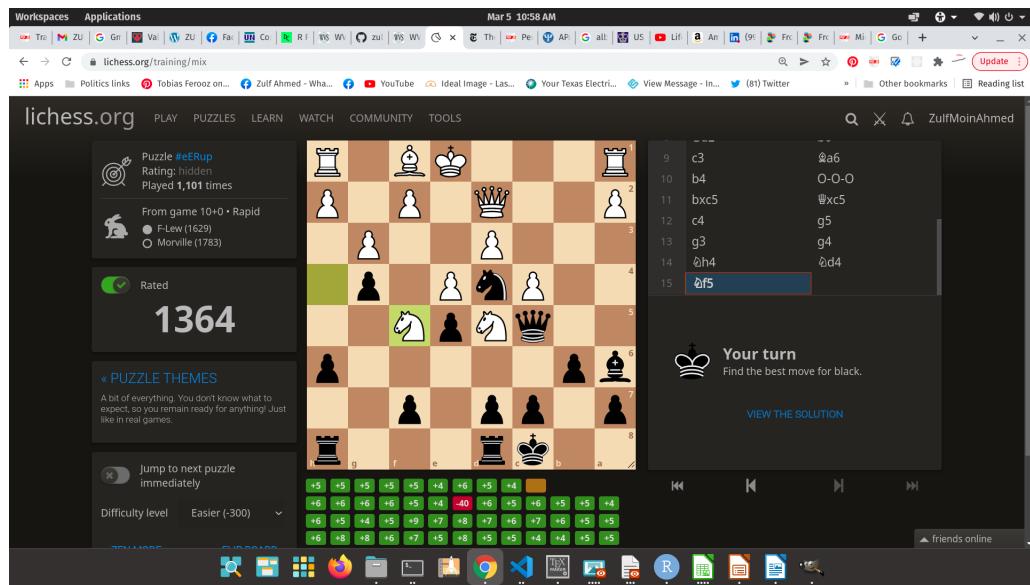


MARCH 5 2022 10:58 AM ZULFIKAR MOINUDDIN AHMED RETURNS TO MOTIVATIONS AND ACTIONS

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1. CHESS RATING STILL AT 1364



It turns out that the practice in Lichess.com penalises by -40 every time I fail and so I have some fluctuation in ratings estimate. It will take me some months of serious practice before I reach 1900-2000 which is my goal. I can see that practice reduces my error probability after some time.

2. PRACTICE IN CHESS IS A MICROCOSM FOR HUMAN ACTION

I have been obsessed with the idea that Habituation is the most important feature of human behaviour. I do not mean this frivolously at all.

We know that Importance of Work In Life is a universally important feature, around 93% of the globe believe so. But let's look at Importance of Leisure. My major point is that everything we humans actually do, we do with habituation to varying degrees, whether professional work or hobbies, all things require practice for us. And the physiological circuitry of habituation is the factor to our continuing to do anything at all.

Date: March 6, 2022.

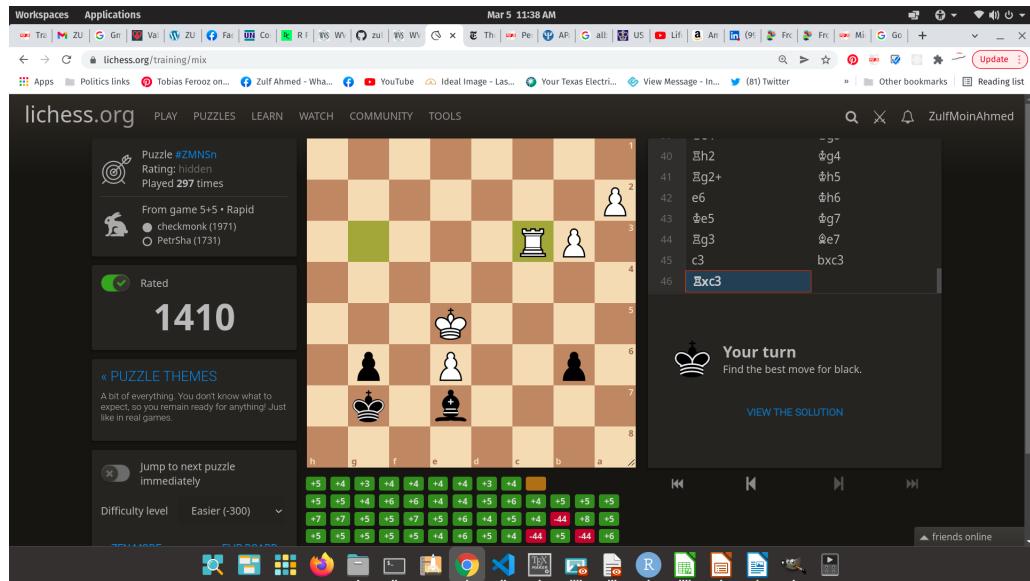
I love to read, and I have here many of my favourite works. Virginia Woolf's *Mrs. Dalloway* and *To The Lighthouse* are among them. It does take some practice to read too, even when it is not for professional work.

This issue, that it takes practice even for one's non-professional activities, to become a better reader, this is crucial to understanding the universality of habituation.

Why would you spend this sort of effort for personal interests? The answer is quite simple. When you expend effort on what is pleasing to you, even a substantial amount of effort, you actually get satisfaction from that expenditure. It does not matter if you are better or worse at it than some random bloke somewhere. It's your own thing, and you do it because you love it. So the effort does not feel like exhausting grueling toil.

All human activity has this quality for habituation. Even the things that seem effortless required habituation at some earlier point in life.

3. MY CHESS RATING REACHES 1410



Just as I suspected, I am slowly finding my groove in chess with a large number of puzzles. And this is precisely the central issue of human activity. We practice, not with the same frequency as something simple like chess but it's the same thing. We begin to get the groove of some things and those things become our activities.

4. THESE CONSCIENCELESS GENOCIDAL MEGALOMANIACS LIKE BILL GATES OUGHT TO BE PHYSICALLY DESTROYED

I don't really give a damn whether this Microsoft succeeded or not. Their products are not all that good. Bill Gates achievements are mostly sham con artist work.

Much more important is that he is a genocidal megalomaniac who used US War Power and US Industrial Power in an American man's Deep Interior proving that (a) he is a career murderer, and (b) he is a grave threat because of his racial superiority convictions to 100 million non-white Americans and billions around the world.

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world. Extremely evil conscienceless psychopathic pathologically lying deceptive genocidal megalomanics do not belong alive on Earth at all. He ought to be destroyed immediately by the United States Government. I consider it my duty of Conscience to ensure this.

5. MIDDLING CHESS 1300 LEVEL

I am most annoyed that I am not even getting to 1500 yet.



I don't like this one bit. I wouldn't put it past Lichess to have special programs to bias my ratings. It cannot be. It cannot be that I, Zulfikar Moinuddin Ahmed, immortal genius will get permanently middling around this 1305 and not even 1750.

But thankfully I am not *Bill Gates* and did not inflate my SAT score. It was 1450. His score was closer to 1290 not 1590. Ah the curse of Honesty as a Virtue. I could have just had 1300 ELO and claimed 2850 easily. It's tragic, I tell you.

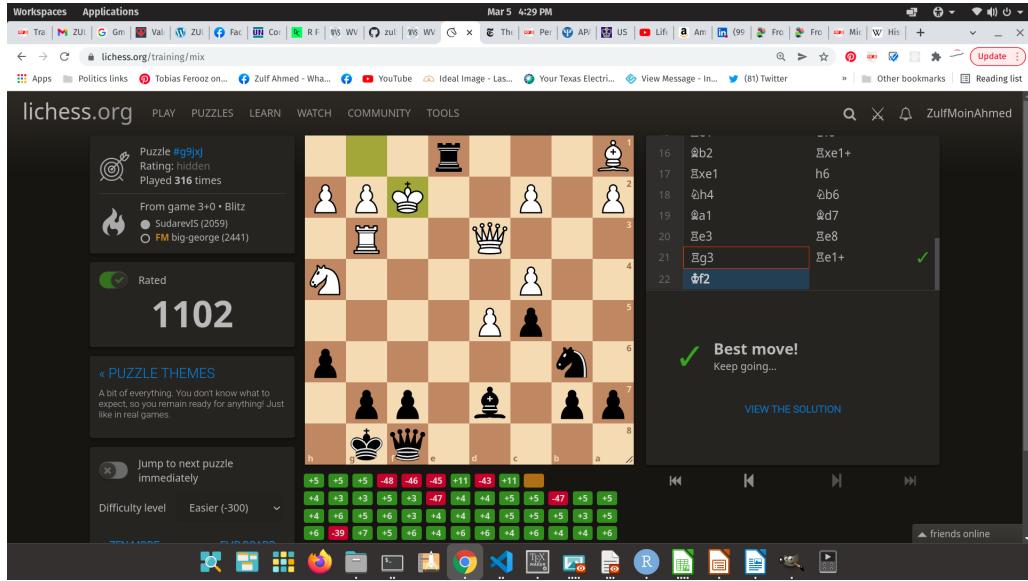
6. INDIANS INVENTED CHESS

This is so sad and embarrassing. I just learned that Indians invented chess, and then it spread to Persia, 1500 years ago. And I am Asian-American with Bengali lineage. Fine, my ratings can be mediocre right now but I have an idea. I can accuse the West of *imperialistic cultural appropriation* and put them off-guard and then when I get a good rating I'll back off.

7. MY CHESS RATING DROPPED TO 1100

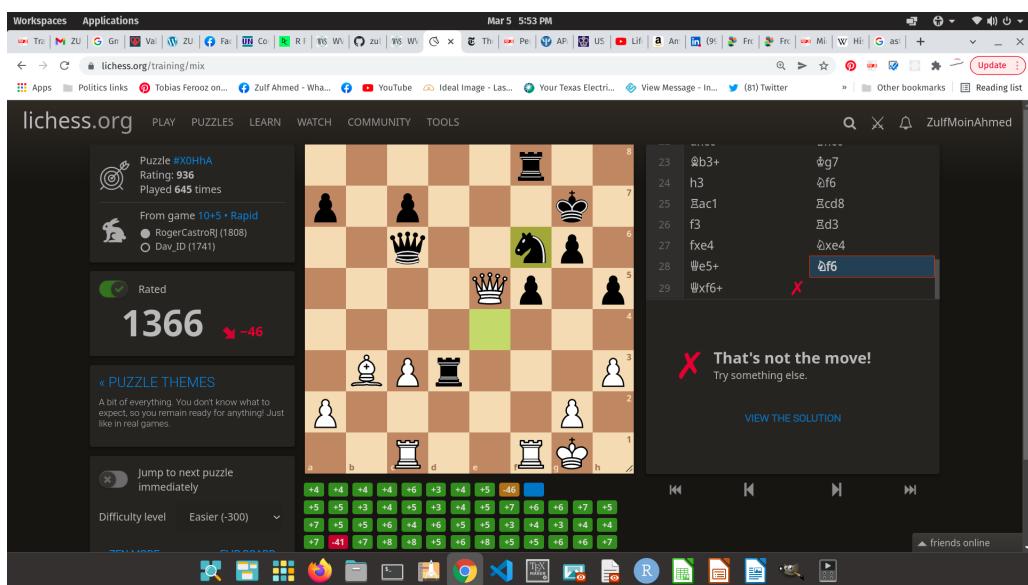


Zulf, just calm down. It's just a stupid game, Zulf. You'll be fine. Relax. Breathe in. Breathe out.



That's true. It's just a stupid game invented by Indians. Just a stupid Indian-invented game.

8. MY CHESS RATING REACHES 1366



In a few months I will expect these dismal middling rating figures to improve, but I am tired today already. So that's the word as of March 5 2022, 5:55 PM. My chess rating stands at 1366 it will keep moving around for months.

How bad is the damage? That's Class D 67th percentile. A standard deviation better than average, and nothing special at all.

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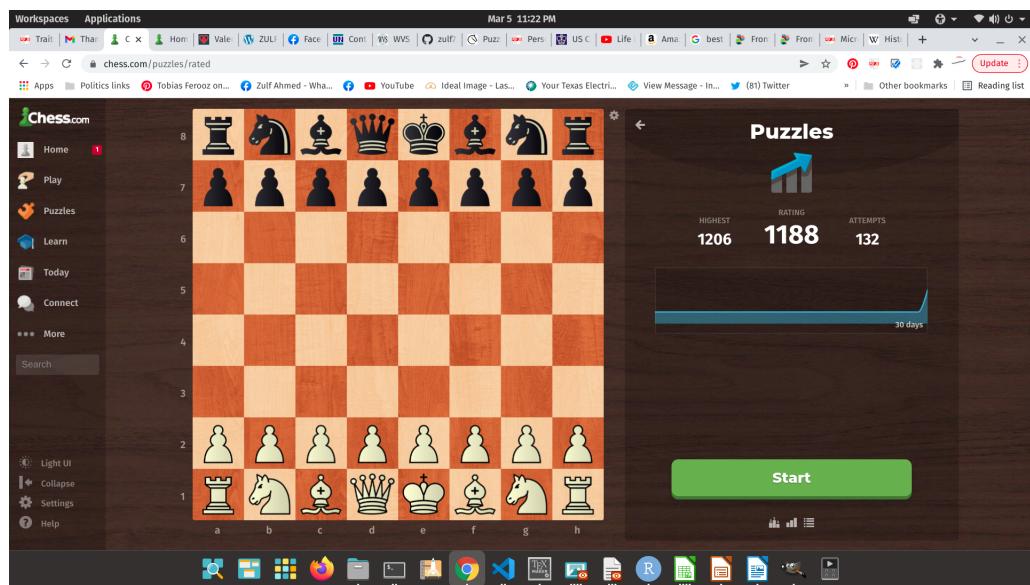
9. STANFORD UNIVERSITY AND HARVARD SHOULD OFFER ME TENURE SOON

My health is degenerating badly and my blood meta and body meta has been horribly corrupted by War Crimes of Bill Gates. It is unclear whether I will even make it through at all. I am living on disability with family instead of my own pad with real income thanks to malevolence of Bill Gates. Why don't you actually offer me tenure or contact me directly. I am not particularly impressed here.

I have plans for Quantitative Positive Psychology in San Francisco. Bill Gates blockaded \$620 million in legitimate income from Finance. I am just astounded by the nation's top universities. You don't have any shame or integrity at all? What the hell? I have done more than enough work for a strong tenured full professorship. Why don't you move on this?

I have larger ideas about a Unified Natural Science of Man but I want to apply Quantitative Positive Psychology with technology company delivery. My health is not the best. Why don't you do something here?

10. CHESS.COM PUZZLE RATING IS 1188



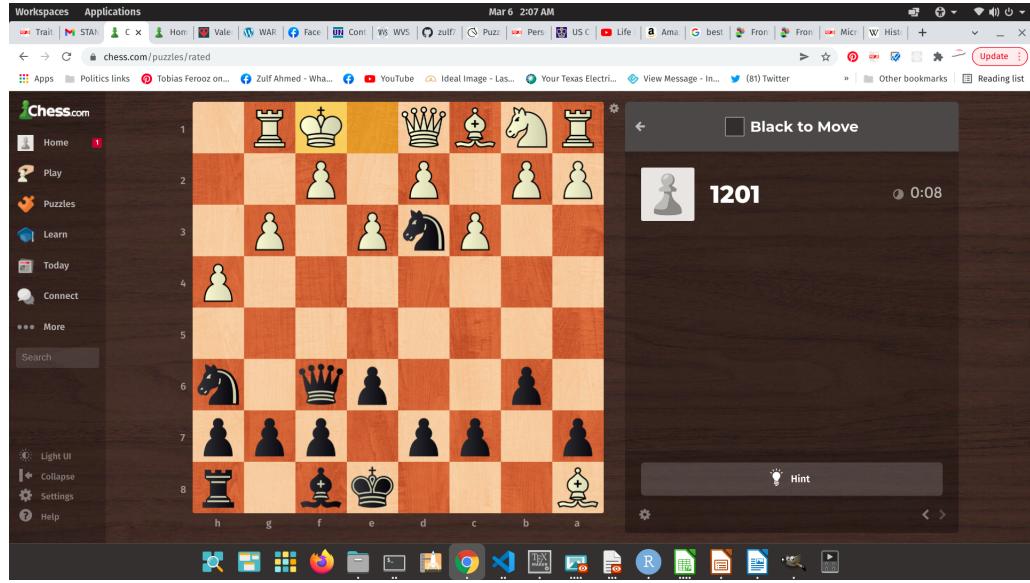
I began a new account at Chess.com as I expect their ratings system to be a bit smoother than Lichess.

Now I am doing an exercise to find if there is a steady improvement of my rating in months to reach levels like 1750-2000 which I believe will be possible in perhaps a year or two with practice.

I am interested in *Habituation* more than chess frankly. I believe Habituation is deep and will reveal much more than the current theories of motivation psychology.

11. CHESS.COM RATING 1201 REACHED

It is March 6 2022 2:08 AM. I have reached 1201 rating in Chess.com puzzles. This is confirmation, at least to myself that my natural chess rating is at least 1200 for puzzles. That's really reasonable.



This is graphical proof. I won't do more work.

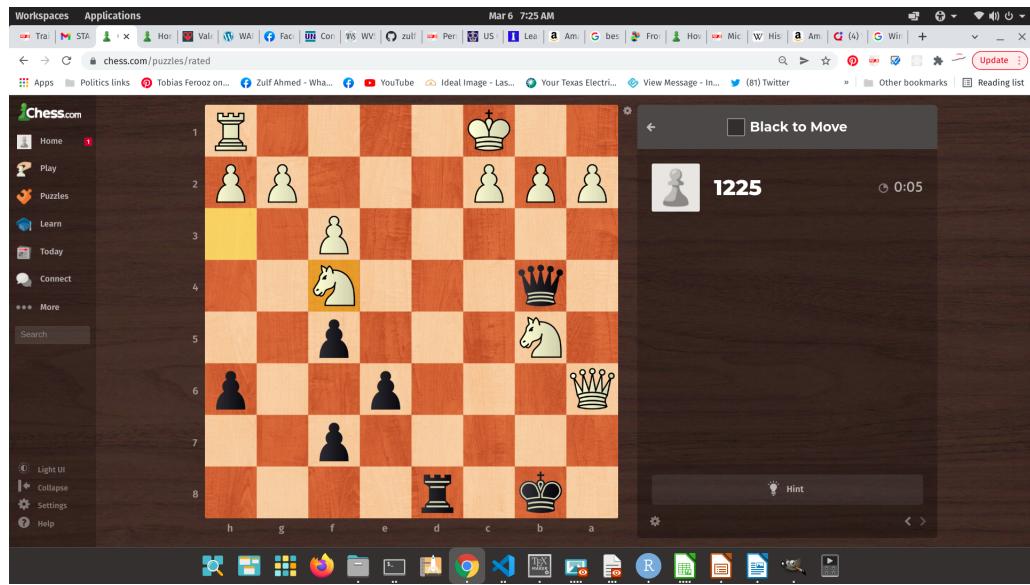
At this point my estimate is that it will take effort and practice to get to 1700-2000. I would be conservative and say I can reach 1700 within a year and 2000 in three years.

Note that I am becoming more serious about the estimates now. That's because I am serious about how to understand the properties of habituation. I am *not* a lifelong chess player so this is a good experiment. There are nontrivial new things I have to learn to be able to get further.

12. MY CHESS RATING REACHES 1233 IN CHESS.COM

I am going to keep trying to raise my rating with Puzzles alone and it is now 1233. I am not an avid lifelong chess player so I will just relax and take my time on this.

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It's a bit depressing but I am not trying to prove anything, just that habituation is the path for human beings to be doing anything at all.