

arise

MAGAZINE



Lighting the Way: How Judith Mbita is Transforming Lives Through Faith, Education, and Action.

10 Low-Investment, High-Profit Business Ideas for Youths in Africa.

Seven Keys to Reintroducing Yourself: Stepping into Your God-Given Identity.

**THE VISIONARY INVESTOR:
JITO KAYUMBA'S
PLAYBOOK FOR PURPOSE-
DRIVEN YOUTH**

THE BSLT YOUTH PUBLICATION
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REINTRODUCE YOURSELF



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THE VISIONARY

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Dear Esteemed Young Visionaries,

In this edition of Arise Magazine, I challenge you to take charge of your destiny. Don't let anyone else write your story. The power to rewrite the wrongs, mend the broken pages, and open new chapters lies in your hands.

Jesus, once known as the carpenter's son, reintroduced Himself as the Son of God. Saul, a feared persecutor, became Paul, a name that shook the world with purpose and ministry. Gideon, overlooked in his own family, rose to lead and make a lasting impact.

What about you? There's a reintroduction waiting to happen, a moment where the best version of yourself steps into the spotlight. Your past, labels, or failures don't define you. You are destined for greatness, filled with grace, love, joy, mercy, and unmerited favor.

To become this version, you must release the wrong labels and shed the garments of fear, doubt, and mediocrity. Reintroduce yourself. Your generation needs your impact.

I was once labeled a drunkard, and people gave up on me. They called me all sorts of names, and my whole life felt like a mess. I know firsthand what it means to carry the heavy weight of wrong labels. But then something changed: I discovered the truth of who God says I am.

I reintroduced myself not as who they said I was, but as who He created me to be. And by God's grace, I'm now impacting my generation in my own way. What about you? It's your turn. Shake off the old labels, see yourself through God's eyes, and step boldly into the destiny He's prepared for you.

Step boldly into who you were created to be. Arise, shine, and let your brilliance light up the world. The world is waiting for you, don't delay any longer.

*With unwavering belief in your greatness,
David Ntalasha Chisha
The Visionary*

REINTRODUCE YOURSELF!

“Who do you think you are?” That piercing question has likely echoed in your mind more times than you care to admit. Perhaps it whispered in moments of self-doubt, when others questioned your potential or unfairly labeled you. Or maybe it thundered through your spirit when life’s challenges seemed to shrink your dreams, making you feel small and unworthy of greatness.

But here’s the truth one that has the power to shatter every label and silence every doubt: you hold the power to reintroduce yourself to the world. No matter the struggles you’ve faced or the narratives that have tried to define you, your story is not over. The pen is in your hand.

Reintroducing yourself isn’t just a bold statement like, “I’ve changed.” It’s a declaration of transformation, a reclaiming of who you truly are beneath the scars, mistakes, and hardships. It’s about stepping out of the shadows of your past and choosing to embody the person you were always meant to be; confident, purpose-driven, and resilient.

Think about this: the world’s most inspiring stories didn’t come from perfect people. They came from those who dared to rewrite their narrative. Take these examples from the Bible, where reintroduction wasn’t just a fresh start; it was a divine calling:

- Jacob became Israel after wrestling with God, transforming from a deceiver into the father of nations. His past didn’t disqualify him; it prepared him.
- Saul became Paul, shifting from a feared persecutor of Christians to one of the greatest apostles who shaped the faith we know today. His transformation proved that no one is beyond redemption.
- Even the prodigal son, after squandering his inheritance, didn’t let shame keep him away. He returned to his father, not as a failure but as someone ready to rebuild and he was welcomed with open arms.

These stories teach us something profound: no matter where you’ve been or what you’ve done, your story can take a new direction.

Your past does not have the final say. Your mistakes do not define you. The opinions of others cannot box you in. With God, every setback is a setup for a comeback.

So, who do you think you are? Here’s the better question: Who are you becoming? Because the world needs the next chapter of your story. Let it be bold, fearless, and unapologetically authentic. It’s time to reintroduce yourself.

THE REINTRODUCTION

SEVEN KEYS TO REINTRODUCING YOURSELF: STEPPING INTO YOUR GOD-GIVEN IDENTITY

Life can try to define you by your mistakes, your failures, or the hurtful words of others. It can box you in and whisper that you'll never rise above what happened yesterday. But I'm here to remind you: you are never stuck. At any moment, by faith, you can rise up, shake off every negative label, and boldly reintroduce yourself as the person God always intended you to be. These seven powerful steps aren't just principles, they're a roadmap to help you step out of your past and walk into the incredible, purpose-filled life God has prepared for you.

STEP 1: REALIZE YOU'RE MADE FOR GREATNESS

Your journey begins the moment you wake up to the truth that you are not defined by what went wrong, you're defined by what God put inside you. Just like the prodigal son who came to himself and realized, "This isn't who I really am," there comes a moment when you say, "I was made for more."

It doesn't matter how big your mistakes have been, God's plan for your life is still to give you hope, to prosper you, and to lead you into something greater. Embrace that truth deep in your heart, and take that first step, knowing He hasn't changed His mind about you.

STEP 2: REWRITE YOUR VISION

To reintroduce yourself, you've got to know who you're becoming. Don't let yesterday's disappointments shrink your dreams. Lift your eyes and dare to dream again. Ask God to breathe fresh vision into your spirit and write it down so clearly that it stirs your faith every time you see it.

A clear vision doesn't just keep you inspired; it anchors you on tough days and keeps you moving forward, even when life feels overwhelming.

STEP 3: BE WILLING TO START SMALL

Don't be discouraged if your fresh start looks ordinary or if progress feels slow. Every oak tree starts as a small seed. Even the most successful people, even the most anointed leaders, all had days of small beginnings, days when no one was applauding yet, but they kept going.

Celebrate every little step, every quiet win, knowing that heaven rejoices each time you move toward your God-given purpose.

STEP 4: FIGHT FOR THE LIFE YOU WANT

The life you're believing for won't just happen by wishing, you have to fight for it. Like Jacob who wrestled through the night for his blessing, sometimes you've got to push through fear, doubt, and discouragement and say, "I won't quit until I see what God promised me."

It may feel tiring at times, but remember: your dreams are worth the struggle, and the victory on the other side will be greater than you can imagine.



STEP 5: DROP THE WEIGHT OF YOUR PAST

You can't run your race carrying the heavy baggage of guilt, regret, or other people's opinions. It's time to shake off every old label that says you're not good enough, not qualified, or too far gone.

Remind yourself daily, "I am not who I used to be. I am who God says I am." Leave yesterday behind so you can step freely into the new season God is calling you into.

STEP 6: SURROUND YOURSELF WITH PURPOSEFUL PEOPLE

Who you walk with will shape who you become. Find people who lift your spirit, who see the best in you, who challenge you to stretch your faith and grow. Avoid those who drain your hope, feed your fears, or pull you back to where you used to be.

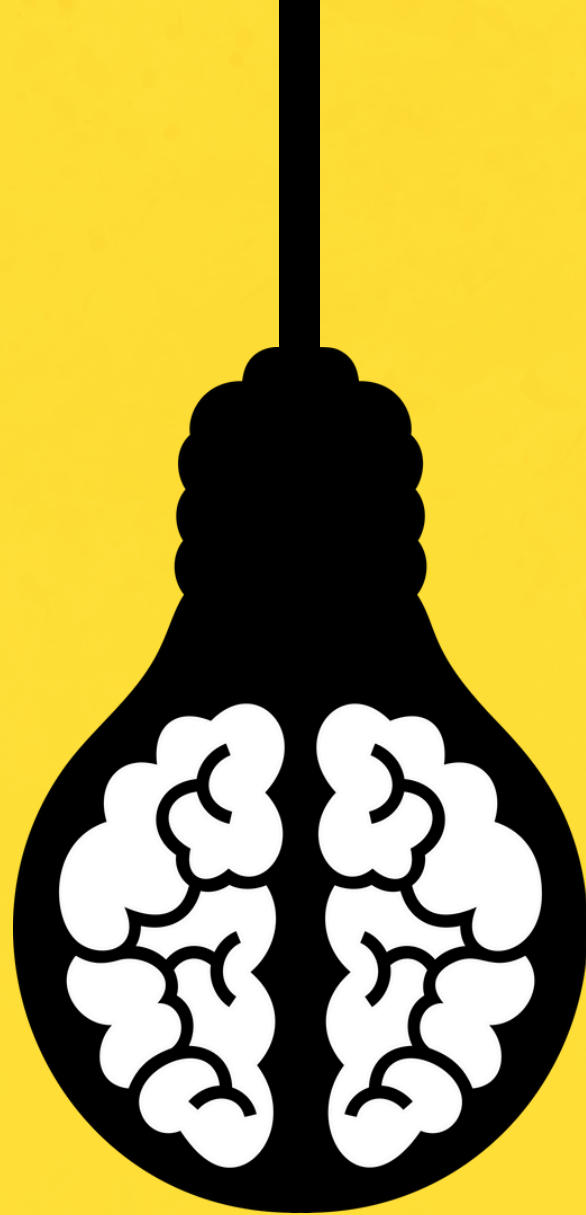
When you stay connected to voices that speak life and faith, it keeps your vision alive and your confidence strong even on the hardest days.

STEP 7: LEAN ON THE POWER OF GOD

Above all, remember: transformation isn't about doing it all on your own. It's not just about your strength, your discipline, or your plan, it's about God's grace empowering you every step of the way.

When you feel weak, trust Him to be your strength. When the road feels long, lean on His power to carry you forward. With His help, nothing is impossible and the very things you thought you couldn't overcome will become your testimony.

Friend, your story isn't finished. No matter how many times you've fallen, it's never too late to start fresh and step into who God created you to be. So lift your head. Rewrite your vision. Surround yourself with people who speak hope. Shake off the past. Fight for your purpose. And most importantly, lean on God's strength every single day. Stand up and say it with boldness and faith: "Allow me to reintroduce myself." The world hasn't seen the best of you yet and by God's grace, your greatest chapter is still being written!



***"DON'T LET THE WEIGHT OF
YOUR PAST DEFINE YOU; LET THE
VISION OF YOUR FUTURE AND
EVERY SMALL STEP OF FAITH
REMIND YOU THAT YOUR
GREATEST CHAPTER HASN'T
BEEN WRITTEN YET."***

DECISION CARD



**"YOUR PAST DOESN'T DEFINE YOU—
RISE, REINTRODUCE YOURSELF, AND
STEP INTO GREATNESS."**

No matter your past or what you're going through, hope remains. Don't let the negative labels others have placed on you hold you back. It's time to rise above, reintroduce yourself, and step into the greatness that awaits you. Start your reintroduction journey by saying this prayer:

"Dear God, I come before You, acknowledging my sins and my need for Your forgiveness. I believe in Your love and in the sacrifice of Jesus Christ, who gave His life for my salvation. I accept You as my Lord and Savior, and I surrender my life to Your guidance and grace.

**Please forgive my past, guide me in the present, and secure my future. Fill me with Your Holy Spirit, and help me follow Your will for my life.
In Jesus' name, I pray. Amen."**

By praying this prayer you've accepted Jesus Christ as your Lord and Savior, we encourage you to find a Bible-believing church and connect with us. We'd love to pray with you and support you on this journey. You can also join our Arise Connect Groups to nurture and grow your faith.

NAME: _____
DATE: _____



YOUTH LEADING THE CHARGE FOR A CLEANER COMMUNITY

Monthly Community Project

Week01

Awareness and Planning

- Host a meeting or workshop to educate youth on the importance of keeping the community clean.
- Create a campaign theme and slogan (e.g., "Clean Community, Bright Future!").
- Form teams and assign roles (e.g., team leaders, equipment coordinators, social media promoters).
- Identify key areas in the community that need cleaning.

Week02

Resource Collection and Preparation

- Gather cleaning supplies (e.g., gloves, trash bags, brooms, rakes) through donations or partnerships with local businesses.
- Map out cleaning zones and create a schedule for the cleanup.
- Design and distribute flyers or posters to spread awareness and invite community participation.

Week03

Community Cleanup Day

- Mobilize all youth teams and start the cleanup in assigned zones.
- Set up waste collection points and ensure proper disposal of trash.
- Engage the community during the cleanup by encouraging others to join and keep the area clean in the future.
- Capture photos and videos for documentation and to celebrate the effort.

INCLUDE FUN ACTIVITIES LIKE MUSIC, GAMES, OR A MINI-CELEBRATION TO MAKE THE CAMPAIGN ENJOYABLE AND MOTIVATE THE YOUTH!

Week04

Reflection and Sustainability

- Hold a feedback session to discuss successes, challenges, and lessons learned.
- Reward participants with certificates, small tokens, or recognition on social media.
- Plan for the next cleanup campaign and encourage ongoing maintenance by assigning "community cleanliness ambassadors."



THE VISIONARY INVESTOR: JITO KAYUMBA'S PLAYBOOK FOR PURPOSE- DRIVEN YOUTH

To the Arise Generation, the ambitious young minds shaping Zambia's tomorrow, have you ever wondered what it truly takes to sit at the table where national change is forged? Or how to translate personal drive into collective prosperity? Look no further than the remarkable journey of Jito Kayumba, a name increasingly synonymous with strategic thinking, disciplined action, and an unshakeable belief in Zambia's potential.

Today, Jito Kayumba stands as the Special Assistant and Advisor to His Excellency President Hakainde Hichilema for Finance and Investment. This isn't just a title; it's a pivotal role at the heart of Zambia's economic transformation, focusing on attracting investments, creating jobs, and igniting unprecedented growth. But his journey to this influential position is a powerful tapestry woven from humble beginnings, relentless pursuit of knowledge, and a burning desire to see a better Zambia.

Jito's story began in Ndola, raised by his grandmother after his parents' divorce; a backdrop that instilled in him the profound value of hard work and deep empathy. A single image from his childhood, a barefoot boy walking to school, crystallized his lifelong commitment to improving livelihoods and fostering equity. This deeply personal foundation underscores a vital lesson: your purpose can emerge from your earliest observations and experiences, fueling your drive to make a difference.

Before stepping into State House, Jito Kayumba spent a decade as a Partner at Kukula Capital, a pioneering private equity and venture capital firm in Zambia. Here, he wasn't just managing money; he was strategically investing in Zambian Small and Medium Enterprises (SMEs) across diverse sectors; technology, energy, agriculture, and finance. He was directly involved in nurturing businesses from the ground up, creating jobs, and developing markets for homegrown innovation. This phase of his career teaches us that impact isn't only about grand gestures; it's about diligently building, nurturing, and empowering local enterprise.



His impressive educational background; degrees from Concordia University and the University of Cape Town, along with an MBA pursuit demonstrates a relentless commitment to lifelong learning. Jito understands that knowledge is power, and expertise is the currency of influence. He has served on the boards of major companies like Airtel Zambia Plc and Zambian Breweries Plc, chairing audit committees and guiding strategic decisions. This shows us that investing in your mind, seeking continuous education, and embracing leadership roles, even outside your primary job, prepares you for higher callings.

What truly sets Jito apart is his holistic approach to leadership and life. He's known for his disciplined lifestyle, starting his days with 5 AM gym sessions and adhering to a vegetarian diet, a testament to his belief that personal sacrifice and discipline are cornerstones of success. His insights on development financing in Africa resonate globally, and his powerful TEDx Talk, "Can a new generation of defiant leaders save Africa?", encapsulates his vision and passion.

Jito Kayumba's journey is a powerful affirmation that with dedication, a strategic mind, and a heart committed to service, young Zambians can rise from any beginning to occupy positions of profound influence, driving the very economic transformation our nation needs. He is not just an advisor to the President; he is an inspiring blueprint for every youth daring to build a better Zambia.

CREATING, LEADING, SERVING: WHAT YOUTH CAN LEARN FROM JITO KAYUMBA

BY DAVID NTALASHA CHISHA

In an age where many young people feel adrift in uncertainty, the story of Jito Kayumba stands as a living testament that purpose, discipline, and vision can transform not only individual destinies but also entire communities. Drawing from his remarkable journey, here are key observations I believe every youth can learn from and live by:

- **Embrace Your Roots & Let Them Fuel Your Purpose**

Your background is not a setback; it is the soil from which your strength and vision can grow. Jito's life reminds us that the realities we are born into whether privilege or hardship can ignite a deep desire to serve and uplift others. Instead of running from your story, own it. Let it inform your mission and keep you grounded when success arrives.

- **Invest Relentlessly in Your Mind**

One thing that sets extraordinary leaders apart is their commitment to lifelong learning. Whether through formal education or self-taught skills, Jito shows us that the mind is our most valuable capital. Sharpening it daily doesn't just open doors; it helps us craft innovative solutions that leave a lasting impact.

- **Be a Builder, Not Just a Consumer**

In a world driven by instant gratification, the true game changers are those who create rather than merely consume. Jito's path challenges us to think beyond ourselves, to see gaps in society and fill them, to build enterprises that not only generate profit but create jobs and solve community challenges.

- **Discipline is Not a Restriction, It's a Liberator**

Often misunderstood as limitation, discipline is actually the structure that frees us to achieve the extraordinary. Jito's story illustrates how disciplined habits from managing time and resources to maintaining integrity cultivate the resilience needed to weather storms and seize opportunities.

- **Lead with Conviction and Serve with Passion**

Leadership is more than holding titles; it is about championing causes greater than oneself. Jito's service, both in business and public life, teaches us to pursue a vision anchored in national progress and shared prosperity. When passion drives your leadership, your legacy will outlive your lifetime.

In conclusion, the life of Jito Kayumba is not just a biography of achievement; it is a blueprint of hope, courage, and purpose for the Arise Generation. Let us be inspired to harness our roots, discipline our minds, create fearlessly, and lead with unwavering conviction. For it is in doing so that we not only shape our own futures, but also build a better, brighter Zambia for generations to come.



THE POWER OF ABSTINENCE AS YOUTHS: DON'T RUIN YOUR FUTURE

Life as a young person comes with many challenges and choices. Choosing abstinence is a smart way to protect your future, stay healthy, and live a life with purpose.

PURITY CHALLENGE FOR YOUTHS

Take a stand for your life and goals. Abstinence isn't about saying "no" to fun, it's about saying "yes" to your dreams, your health, and your future. Join the purity challenge and inspire others to make wise choices.

HIV RATES IN AFRICA: STATS TO KNOW

- Over 25 million people in Africa live with HIV.
- Young people aged 15–24 account for a large percentage of new infections every year.
- Abstinence is one of the best ways to avoid getting HIV and other risks.

(Source: UNAIDS 2023)

WHY CHOOSE ABSTINENCE?

- **Protect Your Health:** It's the safest way to avoid STDs and unplanned pregnancies.
- **Stay Emotionally Strong:** Helps you avoid heartbreak and build self-control.
- **Focus on Your Goals:** Gives you more time and energy for your dreams and future.

JOIN THE MOVEMENT

- Be part of a generation in Africa that chooses health, purpose, and a brighter future. Encourage your friends and family to take the purity challenge and live a life with no regrets.

LET'S TALK ABOUT IT

- How does abstinence help you achieve your dreams?
- What makes abstinence hard for young people, and how can we help each other?
- How can you inspire others to make positive choices?

Discuss these questions on our social media platforms or in arise connect groups!

Your future is bright, protect it!



THE MIRROR MOMENT

Key Questions on Reintroduction

Hey Arisers,

Are you living as your best self or settling for less? The world needs your unique gift. Don't wait, arise and reintroduce yourself today. Your time is now!

- **Legacy:** *How would I love to be remembered by my family, peers, and the world? Am I building a legacy that aligns with my values and aspirations, or am I settling for mediocrity?*
- **Identity:** *How do people perceive and address me today? Does their perception align with the person I believe I am or want to become?*
- **Reputation:** *When people hear my name, does it resonate with respect, admiration, and influence, or does it fade into the background? Is my name a brand that speaks for itself?*
- **Authority:** *Do doors of opportunity open when I step into a room or speak? If not, what can I do to position myself as someone whose presence demands attention and respect?*
- **Impact:** *Can my presence shift atmospheres, spark inspiration, and influence decisions, or do I blend into the crowd? How can I cultivate an aura that leaves a lasting impression?*
- **Public Persona:** *If my life were summarized as a public CV, would it tell a story of purpose, growth, and achievement, or one of missed potential and complacency? What narrative am I writing every day?*
- **Purpose:** *Who am I truly? Am I living in alignment with my potential, or am I falling short of the greatness I was meant to achieve? What steps must I take to fulfill my unique purpose?*

Reflection:

Your answers to these questions reveal whether it's time to pause, pivot, and reintroduce yourself to the world. Sometimes, growth requires redefining who you are, realigning your goals, and reclaiming the respect, influence, and opportunities you deserve. Friends, it's time to Reintroduce Yourself.



INSPIRATIONAL NOTE

GRETA THUNBERG: ONE VOICE, ONE VISION, GLOBAL IMPACT

At just 15 years old, Greta Thunberg decided she couldn't wait for adults to take climate change seriously. Armed with her passion for the planet and a cardboard sign reading "School Strike for Climate," she skipped school to protest outside the Swedish parliament. What started as a solitary act of defiance quickly grew into a global movement, Fridays for Future, inspiring millions of young people to demand action on climate change.

Greta's story is a powerful reminder that your age, background, or resources don't limit your ability to create change. She didn't wait for permission or perfect circumstances—she acted on her passion, using her voice to amplify an urgent message. Through determination, Greta turned her individual action into a worldwide call for accountability, making leaders and governments take notice.

What can you learn from Greta? Your gifts, talents, and passions hold the key to making a difference in your community. Whether it's speaking up, creating, organizing, or innovating, you can use what you already have to solve problems around you. Like Greta, start where you are, with what you have, and watch how your courage inspires others to join you.

Your Call to Action:

Think about your unique purpose. What issues make your heart burn with passion? What talents can you use to address them? Greta didn't wait for change; she became the change. You can, too.

Your community needs your ideas, energy, and leadership. Take that first step—big or small—and see how far your impact can reach. Your voice matters. Your actions matter. You matter.

Picture Credit: CNN



LIGHTING THE WAY: HOW JUDITH MBITA IS TRANSFORMING LIVES THROUGH FAITH, EDUCATION, AND ACTION

In communities where young voices often struggle to be heard, Judith Mbita is proving that one person's vision rooted in faith and compassion can spark transformation that touches countless lives.

As the Founder and Director of the Children Development and Empowerment Foundation (CDEF), Judith leads with both conviction and heart. Under her guidance, this youth-led organization has become a beacon of hope for Zambia's children. Through CDEF, over 150 Climate Change Advocates and more than 150 Menstrual Health Educators have been trained to lead awareness campaigns and peer education initiatives, helping shape a generation ready to protect the planet and empower their peers.

Yet Judith's impact doesn't stop there. Fueled by a desire to restore dignity and opportunity to young girls, CDEF has distributed over 45,000 sanitary pads across Luapula and Lusaka Provinces. Each pad represents more than just hygiene; it symbolizes hope, confidence, and the chance for girls to remain in school and pursue their dreams.

Beyond her leadership at CDEF, Judith serves as the Community Builder Champion for the African Women Entrepreneurship Cooperative (AWEC). In this role, she supports women and youth navigating business challenges, encouraging them to design innovative, practical solutions that uplift entire communities.

True to her passion for mentorship and faith-based leadership, Judith is now launching the Beyond the Bench Mentorship Series. This initiative will guide university students in leadership, entrepreneurship, and career growth, all framed by the power of faith. Through conversations with Christian professionals, participants will discover how Christ's influence can shape purpose-driven lives and careers.

At the core of Judith's work lies an unshakable belief: that faith, education, and community action together can transform Zambia's youth into leaders who change not only their own stories but the stories of generations to come.

Judith Mbita's story isn't merely about programs, statistics, or positions. It's about stepping up boldly to create spaces where children, girls, and youth discover their worth and potential. Her journey is a call to each of us: to rise beyond our fears, embrace our unique purpose, and build a brighter tomorrow.

Through her example, we're reminded of a timeless truth: When faith guides your vision and service grounds your mission, you don't just walk a path, you create a light for others to follow.

ENTREPRENEURSHIP CLASS

10 LOW-INVESTMENT, HIGH-PROFIT BUSINESS IDEAS FOR YOUTHS IN AFRICA



1. MOBILE FOOD VENDING

Sell local dishes or snacks in busy areas. Add delivery via WhatsApp for more sales.

2. SMALL-SCALE FARMING

Start with poultry or fast-growing vegetables. Supply local markets and restaurants.

3. DIGITAL MARKETING SERVICES

Manage social media and create content for small businesses.

4. LAUNDRY SERVICES

Offer washing and ironing from home with pickup and delivery options.

5. EVENT PLANNING & DECORATION

Plan and decorate for weddings and parties. Partner with vendors for referrals.

6. PHONE REPAIRS & ACCESSORIES

Learn basic repairs and sell phone accessories.

7. ONLINE TUTORING

Teach skills like coding or languages using WhatsApp or Zoom.

8. FREELANCE WRITING

Write for blogs or start your own and monetize through ads or sponsored posts.

9. THRIFT CLOTHING

Sell trendy second-hand clothes online or at markets.

10. COSMETICS & SKINCARE

Make or resell natural beauty products, highlighting African-made quality. Start small, market smart, and grow big



What Business ideas do you think will thrive with low investments but huge profits in your community? Share your views on our social media pages with the hashtag **#AriseBusiness** **#AriseAcademy** **#AriseMagazine**



FORGED BY SACRIFICE, CROWNED IN PURPOSE

V E R S E S O F A R I S E P O E M S

*In the wilderness, where silence speaks,
The soul finds strength, the spirit seeks.
Through prayer and fasting, tears may fall,
Yet purpose rises, above it all.*

*Abraham walked from all he knew,
To paths unknown, his faith grew true.
For every dream, for every height, Sacrifice
burns, a guiding light.*

*The lion within, it roars to rise,
A fire blazing behind your eyes.
But growth demands, as seasons change,
To leave the familiar and rearrange.*

*Work through the night, let wisdom lead,
Sow seeds of effort, meet every need.
Let patience guide, let purity reign,
Through trials and storms, endure the pain.*

*For reintroduction is not a place,
But daily steps in a lifelong race.
The more you give, the more you'll find,
Your greatness birthed, both heart and mind.*

*So walk the path, though steep and long,
Your sacrifices make you strong.
And when the world sees who you've become,
The lion within will say, "Well done."*



CULTIVATING HEALTHY HABITS

Transforming your life begins with small, consistent steps. This Healthy Habits Challenge is your chance to build routines that fuel your mind, body, and relationships. Each week, you'll focus on simple, achievable actions that lead to lasting change. Remember, growth takes time, so be kind to yourself as you take on this journey. Together, let's create a stronger, healthier, and happier you!

STEP 1: MINDSET RESET

Set realistic goals and create a routine.
Practice gratitude and mindfulness daily.

STEP 2: NOURISH YOUR BODY

Eat one healthy meal daily and stay hydrated.
Try a new physical activity.

STEP 3: BOOST PRODUCTIVITY

Limit social media, use a to-do list, and build a skill.
Complete quick tasks immediately.

STEP 4: STRENGTHEN RELATIONSHIPS

Connect with loved ones and do daily acts of kindness.
Reflect on growth and plan for the future.



STEP 1: FORGIVE YOURSELF

"Therefore, there is now no condemnation for those who are in Christ Jesus." – Romans 8:1

Let go of past mistakes. You are not defined by them. Forgive yourself and make room for growth.

Challenge: Write down one thing you're holding against yourself, then pray and let it go.

#ForgiveYourself #NewBeginnings #LetGoAndGrow

STEP 2: MAKE RESOLUTIONS TO REINTRODUCE YOURSELF

"Forget the former things; do not dwell on the past. See, I am doing a new thing!" – Isaiah 43:18-19

It's time to reintroduce yourself! Decide who you want to be and commit to becoming that person.

Challenge: Write 3 resolutions that reflect the new version of you.

#ReintroduceYourself #NewMe #FreshStart

STEP 3: MAKE SMALL STEPS

"Do not despise these small beginnings, for the Lord rejoices to see the work begin." – Zechariah 4:10

Big change starts with small steps. Progress, no matter how small, is still progress.

Challenge: Take one small step towards a goal and celebrate it.

#SmallStepsBigImpact #KeepMovingForward #ProgressNotPerfection

STEP 4: BEGIN IMPLEMENTING YOUR PURPOSE

"For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago." – Ephesians 2:10

You are created for a purpose. Start walking in it, even if it's just one action today.

Challenge: Take one intentional action aligned with your purpose this week.

#WalkInPurpose #GodsMasterpiece #LiveWithIntention

Remember: Small steps lead to big transformations. Keep growing, keep believing, and keep moving forward!



REINTRODUCING YOURSELF: WHEN GRACE GIVES YOU A NEW NAME

There comes a moment when you look at your reflection not just the face in the mirror, but the spirit behind the eyes and realize: This isn't the whole story. You've been answering to labels shaped by pain, failure, and the words of people who didn't see your purpose. But God calls you by a different name.

"Forget the former things; do not dwell on the past. See, I am doing a new thing!" — Isaiah 43:18-19

You don't have to be who you were in your worst season. You don't have to keep apologizing for the mistakes that grace has already covered. You can stand tall and reintroduce yourself as the person God is shaping you to be.

"Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!" — 2 Corinthians 5:17

Reintroducing yourself doesn't mean you deny your scars. It means you show them as proof of survival, as reminders that even in brokenness, God was still at work. It's saying: "Yes, I've fallen. Yes, I've failed. But watch me rise, because my story isn't finished."

"But God demonstrates his own love for us in this: While we were still sinners, Christ died for us." — Romans 5:8

So today, speak over your own life:

- *I am redeemed.*
- *I am chosen.*
- *I am not who I was, but who He says I am.*

Let your reintroduction echo heaven's truth, not earth's opinions. Let it sound like grace, look like growth, and feel like freedom.

"The Lord will fight for you; you need only to be still." — Exodus 14:14 (NIV)

Because when God rewrites your story, your past can no longer disqualify your future. And that, beloved, is the power of reintroduction.



A LOVE LETTER TO MY *Daughters*



My Dearest Daughters,

There's something I need you to know, something I need you to carry deep in your heart: You are more than the labels the world has placed on you. Maybe life has called you things that don't align with who you truly are. Perhaps you've been defined by mistakes, struggles, or a past that feels too heavy to escape. But hear me clearly, you have the power to reintroduce yourself. You are not your failures, your pain, or the broken pieces of your story. You are a masterpiece in progress, hand-crafted by God Himself.

I know the road hasn't always been easy, and maybe it feels like hope is a distant dream. But even in the midst of brokenness, there is a light that refuses to be extinguished. There is hope for you.

Today, I invite you to rediscover the girl God created you to be. Find your purpose again, that unique calling He placed on your life before you even took your first breath. Your journey is not over; in fact, it's only just beginning.

Step forward with courage and confidence, knowing that you are fully equipped to fulfill the mandate God has given you. Walk boldly, knowing that no mistake is too big, no past too messy, for His grace to redeem and restore.

You are loved, you are seen, and you are called.

Mrs Bupe Mwape Chisha
C.E.O, Arise Magazine

#raisinganewbreedofwomen #freshstart #arisegirls





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