

# ACT™ Belief Sheet

## #18 – Time, Team & Technology

1. It's easy for me and I enjoy learning, implementing and using technology in my business.
2. I am comfortable using technology in my business and my life.
3. The more comfortable I am with technology, the more successful I am in my business.
4. I quickly and easily learn and implement new technology in my business to increase my productivity.
5. Using technology in my business supports my productivity and profitability.
6. I embrace technology as a way to increase my bandwidth, productivity and profitability.
7. I love technology and technology loves me!
8. I implement technology wherever possible to automate functions in my business to increase my bandwidth, productivity and profitability.
9. I use the right technology platforms effectively, especially video that has an interactive component to it.
10. It's easy and natural for me to choose, learn and manage the technology platforms that best showcase my knowledge, expertise and genuine desire to provide great value. support and transformation for my ideal clients and tribe.
11. I love learning and mastering new social media, video and interactive technology platforms - it's so much easier than I thought and I love using it.
12. I'm on top of the latest and greatest social media, video and interactive technology platforms and I have all the world class support I need to learn and manage "all the moving parts" with it
13. I am comfortable, competent and confident with social media, video and interactive technology platforms and it's easy and natural for me to communicate effectively so that my ideal clients and tribe get so excited and engaged with my message that they are eager to invest in themselves to work with me.
14. Technology is my friend and together we make a successful team.
15. I easily, joyfully, and gratefully connect with other technological-minded entrepreneurs and business people and we support one another's success.
16. My computer, phone, audio and video equipment are always updated with the most current applications and programs supporting me and my business projects.
17. I am comfortable and confident using my own and others personal and business equipment and technology.
18. I am comfortable and confident in front of the camera and video equipment.
19. My voice and tone are clear, at the right pace while speaking through the phone or video or audio equipment.
20. I easily and confidently attract the perfect and most knowledgeable technological professionals to support the smooth running of my equipment.
21. I have the right systems, processes and people in place to ensure that my equipment and all data are stored safely and are able to be reached and retrieved.
22. The programs/ internet/ instant teleseminar/ zoom, etc., always have the clearest strongest connections so that listeners and participants enjoy the call. (no static, no dropped lines)