

THE PRINTABLE RECORD

My Margin Profile

Eight numbers and a date. Your before photo – and every reading after it.

Chapter 4 asks you to write your eight numbers where you will find them again. This page is that place. Each group scores 0–4, and higher is always more margin. The optional Index is the average of the eight, times 25.

GROUP	READING 1 date _____	READING 2 date _____	READING 3 date _____	READING 4 date _____
1 · Decision Load				
2 · Context Switching				
3 · Interruption Exposure				
4 · Open Loops				
5 · Recovery				
6 · Reflection Time				
7 · Attention Restoration				
8 · Planning Buffer				
Leak family (average 1–4)				
Reserve family (average 5–8)				
The gap between the families				
Index (optional, ×25)				

Each time you read it

Reading 1

My lowest group — the one I circled: _____

The one change I am making for thirty days: _____

Reading 2

My lowest group — the one I circled: _____

The one change I am making for thirty days: _____

Reading 3

My lowest group — the one I circled: _____

The one change I am making for thirty days: _____

Reading 4

My lowest group — the one I circled: _____

The one change I am making for thirty days: _____

Your lowest score is not your weakness. Change one thing for thirty days, then take this reading again.

Reading the shape. A low Leak family means you are draining fast. A low Reserve family means little is flowing back in. Draining fast while refilling decently → start at Chapter 5. Drains sealed but nothing flowing in → start at Chapter 7. Both running hard → you are solvent only on days when nothing goes wrong. Both quiet → the question is not how to cope but what you would do with a surplus.

What changed between readings

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.