

#GROW GIRL

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

February 24, 2024 - #4



History in The Making

I could not have let this month pass without acknowledging **Black History Month**. This month we celebrate the lives of all the brave, heroic, amazing, dreamers that made life as we know it today possible. These individuals through their hope for a better future for themselves as well as the generations that were to come after them, stood the test of time to reach their goals of a better tomorrow for African Americans.

From Harriet Tubman who led hundreds of slaves to freedom through the underground railroad, to George Washington Carver who invented one of my favorite things to eat...Peanut Butter. Black people have taken a pivotal role in shaping society across the globe. From Alexander Twilight...someone I'm sure most of us never heard of...because I hadn't...who was the first Black person to graduate from a U.S. college to Rosa Parks who changed the course of history the day she decided that she wasn't going to move from her seat at the front of the bus...we have prevailed.

I could go on and on naming all the fearless African Americans who in *some way shape of form* broke barriers so that we could have a chance at a better today...a better tomorrow.

More than a century has passed since Black people were freed from the bondage of slavery and began their journey to this unknown thing that we now call freedom. We as *Black people...African Americans...Human beings*... must not take this thing called freedom lightly. We must always remember that someone else paid the price for this privilege with their *Blood, Sweat, and Tears*. From this day forward when you think about **Black History Month...Black History period for that matter**...ask yourself...What can I do to be a part of *Making History*.

Watch & Learn...

Around two months ago, I started watching a Minister I never saw before on YouTube. I was drawn to her the first time I heard her speak, because the story that she was telling was mine. As this lady spoke the words that flowed from her lips amazed me...it was as if I was her and she was me. Down to the finest detail of her story. I remember thinking...Wow this woman is telling "My Story", but she wasn't. She was telling hers.

A story of how she was born to a mother who never really liked her...in fact a mother that never even wanted her and how this fact showed in the way that her mother raised her and the things that she allowed her to be subjected to. As she preached God's word. She intertwined her story with scripture to tell a compelling story of survival, self-discovery, courage, faith, hope and love...for herself and for her God.

Since that day, I must say, I have been hooked. Her down to earth way of teaching intertwined with the realness of her story make it easy to see the love of God and his promises for our lives despite adversity. Minister Nona Jones is a true woman of faith that you will definitely enjoy watching/listening to again and again. I have!!



Nona Jones
YouTube: @NonaNotNora •
59.7K subscribers •
48 videos

Inspire Me

*Nothing you've done
has placed you beyond
the reach of Gods grace.*

Nona Jones

Available on Youtube

Determination



What's That All About??

Determination is the quality that you show when you have decided to do something and you will not let anything stop you. This is that feeling that you/we have deep down inside of us that will not allow us to give up.

The operational definition of determination is "purposing to accomplish God's goals in God's time regardless of the opposition." Determination is having the resolve to know God's will and the follow-through to do it, undeterred by competing desires, distractions, or resistance.

When setting out to accomplish a goal, the determined Christian can expect challenges that will test his resolve and self-discipline. He looks for ways to overcome these obstacles and press on toward the goal. Breaking down large goals into achievable steps of action can keep him from being overwhelmed by a task.

The opposite of determination is *faintheartedness*. A fainthearted person may decide to do something; however, in response to the first distraction or hardship he encounters, he quickly forsakes his resolve. He readily abandons his course, succumbing to laziness, discouragement, or fear. Because he does not place sufficient value on the actual goal, he shifts to an easier alternative or quits altogether.

That's why setting goals that inspire you is a deeply personal process. Everyone has different aims. If you've ever tried to achieve a goal someone else recommended or that doesn't truly align with your personal values, you likely learned that when you're not attached to the outcomes, you have little determination to succeed.

There's a determined person in everyone. Even if you wouldn't classify yourself as one, you likely have many traits that fuel willpower and commitment to goals. Identifying these characteristics helps you see that you already have the tools to make significant achievements.

Making sound decisions to only work on or do those things that you are passionate about is the key to unleashing that since of determination that's down on the inside of all of us. So, the next time you find yourself struggling to reach your goal... step back assess what you're doing and ask yourself...

Is this really something that I want to do???



Check
This
Out...

Taylor Sweet Treats
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This Too..

For more info contact:

Coach Nez
586-237-7603

Coach Will
313-320-6441

Coach Don
313-913-9059

Speed - Strength - Footwork - Fundamentals

OFF-SEASON TRAINING & CONDITIONING

STARTING MONDAY JAN 22, 2024

FIRST HOUR	STUDY HALL	Monday - 5:00-7:00	Wednesday - 5:00-7:00	Thursday - 5:00-7:00	SECOND HOUR	TRAINING
The Community Center @ A.B. Ford Park 100 LENOX ST. DETROIT MI						

Coach Nez: 586*237*7603 Coach Will: 313*320*6441 Coach Don: 313*913*9059

Knowledge is Power

In this issue I have decided to refer a book that some of you have heard of before, but most are hearing about for the first time.

Available
on
Amazon

"The Me I Want 2 Be"
"An Inspirational Workbook and Journal"
"Creating Balance Through Life Experiences"

By: Tiquita Bell



This is my very first book. This is not what you think it would be about. I am not spilling the Tea!! This book was written during a time when I was struggling with a lot of the issues that we as people struggle with on a daily basis such as Forgiveness, Patience, Courage, Peace, etc.

This book is a good book for someone who is in a place where they need to work through some things to get to that next chapter in life. It's not about *The Me I Want 2 Be*... It's more about *The Me All of Us are Striving To Be* ultimately. If you are looking for a book to read that's down to earth, that makes you ask yourself the tough questions of life, with your own journal in the back to write down your own thoughts... Because you're gonna have thoughts... This is the book for you.

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?

Tune in to my new Podcast "He Said, She Said" & Daily Motivation Watch it on YouTube

Send to:

[Tiquita Bell](#)



info@NewLevelNewUAcademy.com

Deadline: March 9, 2024

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Tiquita681

I CAN DO
ALL THINGS,
THROUGH CHRIST
WHO
STRENGTHENS ME.

PHILIPPIANS 4:13