

Log.

M. O.

Nov. 2025

# 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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