

# Student Workbook

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Do not wait until the  
conditions are perfect to  
begin. Beginning makes the  
conditions perfect.

*Alan Cohen*

# Using the Workbook

## Making Copies

If you need extra slides, you can click on a slide in the left navigation, then simultaneously press Ctrl+C followed by Ctrl+V. That will make an additional copy of a slide.

## Fixing Errors

If you accidentally delete something or make a horrible formatting issue, the easiest fix is to use the back button in the top left corner of the menu.

## Creating and Moving Slides

You can create new slides by clicking *Insert...New Slide*. You can move slides around by pressing and holding a slide with your left mouse button. Then you can drag and drop it somewhere else.

## Insert Images

Insert...Image....Search the web. You can adjust the location by left clicking the image and moving it around. You can change the size using the corner adjustments.



# Mindset Matters

THE  
TURNING  
POINT

- When the old identify is removed and new one emerges
- Requires a new mindset
- Loneliness
- Feeling out of control or unable to discipline yourself
- Mindset that constantly prepares you for imagined stressors
- Feeling that no one understands you
- Frustration with the lack of 'order' or feeling the need to 'control'
- Inability to seek help for fear of looking weak

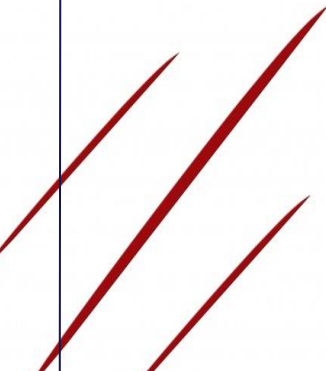


## About Me...List 5

## Thought Cycle

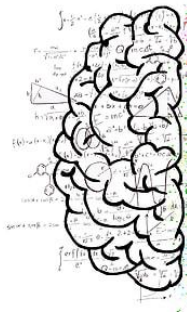


Thought Cycle Video	
Connect	
Change	
Challenge	
Concepts	



# Growth and Communication

## Growth and Creator Mindset



- Failure is an opportunity to grow
- I can learn anything
- Challenges help me learn
- My effort and attitude determine my outcome
- Other people do not cause me to fail
- I can find a way to make this work

### Links

[Mindset Survey](#)

[Lock Game](#)

## Words and Phrases to Use More Often



## Communication

- |                     |                 |
|---------------------|-----------------|
| ● I don't want to - | ● I can't -     |
| ● I would prefer -  | ● You should -  |
| ● I would like      | ● You have to - |
| ● Sometimes -       | ● You always -  |





# Words Change the World

## Self-Affirmations

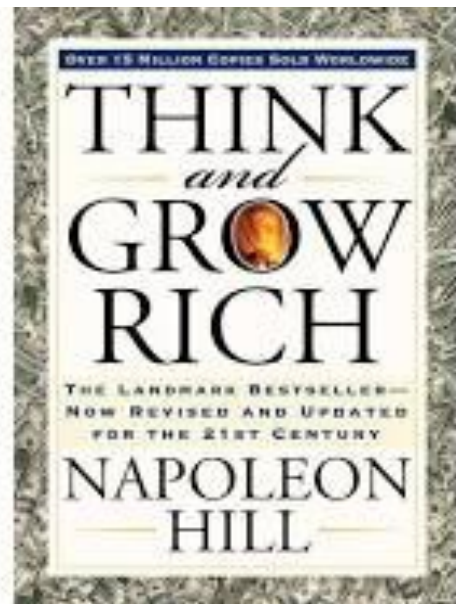
Self-affirmations are supportive and encouraging thoughts we have about ourselves.

When we are in the growth mindset, we can accept failure instead of judging ourselves for it.

**"We become what we think about, and that's the strangest secret."**  
~~~Earl Nightingale~~~

1937: Napoleon Hill: Think and Grow Rich

- Pursue your burning desire!
- Believe that you can achieve.
- Give yourself frequent pep talks.
- Keep learning and thinking of new ideas.
- Get a plan and stick with it.
- Surround yourself with winners.
- Make peace with your partner.
- Trust yourself.



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# Mindset Resources

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[Life Style Types](#)

[Thought Cycle Video](#)

[Mindset Survey](#)

[Lock Game](#)

[Lock Game Tutorial](#)

[Think and Grow Rich Video](#)

[You Lie to Yourself Video](#)

[Take the Risk Video](#)

[Self-Confidence Affirmations](#)

[The Big Dream Template](#)

# Your Own Business

## What should I choose?

| SOLE PROPRIETORSHIP                                                                                                                                                                                                                            | LLC                                                                                                                                                                                                                                               |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>✓ Low-risk business</li><li>✓ Your business doesn't need insurance</li><li>✓ You have less startup funds</li><li>✓ You have less personal assets</li><li>✓ You're running a business from home</li></ul> | <ul style="list-style-type: none"><li>✓ High-risk business</li><li>✓ Your business needs insurance</li><li>✓ You have more more startup funds</li><li>✓ You have more personal assets</li><li>✓ You're not running a business from home</li></ul> |

## Marketing Non-negotiables

- Google Business
- Social Media: Facebook, Twitter, Instagram, TikTok
- Website
- Domain Name (\$15/year)



"A big business starts small."  
~~~Richard Branson~~~

## Create free content!