

CHAPTER 9 • MARGIN MOVE

The Week Redesign

Five moves, one week.

Take next week’s calendar and redesign it in five specific moves. Not all of them perfectly. Just really.

1 • CUT TWO DEMANDS

From your Structural Audit, actually remove two things (one E and one S or H). This week. Feel the world absorb it.

Cut 1: _____

Cut 2: _____

2 • BATCH ONE CATEGORY

Pick one type of scattered decision or task and give it a single defined block instead of letting it drizzle across the week.

Category: _____

Its block (day and time): _____

3 • PLACE THREE BUFFERS

Three deliberately empty slots — after the things that overrun, before the things that matter. Buffer is not what is left over. It is placed first.

	Day	Time	It protects...
Buffer 1			
Buffer 2			
Buffer 3			

4 • BOOK ONE MARGIN HOUR

One standing, defended, genuinely open hour. On the calendar. Named. Protected like a client.

Day and time: _____

What I will call it on the calendar: _____

5 • WRITE ONE BOUNDARY AS AN IF-THEN

One script, pre-decided, for the demand you know is coming. Boundaries are contracts, not walls — so say what you *will* do, not only what you will not.

"If _____, then I will _____."

Then put a reminder thirty days out to take the Scorecard again. You have a "before" number. Redesign the week, live it for a month, and take the reading again. The gap between the two numbers is the only proof that matters, because it is yours.

	Date	Index (optional)	Lowest group
Before			
After 30 days			

What I noticed

One or two lines, written now while it is fresh. Reflection is a deposit — Chapter 7 — and this is the cheapest place in the book to make one.

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.