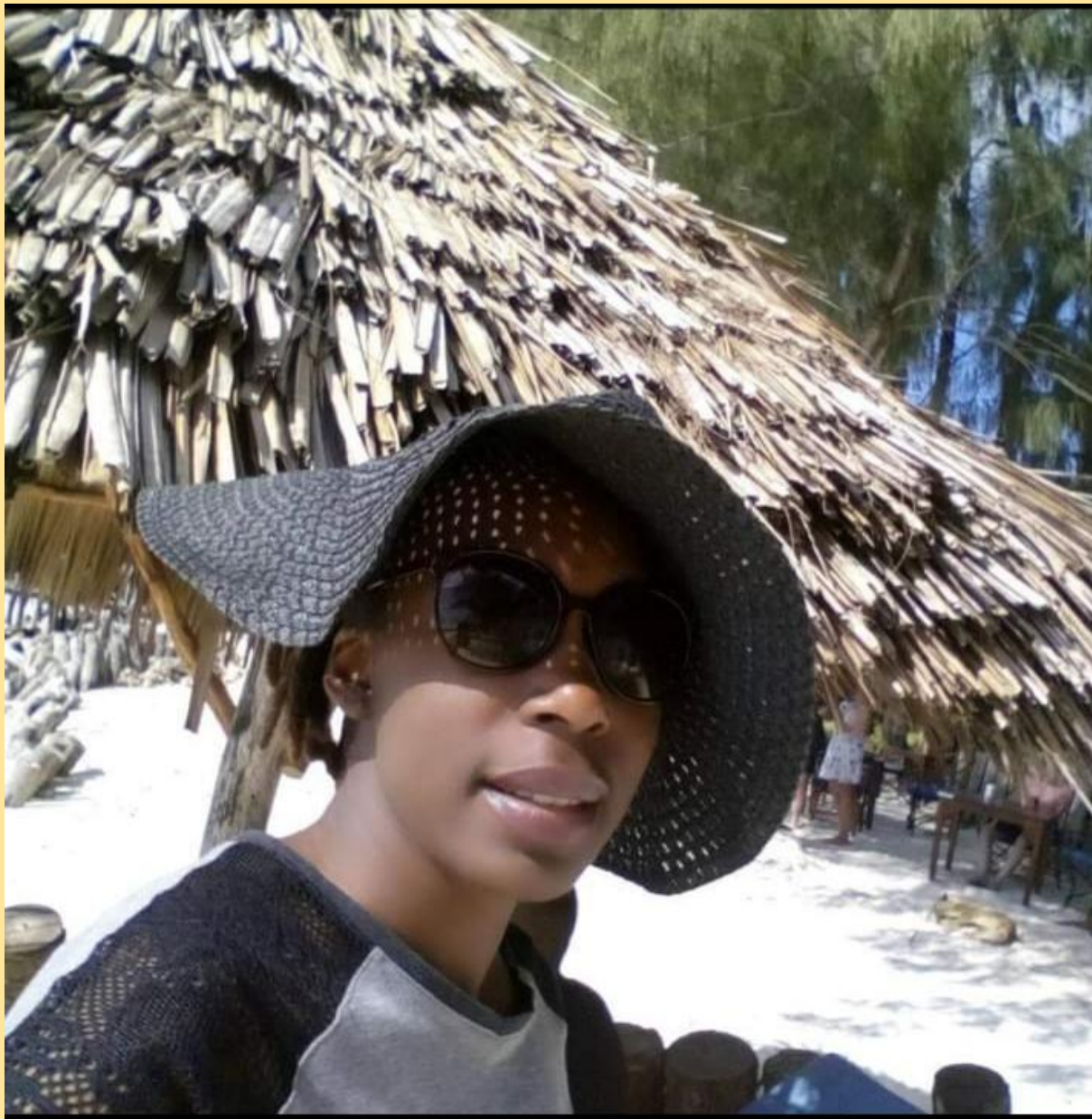
**What has been your most enriching travel experience and why?**

I enjoyed Zanzibar. We travelled there as a family. I realised that the paradise we seek is just outside our door step. It did not cost us very much either. It felt like home. Let us explore the beauties of Africa.



**What have you learned from your travel experiences?**

My USA experience was particularly insightful for me. New York is beautiful but felt like a big machine that just swallows up people and makes them a slave to a well-oiled system. I appreciated the laid-back sense of space and ability to chart your own course, entrepreneurially, in Africa. I also learnt that other countries are good at marketing themselves. The Mona Lisa is nothing like the movies portray her (it is a small painting, A3 size at most.)



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

I have a routine I keep. I exercise most days. Honest prayer and bible reading form my spirit and soul care routine.

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

I have struggled with this. My first step has been fighting against toxic thoughts. Primarily not to tell myself I cannot do something. I have refused to be my own enemy. I will be my best ally; always trying to find a way to make good things happen for me.

**Do you have a morning routine? If yes, what does it look like?**

Morning Schedule

- 5.00am – Wake up, pray and read the Bible
- 5.30 am – 6.00am – Exercise or 6.00am – 6.40am
- 6.40am – 7.00am – Bath and get ready
- 7.15am – Drop off kids
- 7.45am – Arrive at work

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

T.D Jakes (Pastor and business person,) Myles Munroe, Steve Furtick, among others.

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

Hunger for Reality by George Verwer, Secrets of the Millionaire Mind by T. Harv Eker, The Jesus I never knew by Philip Yancey and Instinct by T.D. Jakes.

**For someone at the beginning of pursuing their dreams, what book would you suggest they start with?** Secrets of the Millionaire Mind by T. Harv Eker.





**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?**

My life is so multifaceted that to condense my life to one thing is quite challenging as different people know me in different spheres. I would want to be known as fearless. Things and circumstances change but I want that all I do and be, to be characterised as fearless. A person that lives beyond the bounds of safe and normal, but always reaching out for more; to be better, do better and make things better for my fellow mankind.

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

Submit your life to God. Dream with him. Let him lead and direct you. God may take you on a seemingly long route but focus on the lesson, the person you are becoming and the competencies you are picking up along the way. Nothing is wasted.

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

Read the blog and buy a townhouse from Pendeza Construction when they are ready!

**My blog is:** [confessionsofanafricanpastorswife.wordpress.com](https://confessionsofanafricanpastorswife.wordpress.com)

**Website:** <https://florahch.wixsite.com/website>

**My Facebook page:** Florah Temu Chizana

**My Instagram:** Florah Chizana





Taking care of spirit, mind,  
body and soul

WELLNESS



## Faith in the time of COVID-19

By Ruramai Mugwisi

The New Year always starts with such great promise and 2021 was no different (particularly after the peculiar hardships presented by the global pandemic in 2020.) I was feeling positive about the New Year and I was particularly excited and hopeful to accomplish some amazing things along the way. My affirmations were posted right across my bed. I was determined and focused. 4 days into the New Year my confidence was shaken. On the 4th of January 2021 I was diagnosed with COVID-19. What I thought was a simple case of tonsillitis turned out to be something more sinister. I braced myself.

I had watched the news, read the articles and was well informed on the physical manifestation of the disease. At this point I only had a sore throat and my whole body ached. I knew what to expect next; the fever, headache, loss of smell and taste as well as the persistent dry cough. I gathered the necessary supplies and apparatus to get me through the fight ahead – a portable nebuliser, vitamins, pain killers and antibiotics. The next 10 days were going to be critical. I made the decision not to share this diagnosis with anybody else outside of my family. I did not want my friends to worry unnecessarily. They had their own struggles (who didn't, 2020 had been a difficult year!) Besides I was confident that I would soon be well. I had everything I needed to get through this. I was ready.

What I was not prepared for was the emotional tumult that descended. My husband had to move out of the bedroom and for the first time in our marriage of 18 years we were under

the same roof but sleeping in separate rooms. My children could not access me physically and to speak to me they had to wear masks and keep a safe distance from the deadly infection I carried. Isolation was necessary but it left in its wake a trail of loneliness and fear. As the symptoms appeared and intensified, the fear escalated. In desperation I tried homeopathic 'remedies' and so began a gruelling regimen of medication, nebulisation and steaming. Already physically battered and drained, I struggled to stay afloat mentally.



What had happened to the positivity I had felt at the start of the year? Why was I slowly giving up? It was only the 8th of January. What about the awesome things I had intentions of achieving before COVID-19 showed up? I still had dreams and plans and they were real and valid. I took another look at the affirmations on my wall. I read one sentence out loud.

**'Let your faith be bigger than your fear.'**

I was letting fear win. I had to remind myself that I was bigger than the disease. Even if it took me out, I was not going to go down scared and cowering in fear. I wish I could say I was immediately inspired and that my motivation changed the disease progression. In fact the very opposite happened. The next day I struggled to breathe and I felt like a train wreck. Not surprisingly fear showed up to taunt me.

**'Where's your faith now?'**

**'I'm alive aren't I?'** I responded.

That is all I needed. To stay alive and to see another day. Faith is not about feelings. Or having all the answers. It is not about the absence of challenges or danger lying in wait in the

shadows. Faith is about trusting that you will get through, even when you do not see how. And so as the days passed I remembered to be thankful for seeing another sunrise. I held on to the promise of life and health through prayer and worship.



I also reached out to my friends, realizing that my earlier decision to keep the news to myself only further isolated me. I needed their support and they showed up; calling daily and sending messages which kept me hopeful. I leaned heavily on the support of family and friends. The wars we fight in life are best battled in the company of those who know us best and love us without reserve. That's why isolation is the hardest battle to overcome in the management of COVID-19. Although I could not touch my children (and they counted down till the day they could hug me!) they surrounded me with love. I would never again take a hug for granted.

My parents prayed and held the faith for me when my own faith wavered. The battle raged on. Some days were good and I could eat a little but other days I could barely walk and I would lie in bed in complete despair. Fighting is not easy but in the end we all won. My husband. My children. My family. My friends. All of us. Together.

I'm still giving my body time to recover from the trauma of this disease. I still get tired easily and I am building up to the level of strength I had before. I find it difficult to do simple tasks I could do before without getting a little out of breath. But there is one good thing I've noticed since my recovery. My skin is glowing. Maybe I'll continue with the steaming after all.



## Mental Health with Sandra Areka – Anger Management

This is the first article in a series on mental health. In this article I would like to talk about feelings. We will zoom in on the feelings of anger, and demystify some myths around anger.

### What is anger?

I could give you my own definition of anger but I think Spielberg captures it quite aptly when he defines anger as “an emotional state that varies from mild irritation to intense fury.” Anger can be a good sign for one to know when their boundaries as an individual have been violated. It is good to ask yourself “what is it that triggers anger in me? What makes me angry? What can I do about it?” Yes, there is something you can do about it. Being proactive in this manner can assist you to respond in a positive way and not react in a negative way.

You need to realise that there are some environments you cannot control, however, **there is a constant environment you can control and that is yourself.** You can control how you respond to what triggers anger within you. Each day we are all presented with opportunities to trigger anger in us. The long queues at the supermarket, banks, passport office. The driver who abruptly turns in front of you without indicating. The boss who shouts at everyone in the office when they are stressed. These are just the realities of life, but you need to take control of your emotions so that you don't become a slave to emotions, especially anger.

## Demystifying anger

Let's talk about this feeling called anger. Anger is not the problem but what you do when you are angry that leads to problems. Most people react badly when provoked to anger, that



becomes the downfall for most of us. In a moment of anger one says harsh words that tear, break, and destroy others. Damaging words once spoken can never be reversed or taken back. Try to imagine that beautiful mirror. that full length mirror that you look at before you leave the house. Let's just visualise in a moment of anger you take that mirror and with all your strength smash it on the floor, it shatters into a thousand pieces. Once you have come back to your senses you want your mirror back. The reality is that no amount of glue can glue back that mirror no matter how sorry you now feel. Here we are talking about tangible things that can be replaced. What about when we are talking about intangible things like relationships?

### How our anger affects our key relationships

In a moment of anger not only do we damage the other person who we will soon need but we also damage ourselves with double the effect. In that we have become a slave to anger and now we have fragmented feelings. You need to realise that you are in the driver's seat of your emotions. You are responsible for how you deal with your anger.

We also need to realise that our upbringing plays a role in how we relate to anger. Some individuals grew up in angry environments where angry words were the order of the day, and they learned anger from a tender age. So they grew up as angry individuals. Some individuals grew up in environments where feelings were suppressed and they were not allowed to express their emotions. They suppressed their anger and later on in life they begin to explode and self-destruct.

### So what can we as individuals do?

We start at the beginning, by looking at ourselves before we blame others for making us angry. Statements like "she or he always makes me angry," or "if it wasn't for Mary I would be a happy person" don't work. You need to get to a place within yourself that the

environment does not control you but rather, in that angry environment you choose to respond positively and not react negatively to anger.

In my work as a counsellor I have found that most of us women, me included, struggle with stress, anger and forgiveness. These three are interrelated. As expressive as we are, when it comes to this area we seem to fall flat on our faces. In Ephesians 4 verse 26, the bible says “In your anger do not sin: Do not let the sun go down while you are still angry.” There is so much wisdom and truth in that. It would greatly assist us if we kept the following in mind:

**1. Anger is like an alarm that alerts you a boundary of yours has been violated.**

**2. Don't ignore your anger.** It will not go away on its own. If you ignore it, it actually grows.

Have you ever had a terrible smell of something rotten in your kitchen? I mean every time you get into the kitchen there is a foul smell. You move every cupboard, clean everything until you find where the terrible smell is coming from. Maybe it's a rotten tomato underneath the sink. It's only after you have removed it and cleaned up, that the kitchen becomes clean and sweet aroma lingers again. That is what anger does, it warns you that something is not right. Don't ignore it but address it, and deal with it before it festers.



**3. Behaviour is learned and can be unlearned.** It doesn't help you to say things like: “What if this is the way that I am. I can't help being angry at everyone. People should learn to accommodate me.” You can't change other people, the only one you have control of is you. The sad truth is so many angry people are very negative people and have indirectly sabotaged their own happiness and success.

**4. You cannot think angry thoughts all the time and be happy at the same time.** Your dominant thoughts will become your dominant actions. Your dominant actions will become who you are.

For years I struggled with dealing with anger in a positive and constructive way. I was that person ready for any opportunity to become angry but the moment I was ready to confront the triggers and let go of some lies concerning anger, I was able to become a positive, fruitful and productive individual. I am happier now, some days I am more happy than others, some days I actually look in the mirror and wonder if there is anyone on earth as happy as me. Don't get me wrong, I didn't say my life or environment was perfect, contrary to that it's filled with all the general problems that any woman living in Zimbabwe faces. Some days are even filled with more problems because of the work I do, in assisting others to deal with their own problems and taking responsibility for the choices they make. I am not perfect, but I have grown to become the driver of my own emotions and become a happy person in the midst of adverse situations.



If you would like a copy of my Counselling training manual or Counselling services please get in touch with Counsellor Sandy on +263 774782297. "Today is brighter with a whole you."

For those interested, the backdrop of this article is learning from my own experience as well as the following books:

*Cormier, S and Hackney, H (1993) – The Professional Counselling: A process guide to helping.*

*Beck, R and Fernandez, E (1998) – Cognitive behaviour therapy in the treatment of anger.*

*Claringbull, N (2011) – Mental Health in Counselling and Psychotherapy.*



## Contributors to the April 2021 Issue

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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](http://joycemut.wordpress.com)  
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### 2. Ruramai Mugwisi

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### 3. Sandra Areka

Sandra Areka is a professional counsellor with wide experience in working with diverse people and groups of all ages, from children to the elderly. She is also a counselling trainer, a speaker and an event planner.

### 4. Sibho Hlabangana

Sibo Hlabangana is a dreamer, writer and speaker. She is the creator 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](https://twitter.com/sibohlabangana). Instagram: [@sibohlabangana1](https://www.instagram.com/sibohlabangana1).

APRIL 2021

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## 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 May 2021, submit by April 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.

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