**How to Import data from your database into Excel**

1. Open MySQL Workbench and connect to your database.
2. Run the SQL query to select the data you want to export:

SELECT \* FROM your\_table\_name;

1. Right-click on the result grid after executing the query.
2. Select "Export Results".
3. Choose "Excel" as the file format.
4. Specify the location and name of the Excel file.
5. Click "Save" to export the data.