

PRIME EDITION, ISSUE 12

arise

AFRICA MAGAZINE

**DREAM BIG
DREAMS.**

**EVERY EMPIRE BEGAN
AS AN IDEA.**

THE POWER OF THINKING RICH

HOW DR. WALUBITA SIYANGA IS RAISING A GENERATION OF WEALTH CREATORS





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DREAM BIG DREAMS

CONTENTS

- 04 INTRODUCTORY NOTE
- 05 UNLOCKING THE MINDSET, METHODS, AND
MOMENTUM FOR BIG DREAMS
- 07 THE ARISE QUOTE
- 08 THE ARCHITECT'S CHECKLIST: SEVEN QUESTIONS
EVERY VISIONARY MUST ANSWER
- 10 HOW DR. WALUBITA SIYANGA IS RAISING A
GENERATION OF WEALTH CREATORS.
- 12 THE LEGACY QUOTE
- 13 THE LEGACY FRAMES
- 14 THE SILENT SABOTEURS: THE 21ST CENTURY DREAM
KILLERS.
- 15 THE POWER OF ONE OPPORTUNITY.
- 16 THE AUDACITY OF THE HORIZON.
- 17 COMFORT IS THE ENEMY OF DESTINY.
- 18 10 DAILY HABITS THAT TURN VISION INTO REALITY.
- 19 DREAM BIGGER THAN YOUR BEGINNING.
- 20 WHAT IS PURPOSE ANXIETY?
- 21 PRACTICAL LESSONS FROM JAMES CHAMANGA.
- 22 THE PSYCHOLOGY OF DREAMING BIG.
- 23 A LOVE LETTER TO MY DAUGHTERS.

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Dear Esteemed Young Visionaries,

Every great achievement in history began as a dream. Before businesses were built, movements were born, and nations were transformed, someone dared to imagine a future that did not yet exist. The world has always been shaped by people who refused to let their circumstances determine the size of their vision.

That is why this edition is titled Dream Big Dreams.

Too many people have learned to think small because they have been surrounded by limitations. They mistake survival for success and average for ambition. Yet no nation has ever risen because its people were afraid to dream. Progress belongs to those who see possibilities where others see obstacles.

Dreaming big is about far more than personal success. It is about discovering your purpose and using your gifts to solve problems, create opportunities, and leave a legacy that outlives you. Every great dream begins with one decision to believe that your future can be greater than your present.

I know this because I have lived it. Living with a disability could have become the story that defined my life, but I chose to let purpose define me instead. That decision gave birth to Born Short Living Tall and later Arise Africa Magazine, two platforms built on one conviction that limitations should never determine destiny.

As you read this edition, remember that every leader you admire once stood where you stand today. They did not begin with perfect conditions. They began with a vision, the courage to pursue it, and the discipline to keep moving when others stopped believing.

Africa needs a generation of builders, innovators, entrepreneurs, creators, and leaders who refuse to settle for what is and are committed to creating what could be. The future of our continent will be shaped by those who choose to think bigger, act boldly, and serve faithfully. As you turn these pages, refuse to let your background define your future or fear silence your potential. The dream that seems impossible today may become the breakthrough that transforms tomorrow.

Dream big. Live boldly. Build a legacy that outlives you.

*With purpose and unwavering conviction,
David Ntalasha Chisha
Founder & Visionary, Arise Africa Magazine*

BIG DREAMS

UNLOCKING THE MINDSET, METHODS, AND MOMENTUM FOR BIG DREAMS

Every remarkable achievement in history began as a dream. Before businesses were built, nations were transformed, and movements reshaped society, someone imagined a future that did not yet exist. Dreams are not fantasies. They are the birthplace of innovation, leadership, and progress. The greatest risk is not dreaming too big but settling for dreams that are too small. History remembers those who looked beyond present realities and chose to pursue possibilities that others considered impossible. Consider some of the world's greatest visionaries. Nelson Mandela envisioned a democratic South Africa while imprisoned for twenty seven years. Strive Masiyiwa persisted through years of legal battles before building one of Africa's largest telecommunications businesses. Tony Elumelu created a foundation that has empowered more than 20,000 African entrepreneurs, contributing to hundreds of thousands of jobs across the continent. Their stories remind us that extraordinary achievements always begin with extraordinary vision.

DREAM BIGGER BEFORE YOU BUILD BIGGER

Every great accomplishment is first created in the mind. Long before a business opens its doors, a book reaches readers, or an organisation transforms lives, someone chooses to believe that a better future is possible. The greatest obstacle is rarely a lack of talent or opportunity. More often, it is a limited vision of what is possible. Many people unknowingly allow their present circumstances to define their future instead of allowing their future to redefine their present. When you replace the question, "Can I do this?" with "What will it take?" your thinking shifts from limitation to possibility, and possibility is where every great dream begins.

TURN VISION INTO ACTION

A dream without action remains only an idea. Every meaningful vision requires structure, discipline, and consistent execution. The most successful people do not simply dream bigger than everyone else. They develop systems that move them steadily toward their goals. They establish a clear vision, break it into achievable milestones, take deliberate action every day, and continually learn from experience. Success is rarely the result of one extraordinary decision. It is the product of ordinary decisions made consistently over time. Research consistently shows that young businesses play a vital role in economic growth. Across many developed economies, start ups account for around one fifth of total employment while creating nearly half of all new jobs, demonstrating that new ideas have the power to transform economies when they are matched with disciplined execution. This principle applies equally to individuals. Great futures are built one decision, one habit, and one day at a time.

BUILD MOMENTUM THROUGH CONSISTENCY

Momentum is one of the greatest advantages anyone can possess because progress creates confidence, and confidence inspires greater action. Small, consistent actions eventually produce extraordinary results. Reading every day expands knowledge. Saving consistently builds financial stability. Learning new skills increases opportunities. Investing time in relationships opens doors that talent alone cannot unlock. Success rarely arrives through dramatic breakthroughs. More often, it grows quietly through years of faithful, disciplined effort.



DREAM BEYOND YOURSELF

The most meaningful dreams are never centred on personal success alone. A great dream creates opportunities for others, solves real problems, strengthens communities, and leaves a legacy that extends beyond one lifetime. Every thriving business began by solving a problem. Every influential leader began by serving people. Every lasting institution was built by someone whose vision reached beyond personal ambition. The true measure of a dream is not how much it benefits you but how many lives it transforms. Africa stands at one of the most important moments in its history. It is the youngest continent in the world, with approximately 70 percent of sub Saharan Africa's population under the age of thirty, representing one of the greatest reservoirs of talent and innovation anywhere on earth. The future of the continent will be shaped by young people who choose to think differently, embrace innovation, build sustainable businesses, strengthen institutions, and lead with integrity.

THE FUTURE BEGINS TODAY

You do not need perfect conditions to begin pursuing a great dream. You need vision, courage, and the willingness to take the first step. Every remarkable achievement started before all the answers were known. Every successful entrepreneur, author, scientist, minister, and leader began exactly where you are today with an idea, a decision, and the determination to keep moving forward. Dream beyond your circumstances. Think beyond your limitations. Build beyond your fears. The future belongs to those who have the courage to imagine it before everyone else and the discipline to work until imagination becomes reality. Dream Big. Start Today. Leave a Legacy.

”

**DREAM SO BIG THAT YOUR
CURRENT REALITY LOOKS
TOO SMALL TO CONTAIN
YOUR FUTURE.**



THE ARCHITECT'S CHECKLIST: SEVEN QUESTIONS EVERY VISIONARY MUST ANSWER

Every great building begins with a blueprint. Every great legacy begins with a question. Dreams are not built on passion alone. Passion may ignite the journey, but only clarity, discipline, and strategy sustain it. Before you invest your time, resources, and reputation in a vision, pause and ask yourself these seven questions.

1. What problem am I solving?

Every meaningful dream exists to solve a real problem. If your vision does not improve someone's life, create value, or meet a genuine need, it will struggle to endure. Great dreams are built around service, not self.

2. Is this dream driven by purpose or ego?

Recognition fades, but purpose endures. Ask yourself, Would I still pursue this dream if no one knew my name? If the answer is yes, your foundation is strong.

3. What price am I willing to pay?

Every significant dream demands sacrifice. It may cost you comfort, time, money, sleep, or even relationships. Vision is not measured by what you hope to gain, but by what you are willing to give.

4. Who must walk this journey with me?

No one builds a legacy alone. Behind every enduring achievement is a team of people who share the vision. Surround yourself with people who challenge your thinking, strengthen your weaknesses, and celebrate the mission more than the spotlight.

5. What is my first step?

Dreams become overwhelming when they remain abstract. Break your vision into practical action. What can you accomplish in the next 100 days? Momentum is built one deliberate step at a time.

6. How will I measure success?

Profit matters, but it is not the only measure of progress. Will success be measured by lives transformed, problems solved, opportunities created, or communities strengthened? Define success before the world defines it for you.

7. If the strategy fails, will the mission survive?

Never confuse the dream with the method. Strategies change. Markets shift. Technology evolves. Stay committed to the mission while remaining flexible enough to discover a better path.

Every remarkable achievement was once an impossible idea that refused to die. The difference between dreamers and builders is not vision alone. It is the courage to ask hard questions before taking bold steps. A dream kept in your mind remains a wish. A dream written down becomes a goal. A dream tested by these seven questions becomes a blueprint for impact. The future does not belong to those with the biggest dreams. It belongs to those who build them, one intentional decision at a time.

HOW DR. WALUBITA SIYANGA IS RAISING A GENERATION OF WEALTH CREATORS.

On any given day, Dr. Walubita Siyanga could be found standing before aspiring entrepreneurs teaching digital wealth creation, counselling a young couple navigating the complexities of marriage, mentoring executives on leadership, preaching from the pulpit, or writing another chapter of what has become a remarkable publishing journey of more than 100 books. It is an uncommon blend of roles. Yet for Dr. Siyanga, they are all connected by one mission: transforming people from the inside out. At a time when Africa faces rising youth unemployment, widening inequality, and an urgent need for entrepreneurial leadership, his work has become increasingly relevant. Rather than encouraging people to chase jobs alone, he advocates something deeper; developing the mindset, character, and skills required to create opportunities for themselves and others. "My assignment is to raise wealth creators," he often says. It is a philosophy that has shaped every institution he has founded.

REIMAGINING WEALTH EDUCATION

Across Africa, conversations about wealth often focus on income. Dr. Siyanga believes the conversation should begin with education. As Founder and CEO of Waluversity, he has built a platform dedicated to teaching practical financial literacy, online entrepreneurship, digital income generation, and wealth-building principles. The objective is not simply to help people earn more money but to change the way they think about money itself.



His approach reflects a growing global shift. The World Economic Forum has consistently identified digital skills, entrepreneurship, adaptability, and lifelong learning among the competencies most needed in the future economy. For many young Africans entering an increasingly competitive labour market, these skills are becoming necessities rather than options. Through certificate programmes and mentorship initiatives, Waluversity seeks to bridge that gap, equipping learners with practical knowledge that traditional classrooms often overlook.

BUILDING HUMAN CAPITAL

Education, however, is only one part of the equation. Through Diadem Human Capital Solutions, Dr. Siyanga has spent years advising organisations, coaching executives, and developing leaders across both the public and private sectors. His work spans strategic planning, executive coaching, human resource development, leadership training, and organisational transformation. Those who have worked alongside him describe his leadership philosophy as people-centred. Before discussing systems or structures, conversations often begin with mindset, values, and personal responsibility. It is a reminder that organisations rarely outperform the people who lead them. In many respects, Diadem represents a broader conviction that Africa's greatest investment is not infrastructure but human capital.

RESTORING THE HUMAN SIDE OF SUCCESS

Professional success often comes with personal pressures. Recognising this reality, Dr. Siyanga established the Diadem Counselling Centre, providing professional counselling services for individuals, couples, and families. While entrepreneurship and leadership often dominate headlines, emotional wellbeing, healthy relationships, and family stability remain equally important foundations of sustainable success. His counselling work reflects an understanding that leadership extends beyond boardrooms and businesses. It reaches homes, marriages, friendships, and communities. In an age marked by increasing mental health awareness, his integrated approach combining counselling, coaching, and mentorship speaks to the growing demand for holistic personal development.

FAITH IN ACTION

Long before becoming recognised as a wealth educator and business consultant, Dr. Siyanga was a pastor. Today he serves as Senior Pastor at Tabernacle of Power & Praise Ministries International, where faith remains the foundation of his public life. Unlike leaders who separate ministry from enterprise, Dr. Siyanga views the two as complementary. His teaching frequently connects biblical principles with practical subjects such as leadership, financial stewardship, entrepreneurship, relationships, and purpose. For him, spirituality is not confined to Sunday services. It is expressed through ethical leadership, responsible business, and meaningful service to society.

THE DISCIPLINE OF WRITING

Few achievements illustrate Dr. Siyanga's consistency more than his contribution to literature. With more than 100 published books and manuals, he has become one of Zambia's prolific authors in the fields of personal development, wealth creation, leadership, relationships, and spiritual growth. Titles such as Chase Opportunities, Not Cash, Money Relationship Styles, Baby Billionaire Philosophy, and Relationship Management for Wealth Creation reflect recurring themes throughout his work: opportunity, responsibility, discipline, and intentional growth. Writing, for Dr. Siyanga, is more than publishing ideas. It is about preserving knowledge that can continue influencing lives long after a seminar has ended.

THE LEGACY QUOTE

**YOUR BIGGEST LIMITATION IS
NOT YOUR BACKGROUND. IT'S
THE SIZE OF THE DREAM
YOU'VE ACCEPTED.**

DR WALUBITA SIYANGA





MULTIPLYING IMPACT

Perhaps the most significant measure of Dr. Siyanga's influence cannot be counted in books written or companies founded. It is found in people. Over the years, he has mentored more than 20,000 individuals through leadership programmes, entrepreneurship training, coaching initiatives, conferences, and online learning communities. Many have gone on to establish businesses, improve their careers, strengthen their families, and mentor others. Leadership experts often argue that influence is measured not by followers but by leaders developed. By that standard, Dr. Siyanga's legacy continues to expand through those he has equipped.

THINKING BEYOND BORDERS

Although proudly rooted in Zambia, Dr. Siyanga's vision has never been limited by geography. Through Diadem Human Capital Solutions and international engagements extending to Canada, the United States, and beyond, he continues to demonstrate that African expertise has a place on the global stage. His journey reflects a growing generation of African leaders who are exporting ideas, knowledge, and innovation rather than waiting for opportunities to arrive from elsewhere. It is a narrative increasingly shaping Africa's future.

MORE THAN A CAREER

Looking across Dr. Walubita Siyanga's journey, a consistent thread emerges. Whether teaching entrepreneurship, counselling families, leading a congregation, writing books, coaching executives, or mentoring young people, the objective remains remarkably consistent: helping ordinary people realise extraordinary potential. His work suggests that lasting transformation begins long before financial success. It begins with renewed thinking, disciplined learning, meaningful relationships, and purposeful leadership. In a continent whose greatest asset is its youthful population, leaders who invest in people will continue to shape Africa's next chapter. Dr. Walubita Siyanga has made that investment the defining work of his life. And perhaps that is the legacy worth remembering not simply that he built successful institutions, authored dozens of books, or mentored thousands, but that he chose to build people. For in building people, he is helping build the future of Africa itself.

THE LEGACY FRAMES





THE SILENT SABOTEURS: THE 21ST CENTURY DREAM KILLERS

Never before has a generation had so many opportunities and so many distractions. The greatest threats to your dream rarely arrive as failure. They quietly steal your focus, confidence, and consistency until your vision fades.

1. Too Many Choices

In a world overflowing with information, many mistake learning for progress. They consume books, podcasts, and courses but never execute. Knowledge without action changes nothing.

2. The Comparison Trap

Social media showcases everyone's highlights, making it easy to doubt your own journey. When your dream depends on applause, silence becomes enough to make you quit. Purpose must always be stronger than popularity.

3. The Addiction to Speed

We live in a culture of instant results, but meaningful dreams are built through patience and daily discipline. There are no shortcuts to lasting significance.

4. The War for Your Attention

Your attention is your greatest asset. Every notification, trend, and distraction competes for the focus your dream requires. A distracted mind cannot build an extraordinary future.

Guard Your Vision

Modern dream killers don't attack they distract. Protect your future by focusing on what matters, creating more than you consume, and taking consistent action every day. The greatest advantage in the 21st century is not talent or opportunity. It is the discipline to stay focused until your dream becomes reality.



THE POWER OF ONE OPPORTUNITY

Millions watched Cherise Makubale make history in 2003 when she became the first winner of Big Brother Africa and the first Black contestant to win a Big Brother franchise. At just 24, the young woman from Kitwe became a continental icon. For many, that would have been the pinnacle of success. For Cherise, it was the beginning. She transformed fame into service, opportunity into stewardship, and influence into lasting impact. More than two decades later, she is remembered not simply as a reality television champion, but as a humanitarian and entrepreneur whose greatest achievement is the lives she continues to change. Her story proves that fame may open doors, but character, purpose, and service build a lasting legacy.

Tactical Leadership Lessons Every Young African Can Learn from Cherise Makubale

1. Never Let One Victory Define You

Winning Big Brother Africa made Cherise famous, but she refused to let one achievement become her identity. Great leaders treat every success as the beginning of a bigger assignment.

2. Turn Influence into Impact

Visibility is a gift. Impact is a choice. Cherise used her platform to serve communities, proving that leadership is measured by lives changed, not followers gained.

3. Steward Every Opportunity

Success is not determined by what you receive but by how you manage it. Through discipline and wise stewardship, Cherise turned one opportunity into a lifetime of impact.

4. Build Character Before Your Brand

Brands attract attention. Character earns trust. More than twenty years later, Cherise's credibility rests on integrity, humility, and consistent service.

5. Never Forget Where You Come From

Although she now lives in the United Kingdom, Cherise remains committed to Zambia. Great leaders may go global, but they never outgrow their roots.

6. Think Beyond the Moment

Most people celebrate success. Visionaries build significance. Cherise looked beyond the prize and asked how it could continue creating opportunities for others. Leaders think in generations, not headlines.

7. Make Purpose Your Legacy

Fame fades. Titles change. Purpose endures. Long after the cameras stopped rolling, Cherise continues to inspire because she invested in people rather than publicity.

The Arise Principle

Success may change your life, but significance changes the lives of others. Dream beyond achievement. Build a legacy that outlives you.

THE AUDACITY OF THE HORIZON

Every generation inherits a defining question. For Africa, that question is not whether we have the talent, resources, or resilience to prosper. It is whether we have the courage to imagine a future worthy of our potential. For too long, too much of Africa's story has been written through the language of scarcity. We have learned to manage crises, celebrate small victories, and adjust our ambitions to fit our circumstances. But history has never been changed by people who learned to manage limitations. It has always been shaped by those who refused to accept them.

Every great civilization was built twice. It was first imagined, then constructed. Before there were cities, universities, industries, or movements, there was someone bold enough to see what others could not. The future is always created by people who can see beyond the present. Africa now stands at such a moment.

We are home to the world's youngest population, abundant natural wealth, expanding digital innovation, and extraordinary entrepreneurial energy. Yet no nation rises above the size of its vision. Long before economies grow, minds must grow. Long before industries are built, imagination must expand.

To dream big is an act of freedom. It is the refusal to believe that our future must be confined by our history. It is the confidence to say that African ideas can shape global markets, African universities can produce world changing research, African businesses can become global champions, and African leadership can influence the direction of the world. Vision changes what we see.

The moment a nation believes it can lead, it begins investing differently, educating differently, innovating differently, and governing differently. We stop exporting possibilities and start building prosperity. We stop measuring ourselves by what we extract from the ground and begin measuring ourselves by what we create with our minds. The greatest wealth of Africa has never been beneath its soil. It has always been within its people.

The next generation of global breakthroughs in agriculture, financial technology, healthcare, clean energy, artificial intelligence, and the creative economy can emerge from African cities. Not because the world owes us a place, but because excellence always creates its own invitation. The greatest tragedy would not be a lack of resources. It would be a lack of imagination.

Michelangelo captured this truth centuries ago: "The danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it." Those words are as relevant to continents as they are to individuals. Africa cannot afford small dreams in an age of extraordinary opportunity. A continent with the youngest population on earth should never think with the oldest fears.

The responsibility now belongs to this generation. To the entrepreneur building the next global company. To the scientist searching for the next breakthrough. To the teacher shaping tomorrow's leaders. To the artist changing how the world sees Africa. To every young person who refuses to inherit the limits of previous generations.

History is waiting for a generation courageous enough to think continentally, build relentlessly, and lead globally. The question is no longer whether Africa has potential. The question is whether this generation will have the audacity to believe it. The future will not be inherited by those who wait for change. It will be built by those who dare to dream so boldly that the world has no choice but to follow.

COMFORT IS THE ENEMY OF DESTINY.

Five months.

That's all Elijah Mwape spent in corporate employment before making the decision that would redefine his future.

Armed with a degree in Information Technology, he had achieved what many graduates dream of: a stable job, a steady income, and the promise of security. For most people, that would have been enough. For Elijah, it wasn't.

He believed comfort was asking him to settle for less than his potential. Leaving a secure job without guarantees demanded courage. Entrepreneurship offered no salary, no certainty, and no clear roadmap. It offered only a vision and the willingness to pursue it. That decision became the foundation of everything that followed.

Starting with just thirteen clients, Elijah built ER Financial into a thriving business serving thousands.

He later expanded into real estate, publishing, philanthropy, and investments in both the United States and Zambia, proving that extraordinary impact often begins with one uncomfortable decision. His journey highlights an important truth for today's generation: the greatest obstacle to many dreams is not failure, it is comfort.

Comfort convinces people to postpone their ideas until the "right time." It encourages them to choose security over growth and routine over purpose. Yet history repeatedly shows that progress belongs to those willing to embrace calculated risk.

Dreams rarely grow inside comfort zones. They grow when people are willing to leave familiar ground, take responsibility for their future, and remain faithful to the process even when the outcome is uncertain.

Elijah Mwape's story is a reminder that destiny is not built by playing it safe. It is built by ordinary people who dare to take extraordinary steps.

The lesson is simple: comfort may protect today's paycheck, but courage has the power to transform tomorrow's legacy.



DREAM BUILDERS: 10 DAILY HABITS THAT TURN VISION INTO REALITY

Dreams are not built by inspiration alone. They are built by the habits you repeat every day. The difference between dreamers and achievers is rarely talent. It is discipline. Small, consistent actions, repeated over time, create extraordinary results.

Here are ten habits that turn vision into reality.

1. Win the First Hour

Own your morning before the world owns your attention. Spend your first hour praying, planning, reading, or working on your biggest goal not scrolling through your phone.

2. Break Big Dreams into Small Wins

A dream becomes achievable when it becomes today's assignment. Focus on completing a few meaningful tasks every day rather than chasing perfection.

3. Protect Your Focus

Your attention is your greatest asset. Reduce unnecessary notifications, limit social media, and create uninterrupted time for deep work.

4. Review Every Day

Ask yourself each evening: What moved me closer to my dream today? Then improve tomorrow's plan. Progress grows through reflection.

5. Guard Your Mind

What you read, watch, and listen to shapes your future. Feed your mind with ideas that strengthen your vision and filter out what distracts you.

6. Execute More Than You Consume

Spend less time collecting information and more time applying it. Ideas only change your life when they become action.

7. Rest with Purpose

Success is a marathon, not a sprint. Rest is not laziness; it is preparation for sustained excellence.

8. Become Solution Driven

Every obstacle presents a choice: complain or create. Dream builders don't dwell on problems, they find answers.

9. Build an Environment for Success

Keep your workspace organised, surround yourself with people who inspire growth, and remove distractions that compete with your purpose.

10. Trust the Process

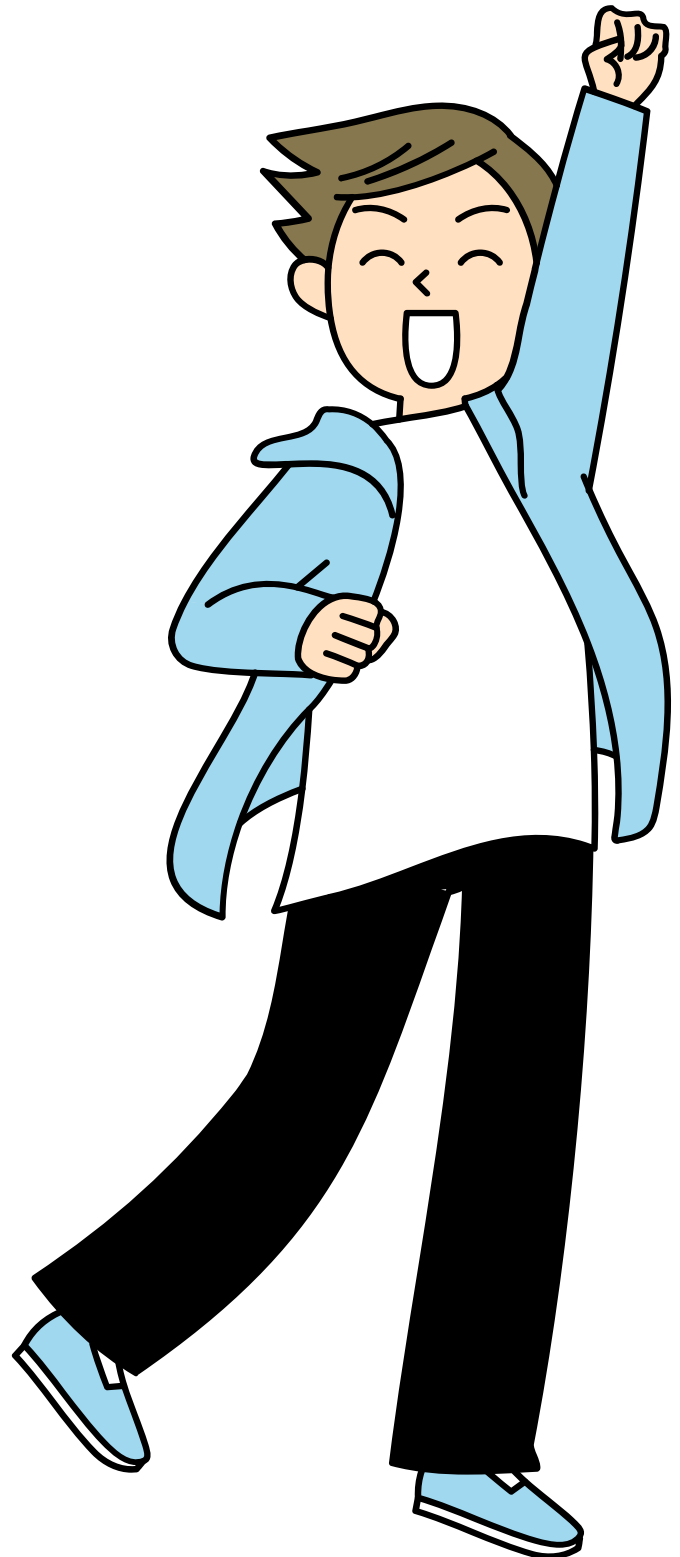
Record your journey, celebrate small victories, and stay consistent. Great achievements are rarely the result of one big breakthrough. They are the reward for thousands of faithful days.

Build Every Day

Dreams become reality one decision at a time. Don't wait for perfect conditions. Start where you are. Use what you have. Stay consistent.

The future belongs not to those with the biggest dreams, but to those who build them every single day.

"A dream written down becomes a goal. A goal acted upon every day becomes a legacy."



DREAM BIGGER THAN YOUR BEGINNING

A wise king gathered the young people of his kingdom and placed a single seed into each of their hands. "This seed carries great potential," he said. "What it becomes will depend on how you see it."

One young man looked at the seed and thought, It is only a seed. He planted it in a small pot beside his house where it would never outgrow his expectations.

Whenever it stretched upward, he trimmed it back, afraid it would become too large. "Small things are easier to manage," he often said. In time, the seed became a small shrub. It never bore much fruit, never sheltered a traveller, and never offered shade to anyone. It grew only as large as its owner's vision.

Another young woman received the same seed, but she saw something different. She imagined a mighty tree whose branches would shelter families, feed the hungry, and stand for generations. Because her vision was greater, she searched for fertile ground, watered it faithfully, and protected it through every storm.

When drought came, she carried water from a distant river rather than letting her dream die. People laughed at her devotion. "Why work so hard for one small seed?" they asked. She simply smiled and replied, "You see a seed. I see a forest."

Years later, the king returned. He stood before the young man's shrub and said, "You limited the seed because you first limited your imagination."

Then he walked to the woman's land. Before him stood a towering tree. Children played beneath its branches. Birds nested in its limbs. Travellers rested in its shade, and generations enjoyed its fruit. The king smiled and said, "The difference was never in the seed. The difference was in the dream."

So it is with life. God gives every person seeds in the form of gifts, ideas, talents, and opportunities. Those who think small produce small lives. Those who dream beyond what they can see build legacies that outlive them.

The size of your future is rarely determined by what God places in your hands. It is determined by the size of the dream you dare to carry in your heart.

WHAT IS PURPOSE ANXIETY?

Purpose anxiety is the fear of feeling directionless, ineffective, or disconnected from meaningful contribution.

Many young people silently struggle with the pressure to succeed quickly, compare themselves constantly, and prove their worth publicly. Over time, this creates emotional exhaustion, confusion, and lack of direction.

COMMON SIGNS OF PURPOSE ANXIETY:

- Constant comparison
- Fear of falling behind
- Identity confusion
- Emotional exhaustion
- Lack of direction
- Obsession with validation
- Difficulty focusing

HOW TO OVERCOME PURPOSE ANXIETY

1. Stop comparing your beginning to someone else's outcome
2. Develop discipline gradually
3. Focus on contribution instead of competition
4. Protect your mental health intentionally
5. Build daily structure
6. Disconnect from unnecessary distractions
7. Discover your strengths and convictions

Purpose is rarely discovered instantly. More often, it is uncovered through growth, discipline, service, and consistent action.

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A close-up portrait of James Chamanga, a Black man with a shaved head, looking slightly to his right. He is wearing an orange Zambia national football team jersey with a green V-neck collar. The jersey features a Nike logo on the left chest, the Zambia Football Federation crest on the right chest, and the number 12 in large green digits. The background is a blurred outdoor setting.

PRACTICAL LESSONS FROM JAMES CHAMANGA

James Chamanga's story proves that greatness is built through ordinary decisions repeated consistently. Here are ten principles anyone can apply.

1. Don't let your beginning define your future.

Chamanga started life as an orphan and rented football boots because he couldn't afford his own. Your circumstances are your starting point, not your destination.

2. Build discipline before chasing success.

Talent may get attention, but discipline earns longevity. Develop routines that make excellence a daily habit.

3. Invest in yourself every day.

Protect your health, sharpen your skills, read, learn, and improve continuously. Your greatest asset is you.

4. Buy assets before luxuries.

With his first professional salary, Chamanga bought land instead of a flashy car. Build wealth before you display it.

5. Stay humble when success comes.

Despite playing abroad and earning well, he chose a simple lifestyle. Humility protects success from becoming pride.

6. Choose the right life partner.

A supportive spouse strengthened his discipline, faith, and focus. Your closest relationships shape your future more than your talent.

7. Let faith guide your decisions.

Prayer was not Chamanga's last resort, it was his first response. Strong character is built from a strong spiritual foundation.

8. Prepare for life beyond your career.

While still playing, he studied leadership, invested wisely, and planned for retirement. Every career has an expiry date; purpose does not.

9. Leave every place better than you found it.

After retirement, Chamanga became a coach and mentor. Real success is measured by the people you develop, not just the trophies you collect.

10. Play the long game.

James Chamanga didn't become legendary because he had one great season. He became legendary because he remained faithful to the process for twenty-five years.

James Chamanga's greatest achievement was not lifting the Africa Cup of Nations trophy. It was proving that a disciplined life will always outlast a gifted one. Talent may make you famous. Character makes you unforgettable.

THE PSYCHOLOGY OF DREAMING BIG.

Every extraordinary achievement begins as a dream. Before there was an invention, a thriving business, a ministry, or a movement, someone dared to imagine a future that did not yet exist. Dreaming big is often dismissed as wishful thinking, but psychology tells a different story. A compelling vision reshapes how we think, what we notice, how we respond to challenges, and ultimately, who we become. The greatest limitation is rarely a lack of ability. More often, it is a lack of vision.

Your Brain Finds What Your Mind Values

The brain processes millions of pieces of information every day. To avoid overload, it relies on the Reticular Activating System (RAS), a network that filters what deserves your attention. When you define a clear vision, your brain begins searching for opportunities that align with it. Conversations become meaningful. Ideas connect. Resources appear. Doors you once overlooked suddenly become visible. This is not luck. It is your brain working in the direction of your vision.

Big Dreams Create Bigger People

Psychologist Carol Dweck's research on the Growth Mindset shows that people who believe they can learn consistently outperform those who believe their abilities are fixed. A big dream exposes the gap between where you are and where you want to be. Instead of saying, "I can't," you begin asking, "What must I learn?" That question changes everything. As you develop new skills and embrace new challenges, your brain forms new neural pathways through neuroplasticity. You are not simply chasing a dream. You are becoming the person capable of achieving it.

Purpose Builds Resilience

Every worthwhile dream comes with setbacks. Yet people driven by purpose recover faster because they have a reason to keep moving. A compelling vision puts obstacles into perspective. Failure becomes feedback, not defeat. Each meaningful step forward also activates the brain's reward system, releasing dopamine that reinforces motivation and perseverance. Purpose keeps you moving long after excitement fades.

Become the Person Your Dream Requires

Psychologist Albert Bandura's work on Self Efficacy shows that belief shapes behaviour. When you consistently envision your future, your choices begin to reflect that identity. You think differently. Speak differently. Prepare differently. Invest differently. Long before your circumstances change, your mindset does. That is where transformation begins.

The Architecture of Vision

Dreaming big is not fantasy. It is strategy. Vision is the blueprint that gives direction to effort, purpose to sacrifice, and meaning to perseverance. It helps the mind filter distractions, navigate uncertainty, and remain focused on what matters most. As Michelangelo famously observed: "The danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it." The greatest reward of a big dream is not simply what you achieve. It is who you become in the pursuit of it. Dream beyond your circumstances. Think beyond your generation. Build a future that outlives you.

A LOVE LETTER TO MY *Daughters*



My Beloved Daughters,

There is a dream inside you that refuses to be silent. It whispers while you sleep, stirs your heart throughout the day, and continues to call your name because it was breathed into you by God. That dream is not random. It is not too big. It is not too late. It is divine.

The world will often tell you to think smaller, play it safe, and be realistic. But my daughter, you were never created to blend into the crowd. You were born to stand out. Your dream is not a fantasy. It is a divine assignment.

God did not give you imagination simply to inspire you. He gave it to reveal the future He has prepared for you. Every great achievement begins as a vision in someone's heart. As the Scriptures declare, "Write the vision and make it plain... Though it tarries, wait for it, because it will surely come" (Habakkuk 2:2-3).

There will be moments when you wonder whether you are qualified. Remember this truth. God does not call the qualified. He qualifies those He has called. If He entrusted you with the dream, He will also give you the wisdom, strength, and grace to fulfill it.

Take the first step. Launch the business. Start the blog. Build the mentoring programme. Create the scholarship fund. Apply for the course. Write the book. Whatever God has placed in your heart, begin today. Every mighty oak was once a tiny seed. Every great movement started with one courageous decision.

Never apologize for dreaming big. Never dim your light to make others comfortable. You have been called to bring hope where there is despair, solutions where there are problems, and light where there is darkness. Your life carries the potential to transform families, communities, and even generations.

The journey will not always be easy, but you will never walk it alone. God is your Provider. He is your Defender. He is the Author and Finisher of your faith. He will open doors no one can shut and make a way where there seems to be no way.

So keep dreaming. Keep believing. Keep growing. Keep becoming the woman God created you to be. The world is waiting for what God has placed inside you.

With grace and fire,
Ms. Bupe Mwape Chisha
CEO, Arise Magazine Global





**YOUR FUTURE IS HIDDEN
INSIDE THE DREAM YOU'RE
AFRAID TO PURSUE.**



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