

CHAPTER 5 • MARGIN MOVE

The Leak Ledger

Two days of counting. No fixing.

For the next two days you are going to do nothing but count — the discipline of the Demand Census, now sharpened into the four leaks this chapter named. No fixing. Fixing is Part III. Counting is now.

The only two rules

- **Count, do not judge.** You are a meter reader, not a reformer. The instant you start trying to reduce the marks you will stop making honest ones, and the reading is the whole value. Mark everything, forgive everything, fix nothing. Yet.
- **Star your self-interruptions.** In the interruption column, put a star (*) beside every switch you generated yourself — the unprompted phone-reach, the tab you opened, the check nobody asked for. That fraction tells you how much of your interruption problem is a boundary problem and how much is a self-regulation problem. They have completely different solutions.

DAY ONE • date: _____

DECISION LOAD every choice, big or trivial	CONTEXT SWITCH every shift you chose	INTERRUPTION every switch you did not choose (= self-made)	OPEN LOOP every "I should deal with that"
Total			

DAY TWO • date: _____

DECISION LOAD every choice, big or trivial	CONTEXT SWITCH every shift you chose	INTERRUPTION every switch you did not choose (= self-made)	OPEN LOOP every "I should deal with that"
Total			

Read the ledger

	Decision load	Context switch	Interruption	Open loops
Two-day total				
My Scorecard group score (0-4)				
Do they rhyme?				

Self-interruptions () as a fraction of my interruption column: _____

My highest column was: _____

My lowest Scorecard Leak group was: _____

The column that ran highest is very likely the group you scored worst on. That correspondence — felt rather than told — is what turns a number into a map.

What you may feel, offered as a prediction to test. Around midday of the first day: mild horror at the volume, then relief at the reframe. A page covered in marks is not evidence of fragility. It is evidence of a system with four open drains and no gauge, kept solvent through sheer effort. The marks were never a verdict. They are a map of where the money goes.

Photocopy-friendly. From *Thought Margin: Reclaiming the Capacity to Think in the Age of AI* by Rachael-Renée Rychling. Free to print for personal use.