

# MS. TBT NEWS



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

February 20, 2025 - #7



## Changed Forever

On February 17, 2025, an airplane crash landed and then flipped over on its back at an airport in Toronto, Canada and everyone on the plane survived. By now I'm sure you've already heard about this. Everyone's been talking about it...it's been all over the news. If I must admit, I rarely watch the news. I'm one of those people that feel like you hardly ever hear any good news when you're watching it. But it's hard not to notice a story that's nothing short of a miracle. A story that starts out bad but ultimately ends in total disbelief.

As I watched an interview with one of the passengers, I could see the look of shock that was on his face. A look that said, "How am I still here to tell this story?" It was as if he was doing the interview and having a conversation in his head with himself at the same time. I thought to myself, "Wow, this is going to change these people's lives!" I can't think of a single person who would ever think they would be in a situation such as this and live to talk about it. I then I thought, "I wish I knew someone on that plane personally", "I wish I could be there to see how life turns out for them a year from now."

It's hard for me to fathom anything other than this experience...this freak accident...this amazing miracle has left every single person who was on that plane...  
*"Changed Forever."*



## Watch & Learn...

So, I finally decided to watch this series called *"Yellowjackets"* and boy is it a *doozy*. Yellowjackets is a series about a team of high school girls' soccer players who survive a plane crash in the wilderness on their way to a championship game. At present, this series has 3 seasons and let me tell you up front...this show will keep you on the edge of your seats.

Let me be the first to say that this show is not for everyone because it's kinda gory. It starts out giving you the back story of the team, "the it girls", "the outcasts", the team as a whole and the people that have shared in their high school success and failures. But the story quickly takes a turn for the worse when the girls' plane crashes in the wilderness killing the crew, one of their coaches and a few of their teammates. As they struggle to survive for over a year and a half, the girls find out that survival can be extreme. Survival can be the difference between you surviving or me surviving. I'm telling y'all...things got rough out there!! It was crazy y'all. REAL CRAZY!!

This is a series that teaches you that you never truly know what you are capable of until you find yourself in a life altering or near-death experience. That being on the brink of death can make you do some strange things. Check out *"Yellowjackets"*...It's a good watch and you might actually learn something. Remember, this show ain't for everybody.

*Available on Paramount (3 Seasons) / Netflix (1 Season)*



## Inspire Me

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

-Melody Beattie

Gratitude



## What's That All About??

The dictionary defines gratitude as the state of being grateful...thankfulness. They give examples such as, "Let me express my sincere gratitude for all your help" or "We remember with gratitude those who died defending our country." But I don't think that any person can truly grasp the concept of gratitude until they are put in a position where they have to be just that...grateful.

I read somewhere that gratitude changes your perspective of your world. It's more than simply expressing thanks for acts of kindness...it's a frame of mind. Gratitude is an emotion similar to appreciation. The American Psychological Association (n.d.) more specifically defines this phenomenon as a sense of happiness and thankfulness in response to a fortunate happenstance or tangible gift. Like the feeling that the passengers must have had that walked away from the plane that crash landed and then flipped over. No one in this world can tell me that those people haven't tapped into the fullness of gratitude.

Gratitude is the act of recognizing and acknowledging the good things that happen, resulting in a state of appreciation (Sansone & Sansone, 2010). Often when we consider what we are grateful for, overt and profound life experiences, circumstances, and events come to mind. We may feel grateful for our upbringing and family, our job, good health, and the ability to affect change in the lives of those around us.

At its core, gratitude is humbling, heart-warming and healing. But most importantly, it triggers the need to give back or pay it forward. The sociologist Georg Simmel coined this *"the moral memory of mankind."*

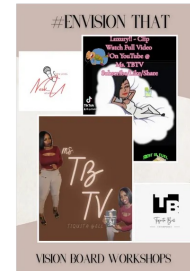
Did you know that it is said that people who regularly practice gratitude seem to make better health choices, such as a focus on nutrition. It seems when we feel better in ourselves, we treat ourselves better as a result.

There is also evidence to suggest gratitude builds professional commitment. People who feel greater feelings of gratitude are more efficient, responsible, productive and happy at work. Gratitude also brings more empathy, compassion and consideration to leadership, increasing cohesiveness and team rapport.

I could go on and on listing facts and evidence on the benefits of gratitude...because the list is long. But if I only had room for one more thing on the list that would be the fact that you are still here. Be grateful for that! Be grateful for the time that you are given and make the most of it. You only have this one life to live and treating each and everyday as a gift that is given is the first lesson in gratitude that we all should be grateful for.

Check  
This  
Out...

## #Envision That Vision Board Workshops



Have you been thinking... "I should create a Vision Board?" Well, you're right...you should. Let Me Help You Create The Vision You Envisioned For Your Life/Career.

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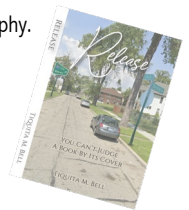
## Knowledge is Power

In this issue I have decided to refer my Autobiography.

**Ebook &  
Paperback  
Available  
on Amazon**

**"Release"**  
**"You Can't Judge A Book By Its Cover"**

**By: Tiquita Bell**



This is my second book but it's my eighth published work. It's finally here y'all. I'm spilling all the Tea!! But seriously though, after thirty years of being constantly told I should write a book, I finally found the courage to tell my story. Release is a story about generational curses, abuse, insecurity, depression and having the ability to persevere through it all.

While I was writing this book, I thought about all the men and women who have suffered or struggled with a lot of the same things that I share in my story's. I thought about all of those people who have never been able to share their story because of fear. I thought about all of the people who have never had the opportunity to seek therapy. And I thought about all of the people who are still going through. It is my hope that every person who decides to read my story is not only touched by my words but transformed by them. It's time for you to "Release."

*Paperback also available @ [www.newlevelnewuacademy.com](http://www.newlevelnewuacademy.com)*

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Deadline: March 15th, 2025

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