

CHAPTER 14 • MARGIN MOVE

The Decision Journal, AI Edition

One month of consequential AI-assisted decisions.

This is the tool that trains the defining professional skill of the decade: *calibrated trust* — knowing when to lean on the machine and when to override it. It is the Decision Ledger from Chapter 11, evolved for the age of the machine.

For every consequential AI-assisted decision this month, record five things. The first of them **before you look**.

Field 0 is the only asset in this journal you can book before the transaction — and the only one you cannot book after.

Thirty seconds, written before the output arrives: what you expect, what you would lean toward, or — honestly — that you do not know. Field 2's comparison is the whole engine of calibration, and a comparison needs something of *yours* on the other side. Try to form it afterward and you are not comparing. You are remembering, with the machine's answer already in the room, and memory under those conditions flatters everyone.

ENTRY 1

The decision: _____

Date: _____

0 • My read, before I look

1 • What the machine proposed

2 • What I changed, and why (or: why I accepted it as-is — name the judgment)

3 • My confidence: _____ % (a probability, not a feeling) **4 • Outcome review date:** _____

ENTRY 2

The decision: _____

Date: _____

0 • My read, before I look

1 • What the machine proposed

2 • What I changed, and why (or: why I accepted it as-is — name the judgment)

3 • My confidence: _____ % (a probability, not a feeling) 4 • Outcome review date: _____

At the review date, ask three questions

- 1. Was the machine right?
- 2. Was I right to override it — or to accept it?
- 3. Was I calibrated? (80% sure → right about 80% of the time?)

ENTRY	MACHINE RIGHT?	I WAS RIGHT TO...	CALIBRATED?

The two ways judgment fails at zero. *Rubber-stamping:* you approve the output because evaluating it properly is expensive and you have no capacity to spend. *Blanket distrust:* you reject everything, and pay full price for the machine while getting none of its help. They look opposite. They are the same failure.

You cannot keep this journal at zero margin. You can keep it beautifully with a little reserve.

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.