

JUNE ENERGY:

-  Action
-  Courage
-  Expansion

ACTION CHANGES EVERYTHING

There comes a point when preparation has done all it can do.

You've prayed.

You've planned.

You've researched.

You've written it down.

You've talked about it.

Now what?

ACTION.

Because **no** amount of planning can replace movement.

And one thing I've been learning this season is that clarity doesn't always come before action. **Sometimes it comes because of action.** When you start moving, things begin to reveal themselves.

The next opportunity.

The next connection.

The next lesson.

The next step.

Think about putting together a puzzle.

You don't wait until every piece is identified before you start.

You pick up one piece.

Then another.

Then another.

And eventually the picture starts revealing itself.

That's How Purpose Works Too.

The Vision Board Experience didn't happen because everything was perfect.

Action RISE Foundation didn't launch because every answer was already known.

Progress didn't come because fear disappeared.

It Came Because Action Showed Up Anyway.

This month, I'm reminding myself that faith isn't just believing.

Faith is moving.

Faith is applying.

Faith is doing.

And when God gives direction, our responsibility isn't to understand every detail.

Our responsibility is to *take action*.

BECAUSE **ACTION CHANGES EVERYTHING.**

WATCH & LEARN

NEMESIS: Everyone Has A Move To Make

If you're looking for a series that will keep your attention, I recommend **NEMESIS**.

Created by the team behind the "Power Universe", this suspense-filled series delivers strong performances, unexpected twists, and enough cliffhangers to make "just one more episode" almost impossible.

What stood out to me wasn't just the action... It was the strategy.

Every character is moving.

Every character has an agenda.

Every character believes they're protecting something important.

And that's where the lesson comes in.

"Life is full of moments where we have to decide whether we're going to remain stuck or make a move."

The people who create change are usually the people willing to act while everyone else is waiting.

Even the relationships in the show reveal something important: sometimes people are connected to situations they don't fully understand until the truth begins unfolding.

NEMESIS reminded me of the series "Money Heist", "One thing both Nemesis and Money Heist have in common is that everybody is making moves. *Different motives. Different methods. Different missions.* But everybody is moving.

And whether we're talking about television or real life, **NOTHING CHANGES** until somebody moves."

The lesson?

Pay Attention.

Think Strategically.

And remember that **Every Decision Creates Movement.**

If you enjoy suspense, drama, and storytelling that keeps you guessing, Nemesis is worth adding to your watch list.



Watch Nemesis on Netflix



What's That All About??

Action is defined as *"the process of doing something in order to achieve a particular aim or result."* (Oxford Languages)

But action is more than movement.
Action is movement with intention.

It's the difference between wanting and doing.

Between planning and executing.
Between hoping and participating in your own growth.

Research consistently shows *that taking action...* even small action... builds confidence and momentum over time.

**Progress often follows movement...
Not the other way around.**

For me, action has looked like launching initiatives before every detail was figured out.

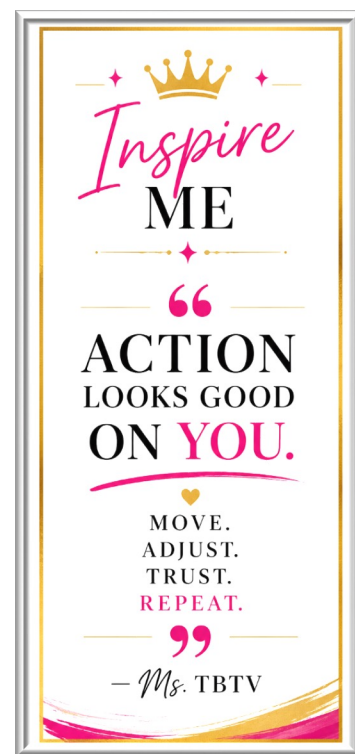
It has looked like trusting God while taking the next step.

It has looked like learning while moving.

Because action isn't about having all the answers.

It's about being willing to take responsibility for the next step.

And more often than not, that's where growth begins.



Her Word Still Speaks...

Author | Motivational Speaker

*"You're never going to feel like it.
That's why you have to learn to take
action anyway."*

✨ **Mel Robbins**

Ms. TBTv
FAV

Founder of Spanx | Entrepreneur

*"It's important to be willing to make
mistakes. The worst thing that can
happen is you become memorable."*

✨ **Sara Blakely**

Ms. TBTv
FAV

Motivational Speaker & CEO

*"No matter where you are in your life, no
matter what age you are, it is never too
late to become who you are meant to be."*

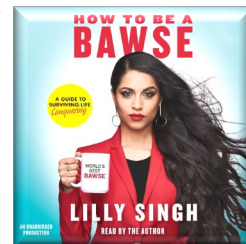
✨ **Lisa Nichols**

Ms. TBTv
FAV

Knowledge is Power

This Month, I'm revisiting

"How To Be A Bawse"
by Lilly Singh.



What I appreciate most about this book is that it doesn't just talk about success; it talks about the work behind success.

Lilly shares lessons on confidence, discipline, consistency, resilience, and showing up even when motivation isn't present.

And if I'm being honest, that's what real growth requires.

Not inspiration once.
Consistency repeatedly.

The book is also beautifully designed, full of color, personality, and energy, making it an enjoyable read from beginning to end.

Whether you're building a business, pursuing a dream, or simply trying to become a stronger version of yourself, there are practical lessons throughout this book that can help you level up.

Because being a boss isn't about a title.

It's about *taking ownership* of your life.

Available on Amazon
Purchase on my
Amazon Storefront:





ACTION RISE FOUNDATION SPOTLIGHT

Action Creates Impact

This month marks an exciting season of growth as Action RISE Foundation continues moving from vision to action.

While Action RISE Foundation may be a new name to some, the work itself is not new.

For years, community outreach, encouragement, resource sharing, and community support operated under the Tiquita Bell Enterprises Inc. umbrella.

Now, those initiatives have a dedicated home.

Through Action RISE Foundation, we're creating greater opportunities to serve communities, build partnerships, pursue grants and sponsorships, and expand our impact.

And it all begins with action.

Join us for our upcoming Community Giveback and help us continue building stronger communities...

One Action At A Time.

- Tiquita Bell | Ms. TBTv

The poster is for the 'COMMUNITY Giveback' event. It features the Action RISE Foundation logo at the top left. The main title 'COMMUNITY Giveback' is in large, pink, cursive font, with a heart symbol at the end. Below it, 'IS BACK ON!' is written in bold, pink, sans-serif font. A yellow banner contains the text 'Join Action RISE Foundation as we come together to serve our community.' Below this, there are three icons: a calendar, a clock, and a location pin. Next to the calendar icon is the text 'SATURDAY JUNE 13, 2026'. Next to the clock icon is '1:00 PM - 5:00 PM' and 'Four hours of community impact!'. Next to the location pin icon is 'MACK & BALDWIN DETROIT, MI'. To the right of these details, there are three paragraphs of text: 'Community members are invited to stop by, **connect**, and **support** this community initiative.', 'If you would like to **contribute**, donations of community support items are **welcome**.', and 'Every act of **kindness** helps us reach more families and make a greater impact.' At the bottom, there is a QR code and the text 'WANT TO SUPPORT THIS INITIATIVE? Scan the QR code to make a **contribution**.' Below the QR code is the phrase 'Together, WE CAN RISE HIGHER.' with a heart symbol. At the very bottom, it says 'ACTION RISE FOUNDATION | BUILDING STRONGER COMMUNITIES. EMPOWERING LIVES.'

From Her Desk...

This month has reminded me that growth rarely comes from standing still.
Sometimes God doesn't give us the entire blueprint because He wants us to trust Him with the next step.
So that's where I am right now.

**Moving.
Building.
Learning.
Adjusting.**

Not because everything is perfect.
But because purpose requires motion.
And I've learned that some of life's greatest blessings show up after you decide to *take action*.

— Ms. TBTv

★ WHO'S BEEN PAYING ATTENTION?? 🧐

JUNE QUIZ

1. What is the focus word for June's issue?
2. According to this month's feature story, what changes everything?
3. What puzzle analogy was used in the feature story?
4. What television series was featured in Watch & Learn?
5. Who is the author of How To Be A Bawse?
6. What new organization is highlighted in this issue?
7. Which June energy word represents growth beyond your current level?
8. Complete the sentence: "Faith isn't just believing. Faith is _____."



The Conversation Continues 🗣️

Make sure you subscribe to the Ms. TBTV YouTube Channel and join the conversation!

After each newsletter release, we'll post questions and polls in the Community section as a way to connect with others and grow together

We look forward to hearing from you!

Join The
Conversation @ _MSTBTv



1. Action
2. Action
3. You don't have to see the whole puzzle to place the first piece
4. Nemesis
5. Lilly Singh
6. Action RISE Foundation
7. Expansion
8. Moving

JUNE QUIZ
ANSWER KEY (No Peeking) 🧐

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Have a Book recommendation? Want to run an ad?

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YouTube Channel
Ms. TBTV...
Where Real Talk,
Real Focus, and
Positive Vibes
meets
Real Progress!!
Let's Goll
👏👏

Contact us for more info:

[Tiquita Bell](#)



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Deadline: July 5th, 2026

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Ms TBTV



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Your words matter. ❤️

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