

Log.

M. O.

Nov. 2025

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November 1, 2025
(Sat)

November 2, 2025
(Sun)

November 1, 2025 (Sat)

Fact

Spent the morning writing a resume and completed a high-quality draft in collaboration with Gemini.

Visited a bookstore in the afternoon to look for life-hack books on generative AI, but none seemed to capture what I was looking for.

In the evening, had South Indian food in Shibuya with a friend. The city was packed with people, likely because of Halloween.

Chose a new name for my sole proprietorship: 'Quant Marketing Lab.'

Event

Felt deeply impressed by the process of co-creating with generative AI and experienced its potential firsthand.

Walking through the dense crowd of Shibuya was physically exhausting, yet reaching the restaurant and enjoying the meal brought relief and satisfaction.

On the way home, exchanged thoughts with my friend about the books we are reading, which rekindled my motivation to read.

Reflection

The urge to master AI has been intensifying each day, accompanied by a faint sense of urgency.

The noise and congestion of the city drain my energy, reaffirming that I function best in calm and solitary environments.

Given the speed of AI's evolution, there is a quiet anxiety about how long today's learning will remain relevant.

Insight

Generative AI is not merely a tool but a creative partner that enhances the quality of thought itself.

Learning is less a matter of training for output than a continuous renewal for adaptation.

The birth of the name 'Quant Marketing Lab' has provided a coherent sense of direction to my intellectual endeavors.

Next Step

Continue hands-on collaboration with generative AI for at least half a year, cultivating both technical fluency and creative agility.

Dedicate tomorrow to reading—progressing through 'Childhood's End' and the AI-related books at hand.

Secure quiet spaces and uninterrupted time to regain the depth of contemplation that nourishes my thinking.

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M. O.

November 1, 2025
(Sat)

November 2, 2025
(Sun)

November 2, 2025 (Sun)

Fact

Spent the entire day working at home with deep concentration.

Developed a script to automate the generation of MBA lecture notes.

Built a system that transcribes audio using OpenAI Whisper and automatically generates LaTeX-formatted notes from a prompt template.

Worked continuously for about twelve hours from noon until night without a single break.

Enjoyed the usual family breakfast at McDonald's in the morning, and noticed my two-year-old daughter showing curiosity about the computer.

Event

Felt a strong sense of delight when the script worked far better than expected, automating tasks and producing high-quality output.

Found satisfaction in pursuing efficiency driven purely by personal initiative rather than external pressure.

The sight of my daughter reaching for the computer was endearing, adding warmth to an otherwise intense day.

Reflection

Reaffirmed a tendency to immerse completely in work once focused, often pushing myself to the limits of endurance.

Realized that mastering AI is not about mechanical operation but about providing it with high-quality data and precise instructions.

While automation enhances efficiency, it also raises questions about how best to apply one's creative thinking.

Insight

Experienced firsthand that AI and humans, though playing different roles, exist in a complementary relationship.

Understood that 'coexistence with AI' is essentially a challenge of how clearly humans can design intent and structure.

Saw in the natural coexistence of technology and family life a hint toward the future of human work.

Next Step

Continue reading specialized books on generative AI utilization to broaden the scope of collaboration with AI.

Consciously take breaks even during long hours of work, maintaining a rhythm between focus and recovery.

Evolve the current system into a reusable and general workflow that can support both study and professional projects.

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