

CHAPTER 12 • MARGIN MOVE

The Twenty-Minute Rebuild

Twenty minutes, three zones, once — then quarterly.

This is the move that routes around willpower entirely. Your environment is already designed — mostly by parties whose interests are not yours. Twenty minutes, three zones, aimed by your own Scorecard at your own leaks. Set a timer.

THE PHONE • 8 MINUTES

- Notifications to an allowlist: silence all, grant back only the two or three that earned it.
- Bury your single worst leak-app off the home screen, and log out of it.
- Set tonight's charging spot — in another room.

The app I buried: _____

Notifications I kept: _____

Charging spot: _____

THE WORKSPACE • 7 MINUTES

Put one friction *in front of* your top leak (your Scorecard's worst Leak group) and take one friction *away from* your top missing deposit (your worst Reserve group). Your reading diagnosed both. Now build the room around exactly them.

My worst Leak group: _____

Friction I added in front of it: _____

My worst Reserve group: _____

Friction I removed from it: _____

ONE HOUSEHOLD ZONE • 5 MINUTES

Pick one shared space — the dinner table, the entryway — and set one shared default: the bowl, the screen-free zone, the visible signal. Then have the thirty-second conversation that makes it a contract instead of a decree.

The zone: _____

The shared default: _____

Who I agreed it with: _____

The maintenance clause. Environments drift. Apps update and silently re-enable notifications; exceptions accrete; the phone bowl migrates to nowhere. Put the friction audit and the Scorecard re-measure on the calendar together, four times a year.

	Q1	Q2	Q3	Q4
Friction audit date				
Done				

You will feel it by the following Tuesday — not as new willpower, but as the strange, welcome quiet of a building that has finally stopped pulling at you.

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.