

#GROW GIRL

A NEW LEVEL NEW U ACADEMY
publication for Women who want to
Grow from their mistakes!

January 1, 2024



Everyday Can Be A New Year

New Year, New You... How many times have we all heard that? How many times have we all said that? Everywhere around the world people are making plans to start doing something or changing something as of the New Year. We're changing our eating habits. Signing up for gyms. Working with life coaches, starting school, paying off our bills, going to church, and the list goes on. As always, year after year we wait for this *Magical Day* called "The New Year" to start transforming our lives as if there is no other possible day of the year that such a process could or should take place.

Hopefully for us, whatever it is that we have decided to begin changing on this "*Magical Day*", LOL, only takes a few weeks to change... Because just like last year and however many years before that we've made attempts to do something that we didn't stay committed to. And then wait eleven months to try it again. That's crazy people... That's crazy.

I make that point... so that I can make this point. Any day that you decide that you want to do something different in your life is the day that you should start doing it. You decide where your "*New Year*" starts. The way I see it, From the moment that I decide to do something, commit to something or make some sorta change in my life. That's the day that my "New Year" started. So, if its July 12th and I decide it's time for a change, from that day forward a "New Year" has begun.

Well today is January 1st and I get the opportunity to post my first #Grow Girl Newsletter on the *Magical Day* called "The New Year." I'm glad it worked out like that. It falls in line with tradition. But I have so many things that I want to do, must do, as I know you may have as well. So, continue to make plans, set goals, follow dreams or simply work on being the absolute best version of yourself. You have to start somewhere... Just don't forget...

You have "*Everyday*" to do it.



Watch & Learn...

If you haven't been watching POWER BOOK III: "RAISING KANAN" then you need to catch up!! In Season 3 Kanan is all about his independence from Raq. He's living in a trap house with Famous. He's making his own money selling weed using these courier boys and the main thing he's doing is making it clear that he's his own man and he don't need his "Mama."

Now, while all of this is interesting, and the storylines keep you on the edge of your seat... what grabs my attention most is the narration by "50 Cent" at the beginning and the end of each episode. Each time the show starts "50" kicks it off with some deep ish that always makes me think... Then once everything has played itself out, at the end of the show he comes back and wraps all that ish up with some even deeper ish. I'm tellin' y'all... I'm watching the show for the narration..." *50" be Talkin' Good... LOL... IIS!*



Affirmation Station

Be Who You are...

Not who The World

Wants You to be.



What's That All About??

Head Space is defined as a person's state of mind or mindset. Usually when a person makes reference to not being in a **Good Head Space**... it typically means that they are feeling mentally or emotionally unsettled. So, for me being in a place where I can say that I am in a "Good Head Space" is important.

Life can be challenging. So many pieces make up the person that we are... a mother, a mate, a friend, someone pursuing their dreams or someone who's still trying to figure it out. All of those pieces play a part in the "Head Space" that we sometimes find ourselves in... Good or Bad.

Recently, I returned to work after being off for a significant amount of time... Time off that was very much so needed. As expected, people were constantly coming up to me speaking, asking how I had been and wondering if I planned to be there for a while... this time. I had been off work more than I had been at work over the last 4 years so them asking was a valid question. And the one thing that I noticed I kept saying was, "I'm in a Good Head Space right now... So yeah... I'm here."

It's funny, how the same questions can hit you different when you aren't in a "Good Head Space." Two years ago... heck one year ago if I had been asked the same question... "So Quita, How long you plan on staying this time?" I would have been ticked off. I would have thought to myself, "I'm won't be here tomorrow if they say I don't have to come." But that's because I wasn't in a "Good Head Space."

Realizing that getting to a place where I felt ok about things that had transpired in my life. Making peace with those things and finding the strength to move forward so that I could live this "One Life" that God gave to me is what finally brought me to a place where I could genuinely say, "I can be here now because, I am in a Good Head Space." I'm feel good about that.

The type of "Head Space" we are in can affect the type of life we live... Let's Live a Good One!!



Check This Out...



Kae's Hair Oil

Our hair growth oil is made with all natural ingredients and is safe for kids!! 🌿

Clients have been pleased...

Remember... Consistency will get you real results!!

Kae's Hair Oil is available in:

2 oz. bottles

&

4 oz. bottles

This is the only oil I use on my 7-year-old daughter's hair. (Pictured Above)

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Contact #GrowGirl

Do you have a story you would like to share? A business/event/product that you would like to promote? Book recommendation? What's your favorite affirmation/quote/scripture?

Coming Soon...
Podcast
"He Said,
She Said"

Send to:

[Tiquita Bell](#)



info@NewLevelNewUAcademy.com

Deadline: January 12, 2024

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Reading is Fundamental

If you are anything like me, you still enjoy reading a good book. Over the years I've built up a pretty decent collection. So, this issue I recommend you pick up a copy of:

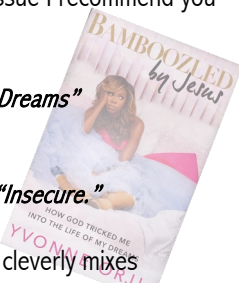
"Bamboozled by Jesus"

"How God Tricked Me Into The Life of My Dreams"

By Yvonne Orji

If you don't know who she is...

She played Issa's Best Friend on the show "Insecure."



She wrote a good book y'all. I really love the way she cleverly mixes comedy, slang & religion together, keeping it real while reminding you that life can make your pursuit of purpose hard, and so you must go harder.