

WHICH MATRIX ARE YOU LIVING IN?

SELF-CHECK

"The matrix doesn't look like a prison because our minds were never allowed to imagine freedom."
- Escape The Matrix

This self-check will help you see the invisible systems shaping your life.
There are no right or wrong answers. Be honest with yourself.

HOW TO USE

For each statement, choose how true it is for you right now.

- Always True
- Often True
- Sometimes True
- Rarely True
- Not True

AREA	STATEMENTS	HOW TRUE IS THIS FOR YOU?	REFLECTION
1 MONEY MATRIX Beliefs, debt, income, security 	1. I often worry about money. 2. My self-worth is tied to my income or net worth. 3. I work mainly for money, not for meaning. 4. I believe I can never have "enough". 5. I was never taught how money really works.	☐ ☐ ☐ ☐ ☐	REFLECTION What beliefs about money am I ready to question?
2 CAREER MATRIX Work, passion, purpose 	1. I chose my career mainly for security or approval. 2. My work drains me more than it fulfills me. 3. I feel trapped if I think of quitting. 4. I rarely use my natural talents and strengths. 5. I believe a "real job" means long hours and stress.	☐ ☐ ☐ ☐ ☐	REFLECTION What would I do if I wasn't afraid of judgment or failure?
3 EDUCATION MATRIX Degrees, learning, system 	1. I was taught to compete, not to understand. 2. I believe only degrees can create success. 3. I rarely question what I was taught. 4. I was never taught real-life skills (money, health, communication, etc.). 5. Learning feels like a race, not a joy.	☐ ☐ ☐ ☐ ☐	REFLECTION What unlearned beliefs around education am I ready to drop?
4 HEALTH MATRIX Body, mind, well-being 	1. I ignore my body until a problem becomes serious. 2. I trust medicine more than my lifestyle. 3. Stress is normal for me. 4. I consume things I know are not good for me. 5. I don't make time for rest and recovery.	☐ ☐ ☐ ☐ ☐	REFLECTION What small health choices can I start making today?
5 FOOD MATRIX What I eat, where it comes from 	1. I eat mostly what is convenient, not what is healthy. 2. I don't know where my food comes from. 3. I eat more processed food than natural food. 4. I don't think about the impact of my food choices. 5. I eat to escape emotions.	☐ ☐ ☐ ☐ ☐	REFLECTION How can I make my food more conscious?
6 SOCIAL MEDIA MATRIX Time, attention, comparison 	1. I check my phone without even realizing it. 2. I compare my life with others online. 3. Social media controls more of my time than I want. 4. I get influenced by what I see online. 5. I feel low after spending time on social media.	☐ ☐ ☐ ☐ ☐	REFLECTION How can I take back my attention from the digital world?
7 RELATIONSHIP MATRIX Family, friends, love, belonging 	1. I fear being alone, so I stay in relationships. 2. I sacrifice my values to keep others happy. 3. I don't express my true feelings. 4. I surround myself with people who drain me. 5. I seek validation more than real connection.	☐ ☐ ☐ ☐ ☐	REFLECTION What kind of relationships do I truly want?
8 CONSUMERISM MATRIX Buying, status, material life 	1. I buy things to feel better or to fit in. 2. I believe happiness comes from owning more. 3. I buy even when I don't really need it. 4. Brand and image matter more than quality. 5. I don't think about the impact of overconsumption.	☐ ☐ ☐ ☐ ☐	REFLECTION What is one thing I won't buy this month?
9 POLITICS / SOCIETY MATRIX Systems, rules, narratives 	1. I blindly follow what media or leaders say. 2. I don't question the systems I live in. 3. I feel helpless to create change. 4. I avoid learning about politics and policies. 5. I focus more on blaming than on understanding.	☐ ☐ ☐ ☐ ☐	REFLECTION What change do I want to see in the world I live in?
10 SPIRITUALITY MATRIX Meaning, beliefs, inner connection 	1. I follow spirituality for image or belonging. 2. I have not explored my own inner self. 3. I seek quick fixes and miracles. 4. I'm disconnected from nature and silence. 5. I rarely practice gratitude or mindfulness.	☐ ☐ ☐ ☐ ☐	REFLECTION How can I reconnect with my inner self daily?
11 SUCCESS & STATUS MATRIX Recognition, achievement, ego 	1. I seek approval for my achievements. 2. I measure success through others' standards. 3. Fear of failure stops me from trying new things. 4. I chase titles, not fulfillment. 5. I feel I will never be "successful enough".	☐ ☐ ☐ ☐ ☐	REFLECTION What does success mean to me, without anyone's definition?
12 LIFESTYLE MATRIX Habits, comfort zone, daily life 	1. I live on autopilot most of the time. 2. I resist change even when I'm unhappy. 3. I prefer comfort over growth. 4. I don't have time for what truly matters. 5. I don't live in alignment with my values.	☐ ☐ ☐ ☐ ☐	REFLECTION What daily habit can move me closer to freedom?

YOUR MATRIX SCORE

Give yourself the following points:

- Always True = 5
- Often True = 4
- Sometimes True = 3
- Rarely True = 2
- Not True = 1



CALCULATE

Add your points for each area (Max score per area = 25)

Circle your top 3 highest scoring matrices.

1 2 3

WHAT DOES YOUR SCORE MEAN?

- 21 - 25 You are deeply trapped in this matrix.
- 16 - 20 You are strongly influenced. Awareness needed.
- 10 - 15 You are in the middle. You have a choice.
- 5 - 9 You are waking up. Keep going!
- 1 - 4 You are living with awareness and freedom.



NEXT STEP

Awareness is the first step out of the matrix.
What will you question first?

You don't have to escape everything at once.
Start with awareness. Take one step at a time.

QUESTION EVERYTHING. CHOOSE FREEDOM.

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