



What does "HUBU" stand for?

HUBU is an acronym for "Helping You Be You"

Who are The HUBU Journals designed for?

The Journals are designed for everyone who desires to go on a sincere journey of self-discovery through introspection to find their authentic selves and express the same.

How can The HUBU Journals help with character development?

Although the journals are flexible and user-friendly, discipline will be developed to daily meditate, filling the journal and challenge fears. All these help in character development besides the principles covered in the journals.

Are The HUBU Journals suitable for adults as well, or just teenagers?

The Journals are very suitable for both. Teenagers will engage the Journals from a preventive and developmental perspective, and adults can engage from a corrective and developmental perspective.

Can The HUBU Journals be used individually or in group settings?

Yes, they can be used individually and as a group. For consistency and effectiveness, we suggest at least a group of two people.

How often should I use The HUBU Journals?

Each journal is for 28 days. The objective is to instill virtues and principles, so we advise daily.

What are the features of The HUBU Journals?

There are 12 journals and each journal covers 12 principles that will help develop an individual. The principles are Vision, Courage, Discipline, Ubuntu, Adaptability, Generosity, Humility, Patience, Love, Integrity, Leadership and Justice.

Each journal has four stories, 12 introspective questions, a weekly summary, inhale, exhale and breathe columns among other great user friendly features.

Are The HUBU Journals religiously affiliated?

No, they are not

Are there any specific prerequisites for using The HUBU Journals?

None! Just a desire for self-development

Can The HUBU Journals be used alongside other personal development practices?

Yes! The journals are very flexible to use

Are there any digital versions of The HUBU Journals available?

Not yet, but we are working on it.

How long does it typically take to complete one journal?

It takes 28 days to complete a journal, and there are 12 journals. It takes one year to complete the entire set of journals.

Are there any additional resources or materials provided with The HUBU Journals?

Yes. We have a book - "The HUBU Journals - Why you need them: Teenage Edition". It is a 64-page book that addresses the challenges faced by teenagers and proffers solutions. It is a useful resource for teenagers, parents, teachers, and school owners.

We also have The HUBU Monthly Planner: This is a 12-month weekly planner that helps in vision and goal setting. Parents and their children can fill the planner together to ensure accountability by both parties and a reward system is agreed upon.

Can The HUBU Journals be used by educators or counsellors in a classroom or therapeutic setting?

Yes. We believe most of the societal challenges stem from a lack of self-awareness. When the journals are used with other intervention tools, healing and realignment will be enhanced. Schools should encourage to incorporate journaling as per their curriculum to intentionally aid self-awareness.

How do The HUBU Journals promote self-awareness?

Each journal addresses a principle and has 12 introspective questions. When these questions are sincerely answered, the user will have a deeper understanding of the beliefs and philosophies that shape their thinking and adjust if need be.

Are The HUBU Journals backed by research or endorsed by professionals in psychology or personal development?

The journal is backed by research, personal experiences and reviews by parents, thought leaders within the educational space and a mental health expert in the USA. See reviews on www.thehubuteam.com/reviews

Can The HUBU Journals be personalized to fit individual needs or preferences?

Yes, they can be personalized

Are there any testimonials or reviews from users who have used The HUBU Journals?

Yes. Visit our website www.thehubuteam.com/reviews

Are there any community or online forums where users of The HUBU Journals can connect and share their experiences?

Yes. You can join our community on our website and free to share your HUBU stories with us. We will review and post them on your website to encourage others.

How can I purchase The HUBU Journals and are there any discounts available for bulk purchases?

Send an email to contact@Thehubuteam.com

How long does it typically take to see results or changes from using The HUBU Journals?

With determination, guidance and proper mentorship, within three months, conversations you will notice a change in conversations with users. For schools that sign up for the HUBU Journals, we will have a set of philosophical questions at the beginning of a session and after to monitor the change in the mindset of users and advice on where to apply intervention.

Are there any specific age recommendations for using The HUBU Journals?

None, as long as the user can read and comprehend

How do The HUBU Journals differ from other self-help or personal development resources?

We are focused on self-development through introspection along 12 carefully selected specific principles.

Besides the Journals, what does The HUBU Team do?

The HUBU Team also offers training and consultancy services. We work with organisations to better position themselves for effectiveness by helping them focus on the right philosophies. Companies can send their recruits through The HUBU Training course to ensure they have the right philosophies and reduce recruitment errors.

We also work with schools through seminars and training on the HUBU Journals to help students develop holistically in their teenage and university years.

It is our desire that every teenager and home have a HUBU Journal.