



# **Know Yourself: How to Develop a Winner's Mindset & Grow Your Business (Get the SPARK™ - Ignite Book 1)**

*Dequiana Jackson*

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\*\*\*Updated for 2015 \*\*\*

Now included, links to full-sized worksheets so that you can print them and follow along as you read!

Learn one of the secrets to creating a successful business: developing a winner's mindset. Even with the best laid plans, your business will not succeed if you don't think you can do it. Know Yourself will teach you how to recognize and stop self-sabotaging behaviors and put your business on the path to success. I really want you to get how important it is to create a positive mindset, so I've included worksheets, challenges and additional resources to kick start your business.

The book covers all of this:

Know Yourself Introduction

Three Consequences of Not Having a Winner's Mindset

Smart Solutions

More Ways to Get Your Mind Right

The Bottom Line

Additional Resources

Confidence Challenge: Get Real

The Truth of the Matter Worksheet

I Know Myself Worksheet

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