

#GROW GIRL

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

February 4, 2024 - #3



Where You At??

So, just like that January 2024 is over. Gone, can't get those days back. Time waits for no one I'm thinking. Man, it's already February. So, my question to you is... **Where You At??** Where you at on those New Years Resolutions you made? Where you at on those goals you set? Where you at on that thing you said you needed to stop doing... **Where You At???**

I'm not asking you this to put you on the spot... But I guess I kinda am. I want to know how you've been doing with the things that you had planned. If you've been on your ish then Great job... Keep it up!! But if you haven't, I want to tell you That's ok. I also want to tell you that it's not too late to still get it done. Remember what I said last month, you decide when your New Year starts. So, I guess your New is starting today or whatever day you read this and realized that you could start again or pick up right where you left off.

You feel better now about stopping or not being able to maintain whatever resolutions or goals you set for yourself. I hope so. Because you don't have a lot of time to be wasting being mad or disappointed in yourself about something you didn't do. Because you still have a chance to do it, *So Do it*. Start back exercising, don't quit your class get a tutor, your stronger than you think you don't have to go back to that bad situation... Whatever it is you can still do it.

After today, I hope no one else ever has to remind you to start over as many times as you need to... Again, you decide when your New Year begins. So, from this day forward I want you to hold you accountable and ask yourself...

Where You At??

Watch & Learn...

Yesterday I finally finished watching what I thought was the final episode of *"Grey's Anatomy"* and after looking the show up I found out that after being off the air for well over a year, the show has been renewed for yet another season. You're probably thinking what's so special about that... Shows renew seasons all the time... and you're right they do. But what makes them special is the fact that this show, this medical show has been running for what's about to be *20 Seasons*. *That's a long time!!*

I remember watching the very first episode all those years ago in 2005 and as I sat and watched what I thought was the last episode of one of my favorite shows, I thought you've been watching this show for a long time Quita. I've taken two- and three-year breaks at a time from this show because I would be too busy to watch it. But just like clockwork I always seemed to pick it back up. Shonda Rhimes and her fellow writers wrote this show y'all. The writers have kept this show interesting with a wide range of storylines.

This is not just a medical show. It's a show about *surgeons, hard work, commitment, teamwork, competition, family, friendship, love, hope, faith, dreams, new ideas, forgiveness, etc.* These writers are both creative and smart. Through the sheer creativity of their collective group, these individuals have created a show that has managed to hold up in a time where reality shows, podcast and Game shows have basically taken over. *Yet they are still here.*

So, if you're ever looking to binge watch a show while learning some amazing things about the human anatomy... You should consider checking out *Grey's Anatomy*.

Available on Netflix.



Inspire Me

A year from now

you may wish

you had started today.

Karen Lamb



What's That All About??

Procrastination is a common behavior that many individuals engage in at some point in their lives. It refers to the act of delaying or postponing tasks or actions that need to be accomplished. It is a behavior that affects people from all walks of life and can occur in various aspects, such as work, school, or personal life. Procrastination is rooted in things such as the fear of failure, lack of motivation, and often times poor time management skills. Procrastination often stems from the desire to avoid unpleasant or challenging tasks.

I chose to talk about procrastination today because this is something that I have struggled with for many, many years. I can remember a time when I used to tell my kids that we were "Procrastination Royalty." If there was a way to drag something out to the last possible moment, we would usually figure it out. Over the years we've had countless ideas. Made numerous plans that didn't go quite the way that we imagined because we procrastinated.

Once my kids were grown and I found myself in a place where the decisions that I was making were primarily for myself, I began to ask myself why I was dragging things out the way that I was. I wasn't doing this with everything but when I did, it would be excessive. Like me taking twenty years to finally write my first book. Whenever someone would say "Quita you should write a book." I would always reply, "I don't know how to start." Again, this went on for twenty years. But, in all actuality I had been writing things down for years. But none of it ever really seemed right to me.

I would constantly change the title of the book. Change the titles of the stories. Say maybe I could write a poetry book and then change it to a fictionalized book that would be loosely based on my life. I could never just decide on something and work on it. For years I couldn't figure out why I was procrastinating so much. Until I was introduced to the word "Perfectionist." I was told that I was indeed a perfectionist, and this had a lot to do with my chronic need for things to be exactly right. You see, a perfectionist is a person who refuses to accept any standard short of perfection...and that was and still sometimes is me.

It's ok to want something done right or to the highest standards possible. But constantly holding it off until it's perfect is a sure-fire way to never get it done. If you have something you've said you want to do...Just do it. I finally gave myself permission to get out there and do whatever it is I think or say that I want to do...because I want to do it. I figure there's no time like the present. I say all of this to say...Nothing or no one is perfect. So, procrastinate no more...We're all out here trying to figure it out...the key is to be ok with "Doing It" and "Figuring it out" at the same time.

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:

[Tiquita Bell](https://www.instagram.com/TiquitaBell)



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Deadline: February 16, 2024

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Quita681

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Check
This
Out...

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This Too..

REGISTER NOW!

Speed - Strength - Footwork - Fundamentals

OFF-SEASON TRAINING & CONDITIONING

STARTING MONDAY JAN 22, 2024

STUDY HALL	Monday	Wednesday	Thursday	TRAINING
5:00-7:00	5:00-7:00	5:00-7:00	5:00-7:00	

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

For more
info contact:

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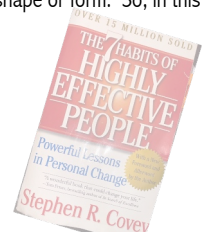
Knowledge is Power

I have been going back and forth over the last two weeks deciding between two books. Being the stickler that I am, I like everything to tie together in some way, shape or form. So, in this issue, I thought the best choice would be:

Available
on
Amazon &
in Book Stores

*"The 7 Habits of
Highly Effective People"*

By: Stephen R. Covey



This is a good book. This is my 2nd time reading the book. It's true when they say that things impact you differently when you are in a different stage or place in your life. Because it's as if I'm reading the book for the "First time." The first time I read this book was about 20 years ago. I was around 30 at the time and I had to read it for a class. Let me be the first to tell you that doing something because you have to and doing it because you want to are two totally different things. The first time I read it didn't really move me. I mean I was comprehending the lessons he was trying to teach but he was talking on a whole other level, so I just kept it professional and did my assignment... LMAO!! This time I'm in at different stage in my life. I desire to be all that God wants me to be. So now I am able to appreciate the lessons that Mr. Covey is teaching and see how they apply to my life. You have to be in a place where you are ready to make a change to truly appreciate it. When you're ready, you should check it out.