

# MS. TBT TV NEWS



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

January 3, 2026 - #12  
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## More Than Just A New Year's Resolution

A new year often brings fresh hope and good intentions, but this season is about more than writing a list and hoping for the best. It is about being honest with ourselves about *What We Want*, *What We Are Ready For*, and *What We Are Willing to Work on Consistently*. A Resolution is an invitation to *Move With Intention*, at a pace that feels real and sustainable.

We have all started the year strong and felt our motivation shift once life kicked back in. That's normal... That's Life...  
And we all know that it be *"Life'in!"*

What matters is not doing everything at once but choosing to keep going even when things get crazy. Growth does not always look loud or dramatic. Sometimes it looks like making better choices, setting clearer boundaries, or showing up for yourself on days when it would be easier not to. Those slower moments add up, and they matter more than we give them credit for. Remember... *The Tortoise beat the Hare... IIS...*

This year is not about becoming a whole new person—it is about becoming more of *Yourself. More Aware. More Intentional. More Patient With the Process*. This is a gentle commitment to do your best with what *You Have*, where *You Are*.

Because at the end of day...your commitment to self should be - **More Than Just A New Year's Resolution!!**

## Watch & Learn...

I can't say it any other way... *Tulsa King* is straight action from the jump, and I gotta be real about it...I was not expecting Sylvester Stallone to go this hard in a series. This is the first time I have ever seen him in a TV role, and he is an *"Absolute Beast."* No warm-up, no easing into it—he comes out the gate going hard. The man did not come to play.

What makes it hit even harder is how effortless he makes it look. Sylvester Stallone convinces you from the start that Dwight Manfredi is not a man you should play with. The action is sharp, the delivery is strong, and the confidence is unmatched. Dwight moves like someone who has nothing to prove but still chooses to dominate. Every episode reminds you that experience is a weapon, and Sylvester uses it. This is not a watered-down version of him for television—this is *Next Level Sylvester Stallone*.

The storyline of being cast out of the mob and starting over adds another layer, that catapults the storyline almost immediately. Instead of folding, his character goes straight into rebuild mode—his own rules, his own system, his own family. No begging for a seat at the table. He builds a whole new one.  
That part alone makes the show hit different because it is about *Power, Resilience, and Moving Forward Without Permission*.

Tulsa King carries that Ms. TBT energy because it is about standing firm, taking control, and making bold moves when the odds are stacked against you. It is gritty, fast-paced, and unapologetic—just like Dwight Manfredi. If you want action, authority, and a main character who refuses to be diminished, check out Tulsa King... Spoiler Alert... Samuel Jackson even made a guest appearance...

*Available on Paramount*



## Inspire Me

"Your Best Investment  
Is In Yourself."

- Fortune Cookie

Follow-Through

## What's That All About??

Webster's New World College Dictionary defines **Follow-Through** as the continuing of a process, activity, etc. to completion. Follow-Through is the quality that separates those who merely talk a lot from those who take action. Follow-through demands courage, commitment, and time. It requires individuals to honor their words, both to themselves and to others (reganbach.medium.com).

Follow-through is where vision turns into results. Anybody can talk about the plan, post the quote, or announce the next big move—but I'm here to tell you that execution is the **Real Flex**. When you follow through, you build trust with yourself first. You prove that your word means something, even when motivation fades and distractions show up loud. Consistency is not about perfection; it is about showing up again and again, even when no one is watching, and finishing what you started with intention and purpose.

Follow-through is also self-respect in motion. It says you value your goals enough to protect them with discipline, boundaries, and focus. Every time you keep your promise, you raise your personal bar and reinforce the identity of someone who can be trusted with bigger assignments, higher visibility, and greater impact.

The Ms. TBTv Vibe is classy confidence backed by both **Action** and **Follow-Through**.

Follow-through separates **Dreamers** from **Doers** and **Intentions** from **Impact**. It is how brands are built, opportunities multiply, and respect is earned. When you commit and complete what you set out to do, you elevate your standard and teach others how to treat you...

*Like the Boss That You Are!!*

BB

Check This Out...

Sold By  
Tinisha

## Knowledge is Power

In this issue I will be recommending

"DISCERNING THE VOICE OF GOD"  
"HOW TO RECOGNIZE WHEN GOD IS SPEAKING"

by  
PRISCILLA SHIRER.



Well, I came across this book a couple of months ago on one of those take a book leave a book tables at my job. It was one of maybe six or seven books that I had picked from the table.

Well, one day I began to look through those books, and I ended up choosing this one. Again, I just started reading it and I've only been reading it at work when I have time and I'm already on page 50 because it's a good book.

If you are a person that is interested in a subject such as this. You will enjoy it. It's based on scripture and has relatable examples that will keep you interested. It's an easy read. Check it out... I think you'll like it.

Available on Amazon –  
Order on my Amazon Storefront –  
Ms. TBTv Suggest –  
<https://tiqutibellenterprises.com/amazon-storefront>



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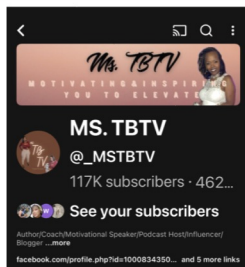
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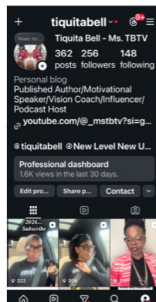
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## Contact Ms. TBTV NEWS

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

Contact us for more info:

[@Tiquita Bell](mailto:Tiquita Bell)

@

[Quita@mstbtv.com](mailto:Quita@mstbtv.com)

Deadline: January 23rd, 2026

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Ms TBTV



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

Ms. TBTV

MOTIVATING & INSPIRING  
YOU TO ELEVATE

Inner Circle

Check  
This  
Out...

It's Here...

**Ms. TBTV "Inner Circle"**

The Ms. TBTV "Inner Circle" is more than a subscription — it's a space intentionally created for people who are serious about growth but refuse to sacrifice joy to get there. Inside, you'll find thoughtful *Mini Lessons*, *Real Conversations*, and *Practical Tools* designed to support self-awareness, productivity, and balance in everyday life. This is growth that fits **Real Schedules** and **Real Personalities** — *No Pressure, No Perfection, Just Progress.*

If you're ready to elevate without exhausting yourself, the Inner Circle is where you should be. We **Grow**, we **Laugh**, and we **Level Up** with **Intention** — and Yes... we enjoy the journey while we're at it. Membership gives you exclusive access to content and community that keeps you aligned, grounded, and moving forward with confidence. Come sit with us. This is **Grown Energy**, done right. Time to Level Up!!

Let's Go!! 🏃🏃

**Level Up  
Today!**



<https://www.facebook.com/share/g/1CzW2g8M8k/>

## Kae's Hair Oil

Check  
This  
Out...

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. & 4 oz. bottles**



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## Making Next Level Moves...



We are excited to announce our move to the beautiful Hunt Street Station location, located near the heart of downtown Detroit. This new space represents growth, fresh energy, and a new chapter for us... One that places us right in the middle of the city's creativity, culture, and momentum. Being near the heartbeat of Detroit allows us to stay connected, visible, and inspired, and we are proud to plant our flag in a location that reflects both our vision and the vibrant community we serve.



## Upcoming Events

People of Faith Mentorship,  
Tiquita Bell Enterprises Inc., and Dawg U LLC

# 2ND ANNUAL HELP THE HOMELESS DRIVE

Collecting  
Now Until  
1/30/26



It's a Blessing to be a Blessing

**EVENT: 1/31/26 @  
12PM Noon**

**Collection:**  
New Propersity MBC, 8540 Second Ave, Detroit  
MI 48202  
UAW Local 869- 24249 Mound Rd, Warren, MI  
48091

RON WILLIAMS: :  
313-221-3504  
CASHAPP: \$RonWilliams78



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