

MS. TBT NEWS



A NEW LEVEL NEW U ACADEMY &
Ms. TBT
publication for People who want to
Grow from their mistakes!

October 5, 2024 - #6



A Bump In The Road

Recently I was burdened with the task of making the decision to stop writing this newsletter and the issue that placed me in this predicament caught me off guard and left me feeling totally blind sided. I was four to five issues in, was pleased with my content and I was receiving positive feedback from my audience. So, when I received an email explaining to me that I could no longer use my newsletters name, it threw me off.

I thought to myself... I really took time thinking about the name of this newsletter now I can't use it. I had shaped my content around the newsletter's title and now I had to come up with another name. I was livid. I thought... Man it's always something. Out of all the names in the world I choose one that someone else already has. Wow...

So, I kept putting off writing my newsletter. I no longer had a name for it and had no idea what I would name it. I liked the name that I had. I didn't want to change it and before I realized it... three months had passed, and I was still hadn't written a new issue. And people began to ask me what happened to the newsletter Quita, and I would just say that I ran into a situation and had to put it on hold.

Well, I finally came up with a title and I'm back up and running. I realized that I couldn't keep harping on what had happened and allowing something that was basically out of my control to hinder me from doing something that I love to do, which is motivating people. I accepted the fact that we as people will always face obstacles that may cause us to pivot sometimes but pivot we must.

So, remember, you don't have to just stop moving just because you have come to "A BUMP IN THE ROAD." Simply slow down, proceed with caution and ride right over that thang. *Let's Go!!!*

Watch & Learn...

A couple of weeks ago as I surfed through the programs on Netflix, I came across a series called "Deperate Lies." This was a single season series with 17 episodes that focused on the lies that were told by a husband and wife to protect their children from a terrible secret. At the beginning of the show, I could clearly see the dilemma that this couple faced and to some degree understood why they felt the need to keep the secrets that they had decided to keep.

But as I continued to watch each episode I began to see the lies that were told for good intentions snowball into a nightmare for everyone involved. From date rape, to a paternity cover up, to murder. This series kept me coming back for more. And the more that I watched the more that I realized that no matter how much you may not want something to get out... sometimes it's just not worth the lie.

This is a series that teaches you to face your fears no matter how difficult they may be because ultimately you might end up digging a hole that is almost impossible to climb out of. Check out "Desperate Lies"... It's a good watch and you might actually learn something.



Inspire Me

You Are Never Too Old
To Re-invent Yourself.

Tiquita Bell

Determination



What's That All About??

Determination is the quality that you show when you have decided to do something, and you will not let anything stop you. This is that feeling that you/we have deep down inside of us that will not allow us to give up.

The operational definition of determination is "purposing to accomplish God's goals in God's time regardless of the opposition." Determination is having the resolve to know God's will and the follow-through to do it, undeterred by competing desires, distractions, or resistance.

When setting out to accomplish a goal, the determined Christian can expect challenges that will test his resolve and self-discipline. He looks for ways to overcome these obstacles and press on toward the goal. Breaking down large goals into achievable steps of action can keep him from being overwhelmed by a task.

The opposite of determination is *faintheartedness*. A fainthearted person may decide to do something; however, in response to the first distraction or hardship he encounters, he quickly forsakes his resolve. He readily abandons his course, succumbing to laziness, discouragement, or fear. Because he does not place sufficient value on the actual goal, he shifts to an easier alternative or quits altogether.

That's why setting goals that inspire you is a deeply personal process. Everyone has different aims. If you've ever tried to achieve a goal someone else recommended or that doesn't truly align with your personal values, you likely learned that when you're not attached to the outcomes, you have little determination to succeed.

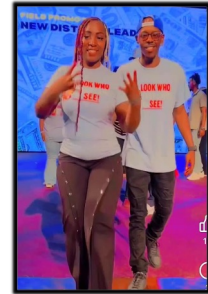
There's a determined person in everyone. Even if you wouldn't classify yourself as one, you likely have many traits that fuel willpower and commitment to goals. Identifying these characteristics helps you see that you already have the tools to make significant achievements.

Making sound decisions to only work on or do those things that you are passionate about is the key to unleashing that since of determination that's down on the inside of all of us. So, the next time you find yourself struggling to reach your goals... don't beat yourself up... simply step back assess what you're doing and ask yourself...

Is this really something that I want to do???

Check This Out...

WORK FROM HOME



William and Shakira Are HOSTING INTERVIEWS THIS WEEK!!! They are looking for some COACHABLE people to work from home, ANYWHERE in the U.S.!! All online and full training provided **bbb** MUST BE ABLE TO PASS A BACKGROUND CHECK (NO FELONIES OR MISDEMEANORS) **📞** *****Call Shakira @586-280-6684 to book your interview today !!! Referred by Kira & Will

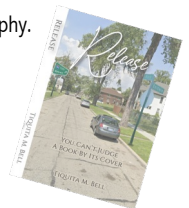
- 100** 25+ SERIOUS INQUIRIES ONLY
- 💰** PAID TRAINING
- 💵** DAILY DIRECT DEPOSITS
- 📅** CREATE YOUR OWN SCHEDULE
- 📱** MUST HAVE ACCESS TO A PHONE, LAPTOP, AND OR TABLET
- 🚫** NO PREVIOUS EXPERIENCE REQUIRED
- 1099 POSITION (NOT HOURLY)
- MUST PASS A BACKGROUND

Knowledge is Power

In this issue I have decided to refer my Autobiography.

"Release"
"You Can't Judge A Book By Its Cover"

By: Tiquita Bell



Ebook Available For Pre-Order on Amazon

This is my second book but its my eighth published work. It's finally here y'all. I'm spilling all the Tea!! But seriously though, after thirty years of being constantly told I should write a book, I finally found the courage to tell my story. Release is a story about generational curses, abuse, insecurity, depression and having the ability to persevere through it all.

While I was writing this book, I thought about all the men and women who have suffered or struggled with a lot of the same things that I share in my story's. I thought about all of those people who have never been able to share their story because of fear. I thought about all of the people who have never had the opportunity to seek therapy. And I thought about all of the people who are still going through. It is my hope that every person who decides to read my story is not only touched by my words but transformed by them. It's time for you to "Release."

Contact #Ms. TBTv NEWS

Do you have a story you would like to share? A business/event/product that you would like to promote? Book recommendation? Want to run an ad?

Contact us for more info:

Tune in to my new Podcast "He Said, She Said" & Daily Motivation Watch it on YouTube

[Tiquita Bell](#)



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Deadline: October 26th, 2024

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