

CHAPTER 15 • MARGIN MOVE

The Shared Reading

The only tool in this book you cannot do alone.

The last tool in this book is the only one you cannot do alone, and it is placed last on purpose.

Take the Scorecard *with* someone who matters to you — a partner, a close friend, a teenage kid old enough to be honest with you. Each of you fills it out separately. Then sit down together and do three things.

1 • COMPARE SHAPES, NOT SCORES

The point is not who is more depleted. This is not a competition to win by being the most exhausted. The point is to see each other's pattern: where each of you leaks, where each of you is starved, what the other has quietly been carrying that you never understood.

GROUP	ME	THEM
1 • Decision Load		
2 • Context Switching		
3 • Interruption Exposure		
4 • Open Loops		
5 • Recovery		
6 • Reflection Time		
7 • Attention Restoration		
8 • Planning Buffer		
Lowest group — the one we circled		

2 • SAY WHAT YOU SAW

Tell each other one thing the other person's shape helped you understand. *Oh, that's why.* Compassion lives in that sentence.

What I understood about them: _____

What they understood about me: _____

3 • EACH PLUG ONE LEAK — FOR THE OTHER'S BENEFIT

Not for yourself. Each of you names one leak you will plug *for the other person's sake*: the work calls you will stop taking at dinner so you are actually there; the deposit you will protect so you have something left to give them. One each. For each other.

I will plug: _____

They will plug: _____

We will check in on: _____

The book began with you, alone, measuring your own account. It ends with you and the people you love designing your margin together — because your margin was never only yours.

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.