

#GROW GIRL

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

January 15, 2024 - #2



We All Should Be Dreaming

Today we celebrate the *life*, the *legacy*, the *hope*, the *dream* of Dr. Martin Luther King Jr. As I sit and write this story today, I find myself reflecting on the strides that have been made as a result of this man's *Dream*. A dream for a better future. A dream of equality. A dream of unity. Although I do realize that this world that we live in still has a lot of room for improvement... What I also realize is because of Dr. King and so many people like him we are living a dream.

I have often thought over the course of my life that I could have never lived in a time where I couldn't sit where I wanted to sit. Walk through a door that I wanted to walk through, attend or send my kids to the school that I wanted to send them to or eat a restaurant of my choosing. Naw, I couldn't imagine. But, just like us, Dr. King and the people that dreamed with him also lived during a time when they were living their ancestors' dreams.

I'm sure Dr. King, Rosa Parks, Malcolm X and everyone that dared to dream of a better way of life found themselves in a place where they could not have imagined themselves being another man's property. Although they may not have been living the dream that they were currently envisioning for themselves or our nation. They had to have known that they were already living someone else's dream. I would go so far to say... that's why they knew they could dream. They were already living in a reality that was once some other man or woman's dream.

So, on a day like today, as I sit and write this story. I am reminded that like Dr. King and so many others that have come before him... "*We All Should Be Dreaming*." I know I am!!! *Happy Martin Luther King Jr. Day* everyone!! The fact that I am able to make that statement should prove to you that dreams do come true... So, don't ever stop dreaming.

The sky's the limit!!

Watch & Learn...

So, last week I watched Dave Chapelle's latest standup, "*The Dreamer*." Ladies, this show is not for everybody. But it's Dave Chapelle so y'all already know it's never for everybody. Anyway, Dave starts out the show paying a tribute of sorts to where his life has taken him over the last twenty something years. Talking about how he has had the opportunity to pursue his dreams while paying homage to the city that watched him on that very stage those twenty something years ago.

But as soon as he finished his spill in famous "*Dave Chapelle*" fashion... He started going. Throughout the show I kept saying to myself... "This man is stupid!" LOL!! Other times I would be like *OOOOPI!* Again, Dave says anything. But just like anything else in this world, I can learn something from comedy too! I love TV ladies! I do! I guess that's my guilty pleasure. But I decided long ago that if I'm going to watch TV this often, I was going to always look for the lesson because there always is one.

So, by the shows end, Dave wrapped it up by telling a story about his "*Dream*" and that's when I heard my lesson. Dave reminded me that I must not ever give up on my dreams because a "*Dream*" backed up by some "*Effort*" and "*Execution*" can become a "*Reality*."

Available on Netflix.



Inspire Me

When something goes wrong

in your life

Just yell,

"Plot Twist!"

And move on.

unknown



What's That All About??

Belief System is defined as a set of principles or tenets which together form the basis of a religion, philosophy, or moral code. When I think about this the first thing that comes to mind is religion and it falls in place with four other types. But that's not what I'm really talking about, I'm talking about **Core Beliefs**. Core beliefs are beliefs, not facts, these are a person's most central ideas about themselves, others, and the world.

These beliefs act as a lens through which every situation or experience in life is seen. Because we are individuals, as people we have different core beliefs and those differences play a huge factor in the way two different people might think, feel and/or behave given the same situation. Core beliefs are often hidden beneath surface beliefs about ourselves. Examples of core beliefs would be things such as, "I am weak", "People can't be trusted", "I am worthy", "I deserve love."

Many of us are bombarded daily by thoughts from negative core beliefs and while these beliefs usually tend to be false...to the person that has this type of belief system those thoughts can feel real. Here's some facts about core beliefs...You are not born with them...they are learned. These type of beliefs are usually developed in childhood, or during stressful or traumatic periods in adulthood and no matter how long you have had a particular belief, know that they can be changed.

Our beliefs are seated deep within us, so our mind lives our lives around them, without thinking about them, questioning them or even really being aware of them. **If you've ever felt stuck in a pattern that you keep repeating**, a behavior you want to change (such as addiction, overeating), or feelings and perceptions of others then you've likely got a core belief running the show. This is why it's so important to identify your core beliefs. Doing this will help you to start to make the connection between your beliefs and how you're feeling. It also gives you an opportunity to take a step back and look at the situation in a different way.

Core beliefs can be challenging to change as they are often hidden, automatic beliefs, which have also become part of our identity. But learning to identify, challenge and reframe our self-defeating thoughts and core beliefs is an important step in emotional health.

Finally, another important step for working with your core beliefs is getting in touch with the emotional impact the belief has on you, as well as what it would be like if that belief was not true. Always Remember:

"You are worthy." "You are loved." "You are strong."

"You are blessed" "Your opinion matters",

and don't you ever forget it!!

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?

Send to:

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Deadline: January 26, 2024

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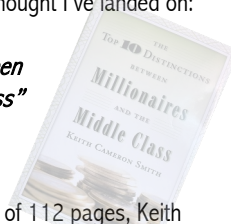
Reading is What??? Fundamental Ladies

Over the last couple of weeks, I've been trying to figure out what book I wanted to recommend to you all next. So, in this issue, after much thought I've landed on:

*"The Top 10 Distinctions Between
Millionaires And The Middle Class"*

By: Keith Cameron Smith

Available
on
Amazon



I truly enjoyed this book! In ten short chapters comprised of 112 pages, Keith breaks down the differences between the mindsets of people in 5 groups ranging from Very Poor — Very Rich. In his book he points out the Primary Goal of each group and how they think about money... About life. He explains the importance of long-term thinking vs. short-term, how to embrace change, take risk, always be ready to learn and grow and lastly, how to ask yourself the questions needed to stretch beyond your current position in life. Check it out. You'll be glad you did.