

MS. TBT NEWS



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

June 19, 2025 - #10
Subscribe @ www.mstbtv.com



Doing A Little Bit Of Something

Lately, I've been in sort of a funk. In a place where I couldn't totally focus. Focus on my job, focus on my home life, focus on my business... I've been sorta paralyzed. If I'm being honest... This isn't the first time that something like this has happened to me and I'm sure it won't be the last and I'm ok with that... It's called *Life*. Y'all already know... *It Be Lifein!*

Well, if you've been following me, then you know that I've had a lot on my plate. So, this ultimately led me to this place where I realized that I was exhausted... basically running on fumes. I was busy at work, preparing for a big audit. Was consumed with the duties of taking care of my Grandmother's affairs, she'd recently been diagnosed with Progressive Cognitive Decline... Dementia. That by itself was *Whupping On Me*. Steadily, challenged with building and maintain my business... My Motivational Platform and everything that it encompasses. As well as, finally realizing that I was using up valuable time in my life trying to hold on to a relationship that simply put... *Wasn't For Me*. Before I knew what was happening... I began to Shut Down.

I missed my May Newsletter. I recorded less videos. I was struggling with producing topics that I felt would motivate my audience. I extended the date for my next online course because I couldn't decide on some key elements, I hadn't resumed my Podcast with my Son because I had been doing so much that we never could seem to make time to get an episode shot... a lot whole lot was going on so I'm going to just stop there!

Recently, I found myself having an epiphany of sorts while I was watching this series, "Animal Kingdom", my mind began to think the statement, "Where There's A Will, There's A Way." This is what I was seeing, episode after episode. I began to think about my YouTube Platform, and how I'd just started to go on and simply vent. That then led me to stop the series and start shooting a video, which led to me working on my online course, which led me to posting in my Facebook group, which led me to sitting down and putting together this month's newsletter. I thought to myself, Wow... Thank God for Systems. I realized the system of always reading, listening, and watching, with the intention of learning something was just the push that was needed to remind me that *Doing A Little Bit Of Something* beats Doing Nothing every single time!

Check out my video "Doing What I Can, While I'm On Sabbatical" on Youtube - @MSTBTV

Watch & Learn...

"Animal Kingdom," a compelling crime drama series that unfolds the tumultuous dynamics of a family entrenched in the criminal underworld, led by their fierce matriarch, Janine "Smurf" Cody. Portrayed beautifully by actress Ellen Barkin, Smurf embodies a cutthroat, yet fiercely protective personality, navigating the treacherous waters of loyalty, betrayal, and survival. Her character is the epitome of a woman who has clawed her way to the top, using both a cleverness mixed with brute force to maintain control over her sons and the criminal activities they engage in. Smurf's ruthless methods highlight her belief that *Where There's A Will, There's A Way*, making her both an inspiring and intimidating figure in the series. In a Word... *She's a Beast!*

The complexity of Smurf's character lies not only in her fierce determination but also in her unwavering loyalty to her family, which complicates her relationships with her sons... That's putting it lightly. As the series unfolds, we see how her drive for power and her need to protect her family can create an emotionally charged atmosphere filled with tension and conflict. This duality draws you to Smurf's character, as she regularly finds herself riding the fence of care and manipulation, prompting viewers to both root for and question her motivations... she's ruthless to the core... she can't seem to help herself. Her capacity for love is evident, but it is often overshadowed by her willingness to employ exploitative tactics to ensure dominance over her family.

Throughout the Six Season Series, "Animal Kingdom" effectively demonstrates that the world of crime is not just about violence but also about strategic maneuvering and psychological game-playing, and boy can they play the game. Smurf's approach to crime, blending maternal instincts with a ruthless business-like attitude, illustrates the lengths to which she will go to maintain her power. In her eyes, *Family Loyalty Is King*, even if it means orchestrating lethal scenarios to achieve her goals. Ultimately, "Animal Kingdom" offers a thrilling exploration of family ties within a dangerous but affluent lifestyle, with Smurf standing out as a testament to resilience and the relentless pursuit of self-interest, highlighting the harsh truth that in a world of predators, only the strongest survive. Check it out... *You just might learn something... I Did!!*

Available on Netflix



Inspire Me

I Am In Charge
Of
How I Feel
And
Today I Feel Fierce.

Unknown



What's That All About??

In the Oxford Dictionary, focus is defined as the state or quality of having or producing clear visual definition. Therapy now SF says that focus is the link to all sorts of decision-making, problem-solving, reasoning, learning, memory, and perception needs. If you're unable to focus well, it can negatively impact your ability to think. Having the ability to focus and concentrate all of your effort on something can be life-changing. It is said that where you place your attention is where your energy goes.

When you are focused, you are able to operate in a state of flow. You can fully concentrate on the task at hand and filter out any other things going on around you. Examples of operating in focus can range from being able to read something without needing to go back and reread the contents, a task that would seem so simple but often times is repeated due to a lack of focus. I'm guilty of that. I can't count how many times I've read something and when I was done... I had no idea what I had just read. Because I wasn't focused on what I was doing... which was supposed to be simply reading, nothing else.

Another example, would be having the ability to maintain focus regarding setting and accomplishing goals. When you are focused, you don't allow outside forces to deter you from completing the goals that you have set out to complete. You prioritize the need to accomplish your goals over everything else in life, within reason, because it's important to you and making this thing happen, being successful in this field, being able to achieve your goals... is important to you.

Did you know that some mental health conditions can impact the ability to focus? Conditions such as, anxiety, attention deficit hyperactivity disorder, depression, insomnia, schizophrenia, dementia, bipolar disorder, and Alzheimer's disease. Other factors can also play into focus, such as certain medications, pain, hunger, stress, sedentary lifestyle, dehydration, and lack of sleep. (Therapy now SF)

Getting to a place where you can completely focus on what's important is key in work environments, when you are seeking knowledge, when you are seeking to accomplish goals, and developing a system that allows you to practice maintaining your focus is necessary.

I like to refer to mine as maintaining my *"Focus Factor."*

Check
This
Out...

Sold By
Tinisha



Knowledge is Power

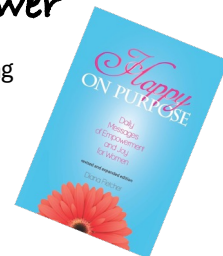
In this issue I will be recommending

"HAPPY ON PURPOSE"

"Daily Messages Of Empowerment
and Joy for Women"

by

Diana Fletcher.



This book is laid out more like a

Daily Devotional with brief exercises. I like it.

Each day the author touches on a different life topic. She sheds a little light on the typical feelings that we as women may often have in regard to that subject and then she finishes up with what she calls a "Happy Action." Through these daily exercises the author reminds us that we can always find a way to put a positive spin on life if we put forth some effort. Check out "HAPPY ON PURPOSE," it can be just what you needed to switch up your routine.

Available on Amazon – Order on my Amazon Storefront – Ms. TBTV Suggest –

access link through my website: www.newlevelnewacademy.com

Contact me if you're looking to buy, sell, or lease a property. I'm here to assist you every step of the way.

You could be next!

Phone: 313-408-0682

Email: soldbytinisha@gmail.com

Website: www.Tinishahill.realtor

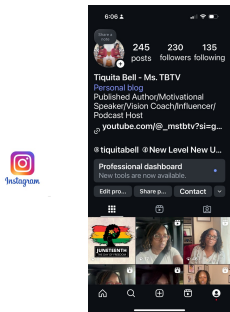
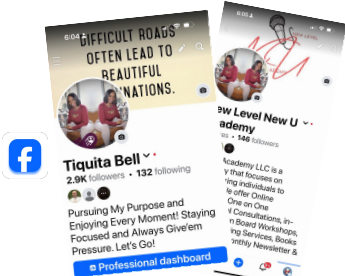
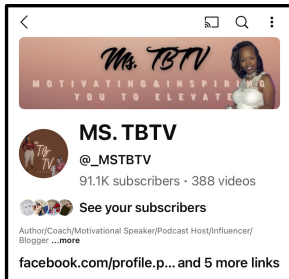
Contact me today!

Advertise with NLNU Academy LLC

**MS.
TBT
NEWS**



YouTube



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 91,100 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 1 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

@

Quita@mstbtv.com

Deadline: July 19th, 2025

Follow me on:

New Level New U Academy

Ms. TBT TV - Subscribe/Share/Like

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

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)

#ShopKaeCollections #SHARE