

THE WHOLE BOOK, ON ONE PAGE

The Margin Cycle

Six moves, one loop. Everything else was detail.

Fifteen chapters gave you a diagnosis, an economy, a system and a purpose: a new scarcity and why it is the real one; an account with withdrawals, deposits and debt; tools to protect and rebuild the balance; and an answer to the only question that ever mattered — *margin for what*. Here is all of it, compressed to a loop you can run for the rest of your life.

	THE MOVE	WHERE IT LIVES
①	MEASURE. It begins, always, with the honest number — and the willingness to look.	Chapter 4
②	PLUG. Stop the drains first. There is no point pouring water into a bucket full of holes.	Ch. 5–6, 9, 12
③	DEPOSIT. Refill with what actually restores — rest, restoration, reflection, slack — and protect the deep hours.	Ch. 7, 9–10
④	PAY DOWN. Clear the compounding backlog of open decisions: inventory, triage, close, grieve.	Chapter 11
⑤	INVEST. Spend the surplus on what a depleted mind cannot afford — creativity, judgment, presence. This is not what is left over after the work. This is the work.	Ch. 13–15
⑥	RE-MEASURE. Take the number again, and begin again. This was never a finish line.	Chapter 4, again

Travel light

This book named a lot of instruments, because building them required names. You do not have to carry them all out. Six ideas earn permanent residence:

- **Margin** — the reserve left after the day’s demands are met.
- **The four leaks** — decision load, context switching, interruption exposure, open loops.
- **The four deposits** — sleep, attention restoration, reflection, slack.
- **Decision debt** — every decision you do not make charges interest.
- **The Scorecard** — eight numbers, and the gap between the two families.
- **Enough** — margin as a claim about sufficiency.

Everything else — the ledgers, the audits, the maps, the moves — was scaffolding for those six, and scaffolding is meant to come down once the structure stands. If in a year you remember nothing but the six and your number, you kept everything that mattered.

You were never out of time.

The whole set. A Chapter Essentials sheet for each of the fifteen chapters, the Thought Margin Scorecard, the printable My Margin Profile page and all fourteen Margin Move worksheets are at ThoughtMargin.com/worksheets. Chapter 4 has no Margin Move — the Scorecard is the exercise. · From *Thought Margin: Reclaiming the Capacity to Think in the Age of AI* by Rachael-Renée Rychling.