

Log.

Author

Nov. 2025

Fact

The morning was spent creating a resume, collaborating with Gemini to produce a high-quality result.  
An afternoon visit to a bookstore in search of generative AI life-hack books yielded no suitable finds.  
In the evening, met a friend for South Indian food in a bustling downtown area, crowded due to the Halloween season.  
A new business name, "Quant Marketing Lab," was established for personal projects.

Event (Impression)

A strong sense of awe at the potential of generative AI, realizing its possibilities through co-creation.  
Navigating the downtown crowd was physically exhausting, but a sense of relief came upon reaching the restaurant and enjoying the meal.  
The walk home, spent discussing books with a friend, sparked a renewed motivation for reading.

Reflection (Analysis)

A desire to master AI is growing stronger daily, bringing with it a feeling akin to impatience.  
The urban noise and crowds are draining; a reaffirmation that performance is best in a quiet environment.  
The rapid pace of AI evolution raises concerns about the long-term viability of current learning.

Insight

Generative AI is not just a tool, but a creative partner that enhances the quality of thought.  
Learning is not "training to produce results," but "continuous updating to adapt to change."  
The new business name, "Quant Marketing Lab," provides a clear direction for intellectual activities.

Next Step

Continue practical collaboration with generative AI for at least six months to refine operational skills and ideation.  
Tomorrow will be a dedicated reading day, progressing through "Childhood's End" and other generative AI books on hand.  
Secure quiet time and space to regain depth of thought.

November 1, 2025 (Sat)

November 2, 2025 (Sun)

November 3, 2025 (Mon)

November 4, 2025 (Tue)

November 5, 2025 (Wed)

November 6, 2025 (Thu)

November 7, 2025 (Fri)

November 8, 2025 (Sat)

# November 2, 2025 (Sun)

## Fact

The entire day was spent in deep work at home.

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

Built a system using OpenAI Whisper for transcription, feeding into a prompt template to auto-generate LaTeX notes.

A 12-hour stretch of deep work from noon until night, without breaks.

The morning included the family routine of a fast-food breakfast; the 2-year-old daughter showed interest in the computer.

## Event (Impression)

A sense of wonder at how well the script performed, automating tasks and producing high-quality output.

A feeling of fulfillment derived from self-directed efficiency, rather than external instructions.

The sight of my daughter trying to touch the computer was endearing, a moment of warmth amidst the busy day.

## Reflection (Analysis)

A reaffirmation of the tendency to work to the point of exhaustion once focus is engaged.

Realization that mastering AI is less about operation and more about providing high-quality data and instructions.

While efficiency increases, the need for one's own creative thought is also called into question.

## Insight

Experienced firsthand the complementary relationship between AI and humans, each fulfilling different roles.

"Coexistence with AI" is also a challenge of human intention and structural design.

The natural coexistence of technology and family life holds clues for the future of work.

## Next Step

To expand the scope of collaboration with generative AI, read specialized books on its application.

Consciously integrate breaks during long work sessions to establish a rhythm of focus and recovery.

Refine this system into a versatile workflow that can be reused for other learning and business tasks.

Log.

Author

November 1, 2025 (Sat)

November 2, 2025 (Sun)

November 3, 2025 (Mon)

November 4, 2025 (Tue)

November 5, 2025 (Wed)

November 6, 2025 (Thu)

November 7, 2025 (Fri)

November 8, 2025 (Sat)

### Fact

A quietly busy day spent creating MBA lecture notes with generative AI.

A sense of efficient learning emerged as methods for data handling and prompt creation became more refined.

A plan to share the lecture notes with the company, aiming to elevate the team's collective knowledge.

**Event (Impression)**

A sense of accomplishment at moments of effective prompting.

The satisfaction of the learning process becoming more systematic and internalized.

A realization that being observed by others can enhance motivation and maintain quality.

### Reflection (Analysis)

Realized that quiz-style outputs shift passive listening into active inquiry.

Recognized a personal trait: concentration and understanding deepen when learning is structurally designed.

### Insight

Crafting precise instructions for AI doubles as training for one's own thought organization.

Externalizing the learning structure via AI is an effective way to train the mind efficiently.

### Next Step

Learn more advanced applications of generative AI to utilize it at a deeper level.

Invest time not only in the MBA topics but in the study of generative AI itself to boost intellectual productivity.

November 1, 2025  
(Sat)

November 2, 2025  
(Sun)

November 3, 2025  
(Mon)

November 4, 2025  
(Tue)November 5, 2025  
(Wed)November 6, 2025  
(Thu)

November 7, 2025  
(Fri)

# November 4, 2025 (Tue)

## Fact

Started the day slowly after a late night, securing about 8 hours of sleep.  
Ate bakery bread, bought by my wife, for brunch; it was delicious, even for the second day in a row.  
Held a meeting with the marketing team at 12:30 PM.  
Organized MBA lecture videos and created corresponding notes.  
Development work involved building a historical table for real-time data, utilizing AWS Lambda and EventBridge.  
The evening was spent reading Schumpeter, reflecting on "creative destruction" and "new combinations."  
Prepared and ate steamed chicken for dinner, heading to bed around 9 PM.

## Event (Impression)

A day defined by a sense of fulfillment and calm, allowing for deep, focused work in a quiet environment.  
A comfortable feeling as natural questions emerged while creating MBA notes, fostering a sense of inquiry.  
Small joys, like the delicious bread, coexisted with intellectual fulfillment.  
A strong sense of both accomplishment and curiosity.

## Reflection (Analysis)

Immersing in long, focused work felt true to character.  
At the same time, a sense of needing to balance this introspection with external interaction arose.  
The process of giving form to knowledge, not just absorbing it, is the true source of fulfillment.

## Insight

Reading Schumpeter provided insight into the true flow of innovation: "destruction → new combination → creation."  
An interest in understanding capitalism from a non-Marxist perspective deepened, sparking a desire to grasp the world's mechanisms more broadly.  
Learning thrives in a cycle of quiet reflection and practice.

## Next Step

Attend the new MBA lectures starting tomorrow, using the note-taking process to deepen reflection.  
Organize administrative tasks (company messages, mail) to approach new learning with a clear mind.

Log.

Author

November 1, 2025  
(Sat)

November 2, 2025  
(Sun)

November 3, 2025  
(Mon)

November 4, 2025  
(Tue)

November 5, 2025  
(Wed)

November 6, 2025  
(Thu)

November 7, 2025  
(Fri)

November 8, 2025  
(Sat)

November 5, 2025 (Wed)

### Fact

Woke at 4 AM and dove into a full day of development work.

Shared accumulated MBA knowledge memos internally, aiming to elevate the team's skill level.

The completed BI dashboard catalog was shared with employees, receiving a positive response.

A request to develop a new marketing system came during an afternoon meeting; assigned as the lead developer.

Recognizing the high-load state, took a deliberate trip to a bookstore after work to buy a textbook on time-series analysis.

**Event (Impression)**

The day began with a vivid dream about receiving a large sum of money.

A deep satisfaction from having the work's "value" recognized, beyond simple task completion.

A conscious "disconnection" by physically stepping away from the PC, acknowledging the state of overwork.

### Reflection (Analysis)

The "flow state" that lasted from the morning, while immersive, also brought an objective concern about personal capacity.

When the new request arrived, the immediate feeling was concern over capacity rather than excitement for the challenge—a sign of continuous high load.

The pressure that remains even after tasks are delegated is a reminder that responsibility isn't measured by volume alone.

## Insight

Realized that results born from high concentration (the dashboard) quickly return as new, larger expectations (the new system).

A physical change of scenery (bookstore) combined with a new, related intellectual stimulus (time-series analysis) can be an effective reset for mental saturation.

### Next Step

The first step is to apply the insights from the time-series analysis textbook to the new marketing system's development.

In parallel, explore its application to stock analysis, fostering pure intellectual curiosity and broadening its scope.

## Fact

The morning involved fixing a bug in an analysis dashboard, followed by a hurried preparation to go out.  
Met a friend for an unusual foreign dish (a stew) in the city, followed by coffee.  
Purchased several specialized books: quantum computing, stochastic differential equations, and generative AI in investing.  
Visited company offices in multiple locations, receiving a company logo T-shirt.  
Attended an evening lecture on category theory by a mathematician at a location in the city, getting a book signed and a brief chat afterward.

## Event (Impression)

While the conversation was enjoyable, the "novelty and flavor" of the foreign dish itself left a strong sensory impression.  
The brief conversation with the author after the lecture is remembered as a moment of intellectual stimulation.

## Reflection (Analysis)

Direct contact with an expert evokes pure "intellectual excitement" and simultaneously a strong, introspective desire to "study more."  
The morning rush is noted as a simple fragment of fact, having no lasting impact on the day's mood.

## Insight

A reaffirmation that this intellectual curiosity is not event-driven but constantly directed toward foundational mathematics, like diffusion models or general relativity.  
Awareness of the need to consciously manage this intake, evidenced by deferring a purchase (a Riemannian geometry text) to avoid "intellectual indigestion."

## Next Step

Move forward with reading the newly acquired specialized books, particularly stochastic differential equations, to deepen the mathematical understanding of these fields.

### Fact

Went out with my wife to a government office to renew public support documents.

Paused at a park en route, introducing my wife to a dark beer, which she seemed to enjoy.

My wife is in a cyclically high-energy mental state and spoke of wanting to start a YouTube channel for her art.

After returning home and picking up our daughter, met a friend locally, visiting a pub and a sushi restaurant, and drinking alcohol for the first time in six months.

The consequence of drinking was feeling unwell into the next morning.

## Event (Impression)

A sense of "accomplishment" from completing a pending administrative task, lifting a mental burden.

A quiet satisfaction in sharing a peaceful moment in the park, and in my wife finding a new beverage she enjoys.

### Reflection (Analysis)

Regarding my wife's new motivation, there's an equal mix of a desire to support her and "anxiety," given the understanding of her mental biorhythms.

Having felt apologetic about inviting a friend to my local area, it was a pleasant surprise to find that the friend genuinely enjoyed the place.

### Insight

After six months without alcohol, this experience clearly reconfirmed a physical incompatibility with it.

The optimal support for my wife during her energetic periods is "observation" and respecting her rhythm, rather than active intervention.

### Next Step

Continue to support my wife's ambitions in a way that respects her autonomy, without excessive interference.

Maintain the decision to "absolutely not drink" alcohol, based on this clear physical feedback.

## Author

November 1, 2025  
(Sat)

November 2, 2025  
(Sun)

November 3, 2025  
(Mon)

November 4, 2025  
(Tue)

November 5, 2025  
(Wed)

November 6, 2025  
(Thu)

November 7, 2025  
(Fri)



## Fact

A small amount of alcohol last night led to a hangover this morning, though recovery was complete by the afternoon.

Attended a regular appointment at the clinic to continue prescriptions.

Upon learning the attending doctor will be moving to a different location as hospital director next year, expressed the intention to continue seeing that same doctor.

Finished reading a textbook on "English Learning with Generative AI" and a separate book on "High-Frequency Trading."

In the evening, reading of "Childhood's End" continued, reaching the story's climax.

## Event (Impression)

The afternoon, post-recovery, was spent focused on reading, bringing a sense of intellectual fulfillment.

## Reflection (Analysis)

Finishing the AI how-to book brought an awareness—and impatience—that "without practice, there is no retention," a core tenet of a personal learning style.

The decision to follow the doctor, even if it requires changing clinics, stems not only from long-term "trust" but also from the "potential for future collaboration" as the doctor takes on a management role.

## Insight

Experiencing a distinct hangover from a minimal amount of alcohol served as clear physical evidence, reinforcing yesterday's conclusion that alcohol is incompatible with this constitution.

There is a clear need to "accelerate" intellectual activities, which now requires "investing" in paid generative AI services beyond the limitations of free tiers.

## Next Step

Put the concepts from the generative AI textbook into practice by actively using prompts and other hands-on methods.

Move forward with evaluating and subscribing to a paid generative AI plan as an investment in intellectual productivity.