

# SIBO - LIFESTYLE

ISSUE NO. 17 SEPTEMBER 2021

## LOLA RUTENDO DENGGA

A STRONG WOMAN  
OF FAITH IN THE  
BEAUTY  
INDUSTRY

**Wellness:**  
Soul Therapy.

**Dreams/Vision:**  
You hold the  
power. Living  
from strength  
with Joyce  
Mutangara. Your  
best life awaits  
you.





Hello Diamonds,

Welcome to the September 2021 edition of *Sibo-Lifestyle Magazine*, where diamonds emerge. What you're about to read is the final issue of *Sibo-Lifestyle Magazine*. This is not the end of [Sibo-Lifestyle](#), just the magazine aspect of it. The website will still be there, all content stays and the blog will remain functional and I'll keep sharing on it. I hope you'll continue to visit.

The vision remains the same but I'm taking time to reflect on and work on next steps, to allow me to pivot. Sometimes it's necessary to pivot in order to grow and get better results. The pivot, which will be in video format, will pick up where the magazine is leaving off. The next few months will be focused on bringing that to life. The journey of dream pursuit continues. It's been a pleasure running the magazine, I've grown and learned a lot through the process. I've made some great connections as well.

Thank you to the contributors and supporters who made it possible to have a product to publish each month. I remain indebted to you. Thank you to you reader, for allowing me to have an audience for what was shared through the magazine. As a way of appreciating you, you get a free copy of the book "Beyond Bubble Baths – A journey to wellness" by Ruramai Nyadzayo-Mugwisi and Sibho Hlabangana. We've included an excerpt from the book on page 6. You can get a link to the book at the end of that excerpt.

In this issue we have the pleasure of taking a beautiful journey through the life of Lola Rutendo Denga, a professional in the beauty industry. Her passion for what she does shines through as she shares her story. I love how she is not only concerned with outer beauty, she caters for the soul and being of those she works with.

The *Living from strength with Joyce Mutangara* section this month focuses on 4 different strengths, namely: Includer, Individualisation, Input and Intellection. For all you know, you may even recognise yourself in one of the strengths. If

SEPTEMBER 2021

## EDITOR'S LETTER

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2. Ruramai Mugwisi
3. Lola Denga
4. Sibho Hlabangana.



you can, take the online Clifton StrengthsFinder test yourself because it will help you to identify your strengths and use them for your benefit.

Also in this issue, we discuss how much power you have in your life and the direction that it takes. In addition to that we talk about how your best life awaits you, how we came to that conclusion and what is required of you to attain that life. With that, we listed what we call “starter-pack books.” These are books that we believe can help jumpstart your personal development and change the trajectory of your life.

This is not goodbye, it’s see you later, in a different format. Until then, dream big, believe in your dreams, pursue them with focus and obsessively if you have to. And don’t give up on your dreams.

With love,  
Sibo Hlabangana  
Bulawayo, Zimbabwe.



SEPTEMBER 2021

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SIBO-LIFESTYLE MAGAZINE

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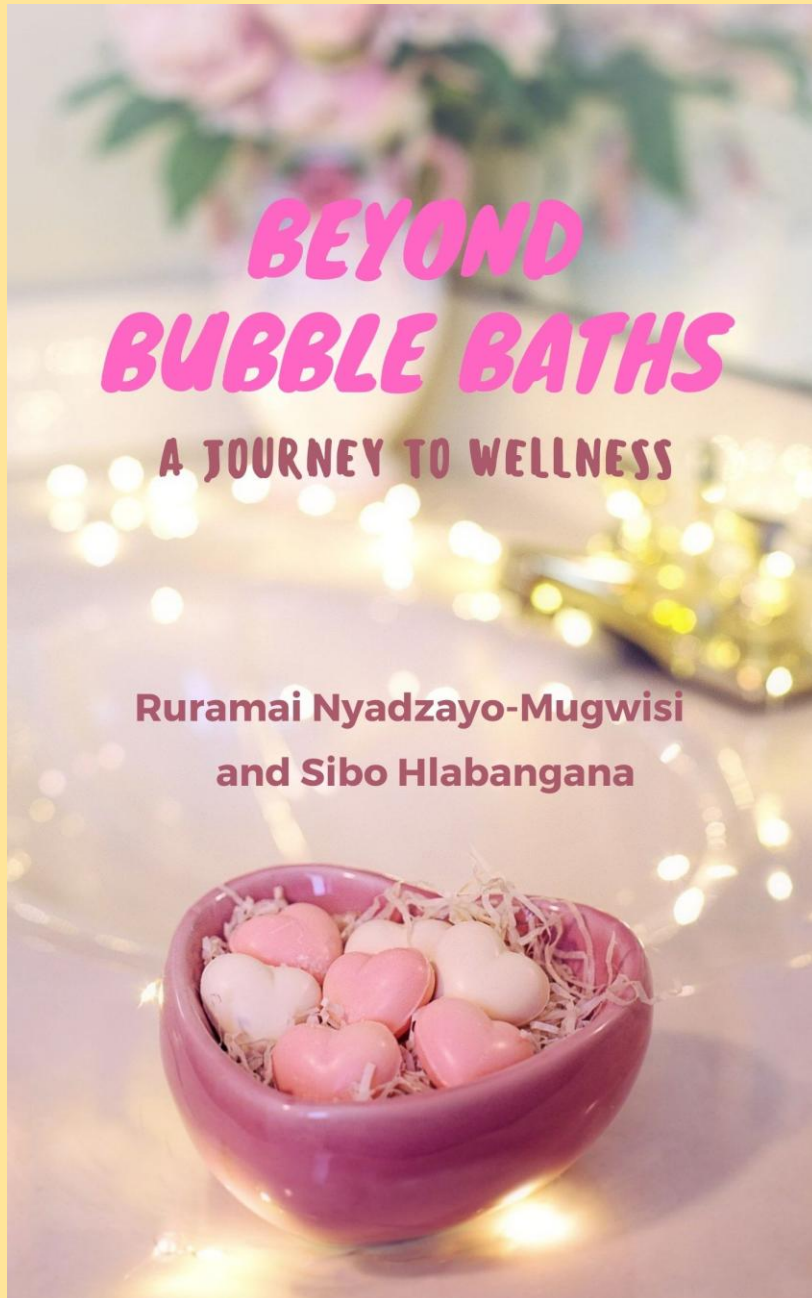


**TAKE CARE OF  
YOURSELF**

Taking care of spirit, mind,  
body and soul

**WELLNESS**





**Soul Therapy –  
Anecdotes for living  
whole** By Ruramai  
Nyadzayo-Mugwisi

Do you know what makes you happy? That's the question that startled me into contemplating what brought meaning to the days that filled the passing months of each year. I had several ideas, really good ones too. I grabbed a notepad and pen and began to write a list of all the things that made me feel incredibly and truly happy! I had to make my vision visible and writing thoughts and ideas down is one of the ways of bringing my dreams to life. The list grew longer. Simple, beautiful things like watching a fiery red horizon spreading in the distance as the sun dipped below the skyline or saving the world from a maniacal villain

alongside my favourite super heroes on the big screen. I stalled as my pen began to slow down. I was at number 20. How many would be a good enough number of things to do in pursuit of happiness anyway, I wondered. I stared at the list and willed myself to keep writing.

I needed more time I thought. More time to chase my dreams. More time to love my children. More time to be happy. But I was constantly deferring happiness because I was pre-occupied with schedules, deadlines and bills. The reality was that I did not have more time, I just had today. The undeniable truth for all humanity is the fact that the present moment is all we ever truly have. I had to redefine happiness and take a moment to engage my heart and mind in seeking what made every day purposeful. It was time to re-engage with life. I could no longer live a distracted, fractionated life while deferring true happiness in the present moment for a distant mirage of happiness in the future. I was going to be happy now.



In 27 days I was going to be 43 years old. What if I could come up with exactly 27 happiness inducing reasons to celebrate my upcoming birthday! It could be a countdown to the day of celebrating my birthday. **27 days for 43 reasons!** That sounded catchy too like a hashtag movement! Suddenly inspired, the pen flew across the page. The page filled up as the list lengthened. Now that I knew and understood why I was making a decision to seek happiness in order to re-engage with what made life worthwhile - connection, love, joy - I knew what to do exactly.

It's wonderfully easy to get lost in the details of what to do and how to do it once inspiration strikes. When the connection between purpose and provision is made, the planning falls effortlessly into place. Trying to navigate life without inspiration is like driving blindfolded in unfamiliar terrain from the rear seat of a vehicle. Asking what without knowing why can derail the journey to fulfilment and wholeness living. Many have been stranded by the enormity of asking what before defining the reason for pursuing the goal. What can I do to make more money? How can I get the body of my dreams? Greater success is assured when we understand why. Why do I want to lose weight? Is it to get more compliments? Is it to look and feel better in my clothes? Or is it to be healthy? Purpose always finds a way. The why becomes the navigation system leading to a certain destination.

I had 27 days to re-ignite the light which would reveal the beauty hidden in the distractions of living harried and busy lives. I was grateful to be alive! I had 27 days to celebrate through food, music, books and nature - all the things I loved dearly. Each day had an allocated activity which I looked forward to every day. One evening I brought out an old music collection which

was more than 20 years old and I danced till my feet ached and my heart smiled. My children grimaced at the choice of my music but by the end of the evening they were on the dance floor with me. Happiness is contagious!



The days floated in a happy swirl of new memories. An indoor picnic, a foot massage session and serene sun sets were just some of the daily joys to look forward to. Happiness isn't expensive it just takes a little thoughtful planning. I tried my hand at eating with chopsticks for the first time and new culinary flavours in an orange curry Thai chicken I prepared for my family. I read books, watched the sun rise and played a quick game of basketball with my son. It was not about what I did as much as it was about why it brought so much joy. I still had deadlines and I was stretched from work demands but something was different this time. I was happier; I smiled more and laughed louder.

What if we made the decision to go with happiness instead of anxiety fuelled lives? Consistently strengthening our desire for joy over despair. Committing to stay optimistic and hopeful because it fortifies our minds against the exhausting impact of negativity. What if we permitted ourselves the vulnerability of feeling happy even when it feels easier to hold on to the familiar stirrings of doubt, fear and misery? And even if that choice to be happy lasted for only a moment, what if we made the same exact choice over and over again until it became second nature and we were habitually happy? What if we practised happiness and it became a habit? We're here! We're alive! Let's start there.

*This was an excerpt from the book "Beyond Bubble Baths" by Ruramai Nyadzayo-Mugwisi and Sibho Hlabangana. You can read or download a free copy here: [Beyond Bubble Baths](#).*





# DIAMOND OF THE MONTH



**A strong woman of faith in the Beauty Industry – An  
interview with Lola Rutendo Denga**

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 we get a glimpse into the beauty-filled life of Lola Rutendo Denga.

I had the pleasure of meeting Lola at an event we were both speaking at. I was drawn to her because of how passionate she is about what she does. I could tell right from the start that she didn't just go with the flow as the world often expects of people, but that she actually pursues what she is passionate about and what interests her. I've seen more of this as I follow her journey and see what she keeps doing since the time I met her.

A professional in the beauty industry, Lola is not only concerned with outer beauty, she caters for the soul and being of those she works with. She is a beauty therapist and has recently launched Glow Getter Girl Online Magazine. I believe she is someone we could benefit from by taking a page out of her book. Let's relax and have the luxury of delving into Lola's life.



### **Where are you from and where do you currently live?**

I was born and live in Bulawayo, Zimbabwe.

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

I grew up with two siblings, a younger sister and a younger brother. As the oldest, my childhood was filled with a lot of responsibility; I learned how to cook by 9 years old. I baked my first cake then too. A big part of my childhood was traveling with my family to places like Lake Kariba, Vic Falls, Matopos, etc. I also enjoyed the arts a lot, like drama and choir. When

I got home from school, I enjoyed playing in the garden and imagining stories. I have always been a creative.

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

Yes, certainly. Some of the things that I am doing now are things that I imagined I would be doing. My sister always laughed at my various career choices (flight attendant, nurse etc) but beauty therapy always stuck above everything else.

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

I would say I am definitely proud of launching my natural beauty brand, Tru Jamila and launching my prayer devotional, Glow, which has now transformed into a platform for female Glow Getters. I am proud of being a mom and the lessons I have learned, because motherhood has kept me focused. When I look at my daughter, I want her to see a role model in me, which forces me to push after my dreams no matter what.







**What are you currently working on?**

I have just recently launched the Glow Getter Girl Online Magazine. Right now I am currently working on launching my Glow School of Confidence which will host different online programs such as, How to grow your beauty business, How to self-publish your book, and more.

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

I was doing a lot of things since I have many passions. From cakes to events, however Massage therapy and blogging/writing have been my most consistent pursuits.

**What made you decide to get into the beauty industry?**

When I was 13, I was involved in a terrible car accident coming back from a holiday in Victoria Falls. I was admitted at Hwange Hospital and I specifically recall being taken care of by a certain nurse. She would stay overtime just to be with me. After that I felt being a nurse was

so amazing. One time at 14 years old, we were walking and passed this lady who was talking about treating your nails. I went in and asked for the treatment and got my first manicure.

The same feeling of care I received from the nurse is the feeling I felt at that moment getting my nails done. I was sold that beauty therapy is better than nursing because people can experience the feeling of being taken care of without handling blood. When I completed my 6<sup>th</sup> Form, after not being able to attend beauty school in the US, I applied at a local college in my town that offered the program and had the most amazing beauty teacher that really inspired me to start my mobile spa right after my attachment. At 21, a good friend of mine and I rented a space that we turned into a haven for women. This would begin my journey in learning about business as I had to close down shortly after, there was a lot I needed to master so I began being mobile and learning the beauty industry as a whole.



**What prompted you to start your blog Devotions and Delights?**

After I launched my prayer devotional, I wanted a place where my readers could get to know me more and get to see more of my content. I believe as an author, a blog is a powerful tool to connect with your audience.

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

I enjoy the fact that I can tailor my own schedule and spend more time with my family as I choose to. I enjoy being able to execute ideas, which increases my creativity and enhances my self-identity.



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

I guess being a solo-preneur has been the most difficult to juggle all the demands of the projects, being the marketer and administrator and then some. I have to overcome a lot of mental blocks and learn how to prioritize tasks. Also, funding yourself is difficult, though I am grateful for my supportive family, just



having to be patient to get to see the growth and results you desire.

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

Covid-19 has definitely slowed down the massage services I used to give, but in turn it has actually pushed me to really grow my business online. This has made me realize a lot of opportunities. I also tapped into my gift of writing, where I now offer virtual assisting copywriting services thanks to the lockdown!



**If someone wanted to start their own business or project or get into the beauty industry, what insights would you give them?**

First of all, you have to figure out your values because that is what will help you achieve your goals. Secondly, I would say take the necessary time and effort to really have your structure in order, so you can then grow a long-term business. Thirdly, you need accountability and a source of refuelling (praying, journaling, meditating etc) because there is a lot of pressure and stressors in business.

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

Yes, I do.

**Have you recorded the above in any way?**

Yes, I journal a lot.



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

Yes, they have.

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

My relationship with God and my family keep me going.

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

Success is being able to live every day finding something to be thankful for.



**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?**

Every day, I like to get up and physically open my Bible and stay away from electronic things. Then I take time to pray and worship, then I start writing. Mid-morning I like to take walks, and appreciate the outdoor air.

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





I like to go and get my hair done and a mani/pedi as well. I also like to make sure I get myself my favourite snacks over the weekend and get in front of a book or a good movie. I like to go to the coffee shop and eat out, just doing the little things that I enjoy for myself.

**What places have you travelled to?**

Locally I have been to Victoria Falls, Kariba, Nyanga and Harare. Then in Africa I have been to Cape Town, South Africa and Gaborone, Botswana. Internationally, I have been to the USA in Georgia where my mom and my siblings live. I have also been to the beach in Biloxi, Mississippi.

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

I absolutely loved the food in Cape Town! And it is such a scenic place. I also enjoy being in Victoria Falls and the privilege of being at one of the Seven Natural Wonders of the World in my own country. In the US, it felt like dreams can come to realization.

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

I have just learned an appreciation for different languages and culture. I have really gotten to see how certain people progress more than other nations by the way they do things.





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

Being in the USA has been the most enriching travel experience because I was exposed to how so many things are possible. It has helped me stay hopeful for my own future.

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

Madame CJ Walker, Francine Rivers and definitely my parents.

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

*The Holy Bible*, *Redeeming love* by Francine Rivers and *The Smart Money Woman* by Arese Ugwu – that one changed my life!

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

Definitely *The Smart Money Woman* by Arese Ugwu.

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

I want to be remembered as a powerhouse like Madame CJ Walker, a beauty mogul and to have published volumes of books from myself and others. I want people fighting for shares in my brand. However, the legacy that is dearest to my heart is that I want to be remembered as the grandmother that prayed. I want my grandchildren to say “uGogo wayekhuleka.”



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

Firstly I would want to say don't be afraid of the gift that stands out in your life, your gift will make room for you. Start now and start right where you are, you have more resources around you than you think. Take the time to do a step by step actionable plan, even something as simple as "talking" is a plan. Find a

community of people that share the same ideals and goals as you, this will keep you motivated and is a great way to begin to learn. Spend time researching your passion and market every single day, this will make you an expert in your field. It is alright to have more than one business idea, the key thing is to take time and build one business idea at a time. The timeline is really up to you, do not get bogged down by statistics, you will know when you are ready for the next step. Remember to take care of your soul, this will get you to glow from the inside out!



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

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

# DREAMS AND VISION





## You hold the power

By Sibö Hlabangana

In 2016, I had applied for a Leadership Fellowship and out of 64000 applicants had been part of the 3000 called for interviews. I was so confident I got it that it didn't even cross my mind that I might not get it. I had prayed about it and had believed that I would get it. As a result, I felt blindsided when I was not chosen as part of the 1000 that made it through. I saw the fellowship as an opportunity to be a better leader and to not only be a community changer but that it would open many doors for me.

It was only after I didn't get it that I realised how much power I had put into it. It had become the be-all and end-all of everything. Not getting it made me see that I should not be so dependent on things or people to get me where I want to be but rather to trust that I could get myself there. I don't have to worry about the how or when, just that when the time is right, things will fall into place. My part is to decide what I want, prepare for it and take action to make it happen.



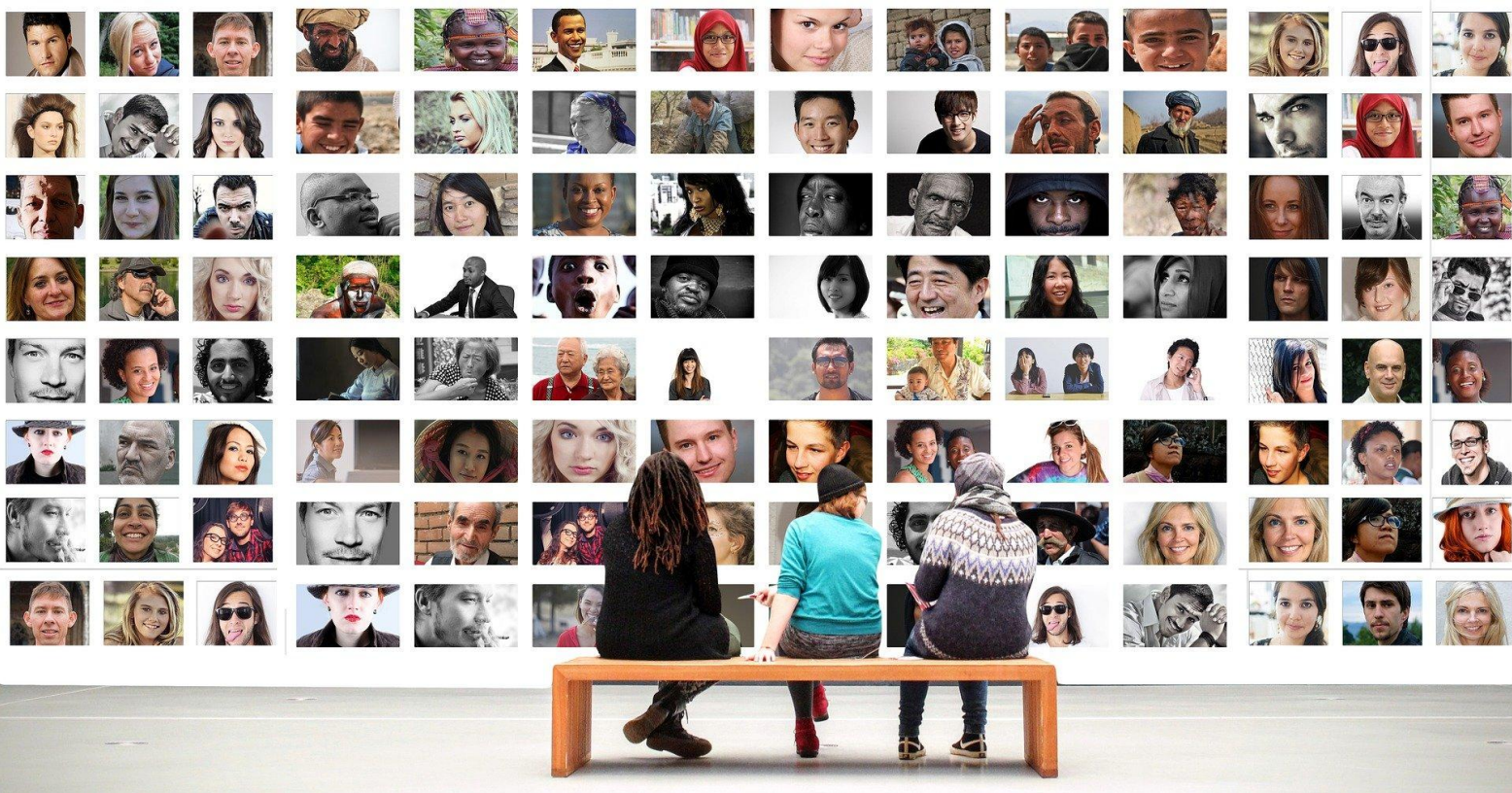
Everything I need to get me where I want to be is already within me. What you need to get you where you want to be is already within you. It might need some help coming out. Whether from you realising something you didn't know or learning something new, it's already there. It might even need to be sharpened, but it's definitely there.

So far on my journey of pursuing my dreams and living a passion filled life, I've discovered things in me that I didn't know I had. I've discovered thoughts I had that were limiting me that I didn't realise I had. Some of these discoveries were through reading different books, and some were through watching different speakers and different preachers. The common denominator in all of these was ME. It's me doing the reading, me doing the watching.

Whether it was finding out good things in me or negative thoughts I had, it was all in me. It therefore took ME to make the change happen. It helped that I had a lot of help along the way, through books, podcasts etc, although none of the people even know it, some have passed on. Their legacy is still having an impact on my life, all from the comfort of my bedroom. Take advantage of these opportunities to learn and develop yourself. But don't forget, the power is in your hands. YOU decide what the future holds for you. Even if you believe in God or have some other beliefs, it all starts with you because God works in and through you. It's easy to rely on others or expect others to get you where you want to be but at the end of the day, the power lies with you.







## Living from strength with Joyce Mutangara – Includer, Individualisation, Input and Intellection

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 Clifton 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 strengths of INCLUDER, INDIVIDUALISATION, INPUT and INTELLICTION.**



## **INCLUDER**

“Stretch the circle wider.” This is the philosophy around which you orient your life. You want to include people and make them feel part of the group. In direct contrast to those who are drawn only to exclusive groups, you actively avoid those groups that exclude others. You want to expand the group so that as many people as possible can benefit from its support. You hate the idea of someone on the outside looking in. You want to draw them in so that they can feel the warmth of the group. You are an instinctively accepting person. Regardless of race, sex, nationality, personality or faith, you cast few judgments. Judgments can hurt a person’s feelings. Why do that if you don’t have to? Your accepting nature does not necessarily rest on a belief that each of us is different and that one should respect these differences. Rather, it rests on your conviction that fundamentally we are all the same. We are all equally important. Thus, no one should be ignored. Each of us should be included. It is the least we all deserve.”  
*Tom Rath, StrengthsFinder 2.0.*

Khethiwe, our church administrator has Includer in her top 5. She is an advocate for the outcast. She does not like to see anyone missing out. She is easily accepting of everyone and loves the unity of diversity. She is first to notice if anyone is missing, has been forgotten or not participating. She is the glue of the team and makes others feel like they belong. Even the new comer is quickly swept up under her wing and made to feel at home.

She loves to visit people and is easily the life of the party. For her, the more the merrier. She helps to administrate the Women’s Ministry and is sincerely grieved when people don’t attend the meetings. She is also very welcoming in her home and has looked after plenty of



youths who needed temporary housing. She collects second hand clothing for children in need in her sphere of influence and wants everyone that needs help to receive it.

Now let's look at the strength of **Individualisation**.



## INDIVIDUALISATION

“Your Individualisation theme leads you to be intrigued by the unique qualities of each person. You are impatient with generalisations or ‘types’ because you don’t want to obscure what is special and distinct about each person. Instead, you focus on the differences between individuals. You instinctively observe each person’s style, each person’s motivation, how each thinks, and how each builds relationships. You hear the one-of-a-kind stories in each person’s life. This theme explains why you pick your friends just the right birthday gift, why you know that one person prefers praise in public and another detests it, and why you tailor your teaching style to accommodate one person’s need to be shown and another’s desire to ‘figure it out as I go.’ Because you are such a keen observer of other people’s strengths, you can draw out the best in each person. This theme also helps you build productive teams. While some search around for the perfect team “structure” or “process,” you know instinctively that the secret to great teams is casting by individual strengths so that everyone can do a lot of what they do well.” *Tom Rath, StrengthsFinder 2.0.*

I have Individualisation in my top 5. I have always seen people as the unique individuals that they are and I love to study them. I am happy sitting at a park watching people go by, and judge what kind of people they are. I am able to relate to each person in accordance to their personality, so I can tell what motivates them to do what they do. This means I am able to

work with diverse people in a multicultural environment. I especially enjoy one-on-one conversations where I can get to know the person better.

In my coaching, this is the most used strength, as I help my clients see the unique contribution that they bring to the table and how they can collaborate with others. You can ask me anything about my team and I will know the most information, as it is natural for me to notice all the differences. This also allows me to ask the right questions as I build the person's profile in my head. People are always surprised that I am able to pick the perfect gifts for individuals. Even after meeting them for just a few hours.

The next strength is **Input**.



## INPUT

“You are inquisitive. You collect things. You might collect information – words, facts, books, and quotations – or you might collect tangible objects such as butterflies, baseball cards, porcelain dolls, or sepia photographs. Whatever you collect, you collect it because it interests you. And yours is the kind of mind that finds so many things interesting. The world is exciting precisely because of its infinite variety and complexity. If you read a great deal, it is not necessarily to refine your theories but, rather, to add more information to your archives. If you like to travel, it is because each new location offers novel artefacts and facts. These can be acquired and stored away. Why are they worth storing? At the time of storing it is often hard to say exactly when or why you might need them, but who knows when they might become useful? With all those possible uses in mind, you really don't feel comfortable throwing anything away. So you keep acquiring and compiling and filing stuff away. It's



interesting. It keeps your mind fresh. And perhaps one day some of it will prove valuable.”  
*Tom Rath, StrengthsFinder 2.0.*

My brother-in-law, who works in a bank has Input in his top 5. He is very resourceful, and seems to always have the needed information. He knows something about everything. It is very interesting to converse with him, as he has unique information about most subjects. Needless to say, he values education and has a doctorate in economics. He will support anyone seeking to gain more knowledge and information. For him, that is how you become a useful member of society.

You can count on him to post *ad hoc* messages and videos on a daily basis. To him sharing information is caring. Combined with his other strengths, he prefers to focus on positive information and collects what he feels can help other people. He is always the most generous at family gatherings, able to make us all laugh with all the interesting news he would have collected. Also, he has a great memory and so can narrate a story verbatim from as long as 20 years ago. This strength is definitely the one that makes people categorise him as intelligent.

Our final strength is **Intellection**.



## INTELLECTION

“You like to think. You like mental activity. You like exercising the “muscles” of your brain, stretching them in multiple directions. This need for mental activity may be focused; for example, you may be trying to solve a problem or develop an idea or understand another

person's feelings. The exact focus will depend on your other strengths. On the other hand, this mental activity may very well lack focus. The theme of Intellection does not dictate what you are thinking about; it simply describes that you like to think. You are the kind of person who enjoys your time alone because it is your time for musing and reflection. You are introspective. In a sense you are your own best companion, as you pose yourself questions and try out answers on yourself to see how they sound. This introspection may lead you to a slight sense of discontent as you compare what you are actually doing with all the thoughts and ideas that your mind conceives. Or this introspection may tend toward more pragmatic matters such as the events of the day or a conversation that you plan to have later. Wherever it leads you, this mental hum is one of the constants of your life." *Tom Rath, StrengthsFinder 2.0.*

Intellection is my number 1 strength in my top 5. I love to think, it is like a physical activity to me. I believe in having well thought out answers and so I appreciate time to reflect on things. Because I know I need this time to think, I make sure I take time out on a daily basis to reflect on my day. Otherwise, I could easily get overwhelmed with what may be happening around me. In my thinking time, that is when solutions appear, I connect the dots and am able to plan and strategize. Once I do that, I am ready to go.

Because of my love for thinking, I enjoy my own company and can seem like a one man Island. I love to daydream and see myself in all sorts of situations, which inspire me to keep going. I need to manage and control my thought process well, so I don't spiral into focusing on toxic thinking. I plan my route when driving beforehand, even up to which side of the double lane to drive on. My family is usually amazed at how I would have thought about every nook in a process. Even if it's just a school run!







## Your best life awaits you

By Sibio Hlabangana

Writing this is bitter sweet because it's the very last article of Sibio-Lifestyle magazine. I thought about how to end this and what message I'd like to leave you with as the reader. It came to me as I had a revelation of something I had never considered before. I now believe our best life, the life God has in store for each of us, is always there waiting for us. You and I just need to become the person that is congruent with that life. We need to grow into someone in alignment with that life. The person that will use that life the way they are meant to. Someone who will flourish in that life. If that life came your way and you were not ready, it would choke you or leave you worse off than you were when you started.

I believe I will get to a point where God will say "Ok, you've done the work, you've learned the lessons necessary to get you through this next level of life that I have for you. I can trust you not to allow this life to kill you or break you or turn you into something/someone you're not. I can trust you to use what I give you, be it things, experiences or a platform, for the good

of those I've called you to impact. I can trust you with my son's heart (when it's time to bring my husband into my life.)" I believe it is all always available, we just have to grow into it.

How do you grow into it or how have I been growing into it? It began with exposure. I was exposed to what was possible which made me dream big. Whether through books, podcasts, interviews or any other way. After the exposure, I had to start by believing the life I now dreamed of was possible, not just possible but possible for ME. I had to believe I was worthy of it and that meant I had to love myself enough to believe I was worthy of the life I dreamed of. That I am deserving of that life.

To get me closer to that point hasn't happened over night. It's taken and is taking years. Years of unlearning different things. Years of changing thought patterns. Years of growing through many challenges; yes growing. All that to get to the ME that I am now. Even when I'm living in the dreams I have for the next stage of my life, it doesn't mean the growth journey will be



over. I will still learn and discover more of myself as I go and with each version of me that emerges, she gets the life that's always been waiting for her. For example, the ME of now is close to

having her books sell well, living in an ocean view home and having experiences like celebrating her 40th birthday with a trip to Chicago, Los Angeles and New York City. The version after that gets to impact the world in ways she never imagined. The version of me after that will be ready for marriage and gets to marry the man of her dreams. It's only a matter of time before I grow into each of those versions of myself. I believe the same applies to you.

It's not an easy journey. In this journey you may have your greatest fears realised, to show you that you can survive them. You may lose friends and connections in the process, to make way for new ones. You may even feel like you've hit rock bottom because sometimes, that's where you get up from. All this to allow you to grow into your truest most authentic self that you accept and love and that you are willing to embody and express without fear of judgment.



The ME of 5 years ago wouldn't have survived or been able to thrive in the levels of life that await me. That's why I'm grateful to God for His protection, guidance and direction because if I was doing things on my own, I may have pushed for things I wasn't ready for and would have self-sabotaged in no time. I used to think God is preparing my life for me but now I see that all along it's me that He's been preparing for the life that awaits me. Through my desires, my imagination and the prophetic words I've received, God has given me a glimpse into a possible life for me. Through different ways I've described in detail in previous magazine issues, we each get to create our dream life. Whether through a vision letter, a vision board, a vision obituary, future journaling or any other way, you get to design the life of your dreams because that life is already waiting for you.



What I've written here is something that would probably be better shared when I am in fact living my dream life but I'm choosing to share it now because I want anyone who reads this at a later stage to see the truth of what I'm saying now, in this level of my life. Now, when my life is far from the life I dream of. Now, when my circumstances greatly contradict that life. Now, when I live in landlocked Bulawayo, Zimbabwe and dreaming of that ocean view home I described in the "future journaling" article from last month's issue. I actually wouldn't change this level of my life for anything, in fact I'm convinced it's the most important level. If I wasn't in this level, I wouldn't have dreamed the way I have. I would have been comfortable with life as it was. I wouldn't have wanted more so much I was willing to leave everything and anyone behind to obsessively pursue getting to that dream life.

So why write all this? To let you know that if you dream of a different life and if you want more out of life, there's an amazing life waiting for you. Your best life, the life God has in store

for you, is out there waiting for you. You just need to grow into it. When you are ready to be a student of life and grow, the teachers will come. Whether through personal development books, biographies and autobiographies, podcasts, different life experiences or any other way, the teachers and lessons will be waiting for you. It will not happen overnight but that life is possible for you. You have to believe that for yourself. In the meantime, I'll believe it for you. In case you want to start on this dream pursuit and personal development journey and have no idea where to begin, I've found one way to learn, unlearn things and grow is through books.



Different books have played a major role and continue to play a part in my growth and development as an individual. For anyone wanting to embark on this journey, I've listed 18 books that I believe can shift your mind-set and get you started on this personal development and growth journey. I call them "starter-pack books." They are books that if you are ready to change your life, to work on your growth and development, will get you started on the right path. I would say begin with one that speaks to you or you could just pick one randomly, it doesn't really matter because any one of these could help jumpstart your transformation and change the trajectory of your life. About half of these books are now in the public domain because they are over 50 years old, so you can find them online for free. The rest you can buy because you have to be willing to invest in yourself. Here they are, in no particular order:

### **Starter-pack books**

1. The science of getting rich by Wallace D. Wattles
2. You were born rich by Bob Proctor
3. The game of life and how to play it by Florence Scovel Shinn
4. As a man thinketh by James Allen
5. The success principles by Jack Canfield



6. Your best life now by Joel Osteen
7. Think and grow rich by Napoleon Hill
8. The Alchemist by Paulo Coelho
9. Awaken the giant within by Anthony Robbins
10. The 7 habits of highly effective people by Stephen R. Covey
11. The master key system by Charles F. Haanel
12. The monk who sold his Ferrari by Robin Sharma
13. Creative visualization by Shakti Gawain
14. The secret by Rhonda Byrne
15. The power of positive thinking by Norman Vincent Peale
16. The magic of thinking big by David Joseph Schwartz
17. The magic of believing by Claude M. Bristol
18. Key to yourself by Venice J. Bloodworth.

Happy reading and remember, your best life awaits you, if you choose to believe it does.



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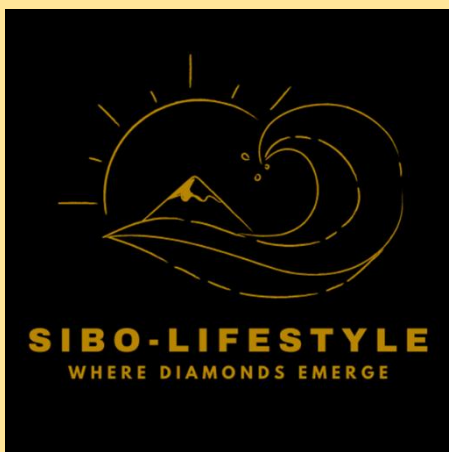
Joyce Mutangara is a wife, mother, pastor, legal advisor and strengths coach. She loves to give inspiring personal interaction, through authentic discussion, and exploration of talents that motivate people to achieve optimum performance through intentionally deploying their strengths. For more information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

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