

Log.

M. O.

November 1, 2025
(Sat)

November 2, 2025
(Sun)

Monday,
November 3, 2025

Log.

M. O.

Nov. 2025

November 1, 2025
(Sat)November 2, 2025
(Sun)Monday,
November 3, 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.



November 1, 2025
(Sat)November 2, 2025
(Sun)Monday,
November 3, 2025

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.



Monday, November 3, 2025

Facts

The day was quietly busy, spent creating MBA lecture notes with the assistance of generative AI.

My methods for data handling and prompt crafting grew more refined, giving me a sense that my learning process is becoming more efficient.

This led to the idea of sharing these lecture notes at work to help elevate the entire team's learning.

Events & Impressions

There was a distinct sense of accomplishment at moments when I successfully crafted an effective prompt.

A feeling of fulfillment arose as the learning process started to become gradually systematized within my mind.

It became clear that having an audience (even an implied one) provides motivation for persistence and helps ensure quality is maintained.

Reflection & Analysis

Having the AI generate outputs in a quiz format proved effective; it became apparent that this transforms passive lecture content into active engagement with the material.

Designing 'learning' as a structured system clearly deepens my own concentration and understanding—a personal-trait this process reaffirmed.

Insights

Crafting precise instructions for the generative AI is, in itself, direct training for organizing one's own thoughts.

Externalizing the learning structure through the AI provided a tangible experience of how thinking skills can be honed more efficiently.

Next Steps

The goal now is to learn more advanced applications of generative AI, enabling its use at a much deeper level.

Time will be invested not only in the MBA studies but also in learning about generative AI itself, with the aim of enhancing overall intellectual productivity.

Log.

M. O.

November 1, 2025
(Sat)

November 2, 2025
(Sun)

Monday,
November 3, 2025