

# The Matrix

## Away Moves

What do you do to move away from inner obstacles?

## Toward Moves

What do you do, or could you do, to move toward who or what is important?

Five-Senses  
Experiencing

Noticing

Mental/Inner  
Experiencing

## Inner Obstacles

What shows up and gets in the way? Thoughts, emotions, bodily sensations, memories, stories?

Who and what are important to you?