



My Matrix Map

A SIMPLE SELF-CHECK TO SEE WHERE YOU FEEL FREE,
UNSURE OR TRAPPED.

This isn't about judging yourself. It's about becoming aware.
The more clearly you see, the more freedom you can create.



Area of Life		 I feel free This area feels mostly under my control. I make conscious choices.	 Unsure It's a mix. Sometimes I choose, sometimes I just go with the flow.	 I feel trapped I feel pushed, pressured or stuck. I rarely choose this for myself.
1.	 1. Money How I earn, spend, save and think about money.	☐	☐	☐
2.	 2. Career / Work My job, purpose, growth and satisfaction.	☐	☐	☐
3.	 3. Education What I learn, why I learn, and the value I give to it.	☐	☐	☐
4.	 4. Health My physical, mental and emotional well-being.	☐	☐	☐
5.	 5. Food What I eat, how I eat, and my relationship with food.	☐	☐	☐
6.	 6. Social Media How much I use it, and why I use it.	☐	☐	☐
7.	 7. Relationships Family, friends, partner and my sense of belonging.	☐	☐	☐
8.	 8. Consumerism What I buy, why I buy, and what I really need.	☐	☐	☐
9.	 9. Politics / Society My views, participation and sense of influence.	☐	☐	☐
10.	 10. Spirituality My inner life, meaning and connection.	☐	☐	☐
11.	 11. Success & Status What I consider success and how I measure it.	☐	☐	☐
12.	 12. Lifestyle Where I live, how I live, and the freedom I feel.	☐	☐	☐

 The three areas I want to understand better:

1. _____

2. _____

3. _____

Awareness
is the first step
to freedom.