

## MAY ENERGY:

🔥 Movement  
 🔥 Obedience  
 🔥 Momentum

## MOVE ANYWAY.

There comes a moment when you have to stop asking yourself, "Is it really not working... or am I just afraid to move?"

Because sometimes we get frustrated, tired, and start questioning everything, not realizing the issue isn't always ability... It's alignment. We keep trying to force things that were never meant to be forced while avoiding the very moves God already told us to make.

And if we're being honest, *Movement Can Feel Uncomfortable* because we want every detail before we begin. We want guarantees. We want the whole puzzle solved before we place the first piece.

But life doesn't work like that. Sometimes clarity comes **AFTER** movement. That's something I've been learning heavily in this season.

The workshops, the business growth, the foundation launch, the opportunities... none of it came from sitting still overthinking every step. It came from moving, adjusting, learning, and trusting God while moving.

Because **Movement** creates **Momentum**.

And once you stop fighting what's not flowing and start moving with purpose, things begin connecting differently. Resources shift. Opportunities shift. Even YOU shift.

So, this month, I'm not waiting on perfect conditions anymore.

I'm praying.

I'm preparing.

I'm trusting.

And I'm choosing to *Move Anyway*.

## WATCH & LEARN.

If you've never watched Mike & Molly, let me just say this... it's one of those shows where the chemistry of the cast is so believable that you end up connected to almost every character.

Starring Melissa McCarthy and Billy Gardell, the show centers around two people who meet at Overeaters Anonymous and unexpectedly build a life together.

But honestly, what made the show special wasn't just the storyline... it was the authenticity.

Everybody played their role **WELL**.

*And that's rare.*

Even down to the smaller characters and yes, even the dog, Jim.

The show had heart, humor, and relatability.

One thing I noticed, though, was how in later seasons, they started changing the theme song and overall energy of the show. And honestly? To me, it never hit quite the same.

It reminded me that not every change automatically makes something better. Sometimes people connect to authenticity the **FIRST** time.

I also noticed the show seemed to shift once Melissa McCarthy lost weight later in the series. Officially, they said the cancellation was budget-related, but if you watched the show, the ending felt abrupt and unfinished.

Still, overall, it was a **GOOD** show.

*Funny.*

*Comforting.*

*Relatable.*

And underneath all the comedy, it really was about *love, growth, acceptance, and connection*.

Check out Mike & Molly... This is definitely one of those shows that will keep you coming back for more...

It's just that funny.



Inspire Me

Repeat After Me...

*Movement Looks Good On Me*

-- Ms. TBTV



## What's That All About??

**Movement** is commonly defined as “the act, process, or result of moving.” (Merriam-Webster Dictionary)

But beyond the physical definition, **movement** also represents *progress, transition, action, and forward momentum.*

Research from the American Psychological Association has shown that taking intentional action toward goals increases motivation and confidence because movement creates a sense of progress and control.

In other words:

**Movement changes things.**

And in this season, movement for me hasn't just meant being busy.

It's meant being intentional. It's meant finally moving on things God has already placed in front of me instead of overthinking every detail first.

Movement has looked like:

*Building,*

*Learning,*

*Adjusting,*

*Creating,*

*Showing Up,*

and *Continuing* even when everything isn't fully figured out yet.

Because sometimes we spend so much time waiting for the “*perfect moment*” that we miss the fact that **MOVEMENT** itself is what creates **MOMENTUM.**

And the truth is...

A lot can happen once you finally decide to **MOVE.**

*Not recklessly.*

*Not emotionally.*

*But intentionally.*

Because movement isn't always loud.

Sometimes movement looks like *Consistency.*

*Discipline.*

*Faith.*

*Obedience.*

*Growth.*

And when your **Faith**, your **Focus**, and your **Actions** start moving together...

Things begin shifting differently.

## Her Word Still Speaks...

### Civil Rights Activist

*“You must never be fearful about what you are doing when it is right.”*

✨ Rosa Parks

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FAV

### Aviation Pioneer

*“The most difficult thing is the decision to act.”*

✨ Amelia Earhart

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### Entrepreneur & Self-Made Millionaire

*“Don't sit down and wait for the opportunities to come. Get up and make them.”*

✨ Madame C. J. Walker

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## Knowledge is Power

“Growth doesn't always have to come 300 pages at a time.”

### Blinkist

This month, I want to recommend something a little different:

**“The Blinkist app.”**

**Blinkist** is a platform that takes popular nonfiction books and breaks down the key ideas into short summaries that can usually be read or listened to in about 15 minutes or less.

And honestly?

For people who are busy, overwhelmed, constantly moving, or trying to grow while balancing real life...

*It's extremely helpful.*

What I like about it is that it allows people to continue learning even if they don't always have the time or focus to sit down and read an entire book from beginning to end immediately.

You can learn about:

*Leadership,*

*Mindset,*

*Psychology,*

*Business,*

*Communication,*

*Habits,*

*Discipline,*

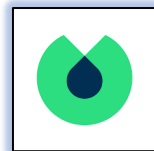
and *Personal Growth...*

in smaller pieces that still create impact.

Now me personally, I still believe in reading full books too. But I also understand that sometimes people need tools that help make growth feel more accessible and realistic.

And if listening to or reading a 15-minute summary helps somebody start learning, thinking differently, and growing intentionally... that still matters.

**Because knowledge is knowledge.**  
**And growth is still growth.**





# ACTION RISE FOUNDATION

*Moving Vision Into Action*

This season also marks the official rollout of Action Rise Foundation, a nonprofit organization created to expand community-focused initiatives, outreach efforts, resources, and impact opportunities throughout the community.

While the name may be new to some people, the work itself is not.

Many of these initiatives previously operated under the Tiquita Bell Enterprises umbrella, but creating Action Rise Foundation allows this work to grow in its own lane while opening doors for future partnerships, sponsorships, grants, and larger community impact opportunities.

And honestly, this move represents exactly what this month's issue is about:

## MOVEMENT.

*Not waiting until everything is perfect.*

*Not waiting until every answer is visible.*

But moving in the direction God is calling us to go and trusting Him throughout the process.

Action Rise Foundation will host its upcoming community event on:

📅 June 6, 2026

More details, volunteer opportunities, and community updates will continue to be shared across all Ms. TBTv and Action Rise Foundation platforms.

Because we're not just talking about impact anymore...

We're building it.

## From Her Desk...

Not every season is about speed.

Some seasons are about alignment.

Making sure your faith, your focus, and your actions are moving in the same direction.

But one thing I know for sure?

Nothing changes when you stay still.

Tiquita Bell — Ms. TBTv ✨

# WHO'S BEEN PAYING ATTENTION??

## May Quiz

- What is the main theme of this month's issue?
  - Healing
  - Alignment
  - Movement
  - Confidence
- According to this issue, movement is not always loud. Sometimes movement looks like:
  - Attention
  - Discipline and consistency
  - Popularity
  - Competition
- What new organization was officially introduced in this issue?
  - Becoming Her Collective
  - New Level New You Foundation
  - Action Rise Foundation
  - Momentum Mode Academy
- When is the upcoming Action Rise Community Giveback Event?
  - May 16, 2026
  - June 6, 2026
  - July 1, 2026
  - June 16, 2026
- What made this month's "Knowledge Is Power" section different?
  - A movie was recommended instead of a book
  - A podcast was recommended instead of a book
  - An app was recommended instead of a book
  - A YouTube channel was recommended instead of a book
- Which show was featured in this month's "Watch & Learn" section?
  - The Jeffersons
  - Mike & Molly
  - Black-ish
  - Girlfriends
- Which of the following women was mentioned in the "Her Word Still Speaks..." section?
  - Rosa Parks
  - Amelia Earhart
  - Oprah Winfrey
  - All of the above
- What event is Ms. TBTV hosting this Saturday?
  - Bounce Back Live
  - Leadership Blueprint Summit
  - #EnvisionThat Vision Board Workshop
  - Becoming Her Meetup

## 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!

- ANSWER KEY (No Peeking)**
1. C — Movement
  2. B — Discipline and consistency
  3. C — Action Rise Foundation
  4. B — June 6, 2026
  5. C — An app was recommended instead of a book
  6. B — Mike & Molly
  7. D — All of the above
  8. C — #EnvisionThat Vision Board Workshop

## 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:

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

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Deadline: June 5, 2026

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