



Business Mastery Hub

by Bodygraph.com

Technology & Conscious Entrepreneurship - Using technology as a tool in your Conscious Business



Worksheet made by Vanessa Naja
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Part 1

Reframing Technology

1

What has been your current story about technology in your business?

2

Where do you see yourself resisting or fighting against tech?

3

Write down one way you could begin seeing technology as a supportive partner instead of a burden.



Part 2

Choosing Aligned Tools

1

Which tech tools do you currently use in your business (software, platforms, apps)?

2

Which of these feel supportive and energizing?
Which feel draining or frustrating?

3

Based on your Human Design (energy type, strategy & authority), which tools or systems might feel more aligned?



Part 3

Automation & Authenticity

1

What are 3 repetitive tasks in your business that could be automated?

2

How could you automate these tasks without losing personal connection with your clients? (e.g., adding personal touches, thoughtful messaging, or voice/video instead of only text).

3

Which area of your business would feel lighter if you set up supportive automation?



Part 4

Tech Frustration as a Portal

1

Think of a recent moment when you felt frustrated with tech.

2

What might that frustration be showing you about your needs (support, clarity, patience, simplicity)?

3

How could you use that moment as feedback to create more alignment in your business systems?

4

Make a list of people that can support you as you implement tech in your business in an aligned way.



Part 5

Using AI Authentically

1

Where could AI support you in your creativity or workflow (ideas, structure, research, design)?

2

What part of your work do you want to ensure always comes from your authentic voice?

3

Write down one way you could experiment with AI as a thinking partner, not a replacement.



Embodiment Prompt

1

Take 5 minutes to visualize your business running smoothly with supportive technology in place.

2

What do you notice about how you feel in your body when tech is working for you instead of against you?

3

Write one sentence that captures this vision as an affirmation.

(Example: "Technology supports me so I can stay in my zone of genius and serve with ease.")





Tip:

Revisit this worksheet as your business evolves. Your relationship with technology will shift over time.



Hi, I'm Vanessa Naja and welcome to Business Mastery Hub by Bodygraph.com

I help heart-centered entrepreneurs create meaningful success and work-life balance by building businesses that feel as good as they look.

Through combining tools like Human Design and Emotional Intelligence work with supportive tech systems, we design business models that work with their natural energy.

The repetitive, draining work runs quietly in the background so they can stay in their zone of genius, grow sustainably, and enjoy the freedom they set out to create in the first place.



Learn more about Vanessa Naja

<https://vanessanaja.com/>



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