



EscapeTheMatrix.in

QUESTION / REFLECT / CHOOSE

A FREE REFLECTION WORKBOOK

21 QUESTIONS TO WAKE YOURSELF UP

Not to tell you what to think - but to help you notice what has been thinking for you.

BEFORE YOU BEGIN

There are no correct answers here. Do not rush to agree or disagree. Sit with each question. Notice what makes you uncomfortable, defensive, curious or unexpectedly quiet.

AWARENESS IS THE FIRST STEP TO FREEDOM.



HOW TO USE THIS

Use these questions slowly. You can read all 21 in one sitting, but the workbook becomes more useful when you choose one or two questions and write without trying to sound wise.

01

Answer what is true now

Not what you wish were true, and not what would look good to someone else.

02

Notice resistance

The question you most want to dismiss may be worth sitting with for a little longer.

03

Look for patterns

One answer may be random. Repeated patterns across money, work, attention and relationships are more revealing.

04

Choose, do not just consume

At the end, select one area to question and one small action to test in real life.

A useful rule:

Do not ask, "Is this statement true?" Ask, "Where is this true in my life - even a little?"



PART 1 OF 7

SUCCESS & IDENTITY

01

Who defined success for you - and when did you last question that definition?

02

If nobody could see your achievements, possessions or status, what would you still want to pursue?

03

Which version of yourself are you trying hardest to prove to other people?

Write one sentence you do not want to forget from this page.



PART 2 OF 7

MONEY & WORK

04

Are you earning money to support your life, or slowly exchanging your life for money?

05

How much would actually be enough for you - and have you ever consciously decided that number?

06

If fear of failure, judgement and financial insecurity disappeared for one year, what work would you choose?

Write one sentence you do not want to forget from this page.



PART 3 OF 7

TIME & ATTENTION

07

Where did most of your attention go yesterday - and did you consciously choose to give it there?

08

How often do you reach for your phone because you decided to, rather than because your mind automatically asks for it?

09

If your calendar revealed your real priorities, would they match the priorities you say you have?

Write one sentence you do not want to forget from this page.



PART 4 OF 7

CONSUMPTION & CONVENIENCE

10

What do you buy, upgrade or desire mainly because other people can see it?

11

Which conveniences have genuinely made you freer - and which have made you more dependent?

12

What are you consuming regularly - food, content, products or experiences - without asking who benefits from your habit?

Write one sentence you do not want to forget from this page.



PART 5 OF 7

BELIEFS & INFORMATION

13

Which of your strongest beliefs have you personally examined rather than simply inherited?

14

Which opinion would be hardest for you to discover you were wrong about - and why?

15

When was the last time new evidence genuinely changed your mind about something important?

Write one sentence you do not want to forget from this page.



PART 6 OF 7

RELATIONSHIPS & SOCIETY

16

How much of your behaviour is shaped by wanting approval, avoiding judgement or fitting in?

17

Which relationships help you become more truthful and alive - and which ones require you to perform?

18

Which social rules or traditions do you follow mainly because "this is how it is done"?

Write one sentence you do not want to forget from this page.



PART 7 OF 7

BODY, INNER LIFE & FREEDOM

19

Do you care for your body every day, or mostly respond when something starts going wrong?

20

How much of what you eat, believe and do each day is conscious choice versus habit, convenience or conditioning?

21

If you sat quietly for one hour with no phone, work, entertainment or conversation, what might you finally have to face?

Write one sentence you do not want to forget from this page.



AFTER THE 21 QUESTIONS

WHAT WILL YOU QUESTION FIRST?

Awareness matters only when it changes the way we choose. Pick the three questions that stayed with you most.

THE QUESTION I MOST NEED TO EXPLORE:

A BELIEF OR HABIT I AM READY TO QUESTION:

ONE SMALL EXPERIMENT I WILL TRY IN THE NEXT 7 DAYS:

You do not escape a matrix by being told the answer.

You begin by seeing your assumptions clearly enough to make a conscious choice.