

MS. TBT NEWS



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

September 28, 2025 - #11
Subscribe @ www.mstbtv.com



The Journey Is Just As Important As The Destination

In a world that often feels overwhelming, the mantra of taking life one day at a time has become a lifestyle for many people. This simple yet profound philosophy encourages people to focus on the present moment, rather than getting lost in worries about the past or future. For many people, this concept can be difficult to achieve. Because the desire to wish that one could change what once was or alter what will be can be strong to say the least.

The ripple effects of this way of life extend beyond individual narratives; it is seen in communities that inspire one another to embrace the here and now. This is what is referred to as "Mindfulness." People are being taught the benefits of living in the moment. People discover new ways to practice gratitude, from journaling to guided meditation, helping them to overcome stress and anxiety that often stems from focusing too far ahead or too much about past experiences. My thoughts are... "It's all about perspective, "If we can change the way that we look at life, we can learn to look for lessons in all of life's situations."

As the practice of taking life one day at a time gains momentum, more individuals are finding peace in valuing each day. Amid hectic schedules and endless to-do lists, there is an inherent power in embracing the present and appreciating life for what it brings, moment by moment. Whether it's watching a favorite series on your day off or reading a good book when you have an hour to spare, these small moments add up, giving us an array of experiences that enhance our lives.

So, I let me leave you with this reminder: *"The Journey Is Just As Important As The Destination."*

Watch & Learn...



"Mom" is the kind of sitcom that makes you laugh until your side hurts, while at the same time...tugging at your emotions—thanks, in large part, to the powerfully relatable character of Bonnie Plunkett, played by the incredibly funny Anna Faris.

Picture this: a Fifty something Mother who has spent the bulk of her adult life addicted to substances while absent minded raising her only daughter, Christy who is now thirty something. Who is also in recovery. Throughout the show, Christy makes it her business to remind Bonnie that not only was she a terrible mother, but she also ruined her life. And when I say that Bonnie always *Bossed Up* and admitted that she may have been sort of a *Less Than a Desirable* parent. ... LOL ... *She was Horrible Y'all.*

Watching Bonnie deal with her past was like witnessing a tragicomedy unfold in real-time. Though she initially seems like the definition of a "Bad Parent," you almost instantly start to see past her shortfalls and began to relate to the total person that is, Bonnie Plunkett. I'm serious when I say Bonnie Plunkett had a lot going on...LOL...*She Had A Lot Going On* and She had *No Filter*. The things that would come out of that woman's mouth. I'm telling y'all, I would be screaming!! This show is hilarious!

You have to watch it!

When I say that this has been one of the most enjoyable Comedy Sitcoms that I have watch in a long time... "Believe Me!" The show actually played a part in my decision to get back out here and do what I love...all of this. It was light and heavy, serious and silly. I can't tell you all how many times I screamed, "This Woman is Crazy!" or pressed rewind to re-watch a scene because I just had to watch Bonnie be Bonnie again. I oftentimes found myself thinking, "This woman should have received an Oscar or Emmy for this role if she hasn't already." I'm telling y'all... Anna Faris played Bonnie Plunkett just that good! So, to prove to you all just how good this show was... Here goes...



Inspire Me

"Life isn't about the race to tomorrow;
it's about the joy of today."

Unknown

*And the Ms. TBTV NEWS Award for Best Actress in a Comedy Sitcom goes to:
Anna Faris for the role of Bonnie Plunkett in "Mom"*

Available on Netflix



What's That All About??

Stockholm Resilience Centre defines **Resilience** as the the capacity to deal with change and continue to develop. It is also having the remarkable ability to bounce back from adversity, trauma, or significant stressors while maintaining overall mental well-being. It encompasses not only the capacity to recover from difficult experiences but also the ability to adapt and thrive in the face of ongoing challenges. Resilience is often characterized by a positive outlook, determination, and emotional strength, which empower individuals to confront struggles head-on rather than succumbing to despair. This dynamic quality can manifest in various ways, including problem-solving skills, commitment to personal growth, and the confidence to keep moving forward despite life's setbacks.

At its core, resilience involves a combination of both internal and external factors contributing to a supportive environment for growth. Internally, resilience is influenced by an individual's mindset, emotional regulation, and coping strategies—a toolkit of skills to navigate life's ups and downs. Externally, social support from friends, family, and community plays a crucial role, providing encouragement, understanding, and resources that bolster an individual's ability to withstand adversity. Together, these aspects create a safeguard against stress and allow individuals to not only recover from hardships but also emerge stronger and more resourceful.

Moreover, resilience is not a fixed trait but rather a skill that can be developed over time through experience and intention. By facing challenges, learning from failures, and actively seeking growth opportunities, individuals can cultivate their resilience in a way that becomes a valuable asset in their lives. Resilient people often exhibit a willingness to embrace change, practice self-care, and maintain realistic optimism, which helps them navigate the difficulties of life. Ultimately, resilience is about learning to adapt, thriving through adversity, and finding strength in one's ability to recover, no matter how frightening the circumstances may be.

It's not whether you get knocked down, it's whether you get up"

- Vince Lombardi

Check
This
Out...

TBE 4th Annual Community Giveback



SAVE THE DATE 17

Tiquita Bell Enterprises' 4th Annual Community Giveback- Sunday October 12, 2025, from 12:00 pm - 5:00 pm
Join us for a day of inspiration ✨ and community spirit at Tiquita Bell Enterprises' 4th Annual Community Giveback!
Whether you're looking to give back, be inspired, or simply enjoy a day filled with positivity 🌟.
Don't forget to share!

#SaveTheDate #CommunitGivebackOct12 #TiquitaBell

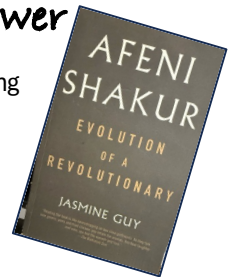
Link:

<https://tiquitabellenterprises.com/events>

Knowledge is Power

In this issue I will be recommending

"AFENI SHAKUR"
"Evolution Of A Revolutionary"
by
Jasmine Guy.



First, I want to say that Jasmine Guy has done a wonderful job telling Afeni Shakur's story. Over the span of more than ten years, Jasmine captures the essence of Afeni as a Woman, a Mother, a Friend and a Black Panther.

Afeni's story is one of love, courage, survival and resilience. As I read the book, I would often think to myself, Wow... I can see how this is Tupac's mother. I can hear her intellect in his words. I can hear her passion in his lyrics. I can hear her struggle in his song.

This book made me feel like I was sitting in the living room with Afeni and Jasmine Sippin' on a glass of wine reminiscing about way back when. It was good. Y'all have to read this book. You will definitely enjoy it.

Available on Amazon — Order on my Amazon Storefront — Ms. TBTv Suggest —

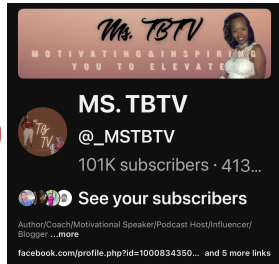
access link through my website: <https://tiquitabellenterprises.com/amazon-storefront>

Advertise with NLNU Academy LLC

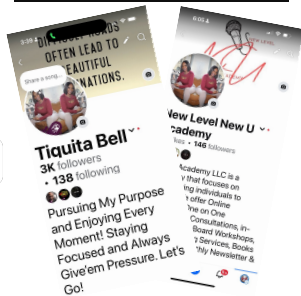
**MS.
TBT
NEWS**



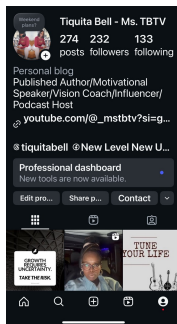
YouTube



Facebook



Instagram



Let

New Level New U Academy LLC

Run Your Business Ad Today!!

Are you looking to increase your company/business reach?

Have you been wondering how to get more exposure?

Well, I've got the answer to your question...

New Level New U Academy LLC (Tiquita Bell) is offering your company/business advertisements through my vast array of Social Platforms...from my newsletter, Facebook & Instagram pages to my YouTube Channel that currently has over 101,900 subscribers...and steadily climbing.

Let me share your business with the people who choose to follow/subscribe to me.

We're currently offering a special:

Buy 2 Months Get 3rd Month Free

Running an Ad can be just what you need to get to that Next Level.

For more info Contact me @

info@newlevelnewuacademy.com

Or

888-926-7710



Check
This
Out...

Coming Soon... New Level New U Academy Online Training

Exciting news for those eager to elevate their personal and professional success! My innovative online training program is launching soon, designed specifically to equip participants with the essential skills necessary for honing focus, boosting productivity, and establishing effective systems for achieving goals and objectives. With a strong emphasis on accountability and motivation, this training promises to empower individuals to take charge of their ambitions, transform their mindsets, and make meaningful progress toward their dreams. Whether you're a seasoned professional looking to refine your approach or someone starting on their journey, this opportunity is sure to provide the tools and inspiration you need to put you on the road to success.

Coming to a Computer, Ipad, Tablet, or Phone near you!!

Follow Me on my Social Platforms:
Youtube, Facebook, Instagram or
Check out my website @

www.newlevelnewuacademy.com

Check
This
Out...

Contact #Ms. TBT TV 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:TiquitaBell@msbtv.com)

@

Quitaa@msbtv.com

Deadline: October 15th, 2025

Follow me on:

[Facebook](https://www.facebook.com/newlevelnewuacademy) New Level New U Academy and Tiquita Bell

[YouTube](https://www.youtube.com/channel/UC...) Ms. TBT TV - Subscribe/Share/Like

[Instagram](https://www.instagram.com/msbtv) Ms TBT TV

Subscribe to my
Blog, New Level
Food For Thought
on my Website
@
www.newlevelnewuacademy.com

Don't Forget to
Share!!



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. bottles
&
4 oz. bottles

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

[Facebook](https://www.facebook.com/KaeCollections) Kae Collections

[Instagram](https://www.instagram.com/KaeCollections) KaeCollections

[Facebook](https://www.facebook.com/KaeCollections) #ShopKaeCollections #SHARE