

RADICAL COMMITMENT

RADICAL COMMITMENTS: 2024 EDITION

What is Radical Commitment?

Radical commitment is about devotion that transcends convenience, practicality, or fleeting motivation. It's a pledge to pursue what stirs the soul, aligning with deeply-held values and a vision that feels uniquely mine. It's about action—not because it's profitable, productive, or praised—but because it feels necessary. It's not always logical, but it's always vital.

Radical commitment means leaning into creation, connection, and exploration, even when it's uncomfortable or daunting. It's the courage to step outside of what's easy and to engage fully with life. It's also about constructing boundaries that support these pursuits while dismantling distractions and non-aligned obligations.

WHY RADICAL COMMITMENT IN 2024?

This year marks a shift. The groundwork of stability has been laid, and now it's time to invest in the things that matter most: creativity, relationships, learning, and self-expression. 2024 isn't just another year—it's a declaration of intent, a creative manifesto, and a year-long art project rolled into one. This is about leaving space for *what could be* while building something tangible: a life that feels deeply aligned, profoundly creative, and alive with connection.

RADICAL COMMITMENTS: 2024 EDITION (UPDATED)

CREATIVITY

- **Write 100 pieces: essays, short stories, reflections—anything that feels real and worth sharing.**
- **Create 100 short films: explorations of light, sound, movement, and emotion.**
- **Record 100 podcasts with friends: conversations that matter, capturing the beauty of shared dialogue.**
- **Make 100 songs on the KO-2: because music feels like touching the infinite.**
- **Write the Natural F* Frames book**: the most authentic and audacious thing I've ever put on paper.**
- **Build ACCAI: my AI productivity tool, with heart and depth at its core.**

LEARNING

- **Dedicate 100 hours to mathematics practice: refining skills, tackling problems, and finding joy in the logic and challenge of numbers.**

AI PROJECTS

- Complete 100 AI projects, split into:
 1. Beginner-Level (20 Projects)
 - Sentiment analysis, chatbots, basic ML models.
 2. Intermediate-Level (40 Projects)
 - Reinforcement learning, GANs, and real-world applications.
 3. Advanced-Level (40 Projects)
 - Multi-modal AI, AI ethics, and scalable systems.
 - Document progress on GitHub or a blog to showcase learning and output.

SELF-DISCIPLINE

- Complete 100 days of rising at 6 AM and sleeping at 10 PM: building a rhythm that supports focus, creativity, and health.

ACHIEVEMENT

- Write 1000 finished pages of a book: weaving together storylines, ideas, or research into something complete and meaningful.

EXPERIENCES

- Run up 100 mountains: a mix of effort, grit, and panoramic rewards.
- Go on 100 artist dates: intentional solo adventures to refill the creative well.
- Attend 15 live events: music, art, theater—anything that sparks joy.

CONNECTION

- Have 50 meaningful calls with friends, collaborators, and mutuals.

- **Host a shared space for 100 conversations: in-person or virtual.**
- **Share this document publicly so my commitments are witnessed and supported.**

SELF-EXPLORATION

- **Dedicate time to body practices: yoga, breathwork, somatic experiencing.**
- **Log 75 yoga sessions and explore other movement-based practices.**
- **Commit to screen-free weekends: one weekend a month, fully off-grid.**

PROGRESS GRID

THE GRID OF RADICAL ACTION

At the heart of this project will be a table with 100 boxes for each commitment.

Each box represents one action—one mountain climbed, one piece written, one podcast created.

Every filled box is a testament to effort, presence, and consistency.

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SOME NOTES ON HOW THIS WORKS

1. **Visibility & Accountability:**

This Google Doc will be shared openly with friends, who are invited to comment, cheer me on, or call me out if I start slacking.

2. **Flexibility:**

Life changes; commitments evolve. Radical commitment isn't about rigidity—it's about devotion to the *spirit* of the goals, even if their form shifts.

3. **Playfulness:**

This isn't meant to be a grind. Radical commitment is rooted in joy, curiosity, and a sense of adventure. It's not about hustling—it's about *being*.

WHY 100?

There's something deeply satisfying about the number 100: it's round, ambitious, but not insurmountable. It's enough to push boundaries, but not so much it feels overwhelming. 100 is a declaration of seriousness—a commitment that demands follow-through.

METHODOLOGY

The Practic

Radical commitment begins with presence: a grounded body and a clear mind. Before starting any creative session, I'll check in with myself:

- Is my body tense? Relax.
- Is my mind agitated? Breathe.
- Am I overthinking? Just begin.

Morning Pages & Morning Actions

Every morning, I'll start with something creative. Writing, music, a quick podcast riff—anything to remind myself that creation is a priority.

Micro-metrics & Wins

Each creative session is a small step. The focus is on showing up and doing the thing, not on perfection.

THE DOMAIN OF SOUL-MAKING

Every commitment feeds into a broader goal: creating a life that feels whole. These projects aren't random—they're aligned with my values and what I deeply care about. If creativity is soul-making, then these commitments are my way of piecing the puzzle together.

THE INVITATION

This is my Radical Commitment for 2024. If it resonates, feel free to adapt it for yourself—or simply follow along as I dive into this experiment in intentional living.

The stream of creativity is endless. Let's see where it takes us.

Radical Creativity

CREATIVITY

Write 100 pieces

[illegible]

Create 100 short films

[illegible]

100 covers on the guitar

[illegible]

Radical Connection

100 podcasts with friends

[illegible]

Radical Learning

Dedicate 100 hours to mathematics practice

[illegible]

Dedicate 1000 chapters of books read

[illegible]

Radical Discipline

Screen-free days

[illegible]

Complete 100 days of rising at 6 AM and sleeping at 10 PM

[illegible]

Radical Athlete

Run up 100 mountains

[illegible]

AI Projects

Furhat Robot using GPT3.5									
Embeddings with wikitext									
MNT with seq2seq & RNN's									

Beginner-Level Projects (20 Projects)

1. Build simple regression and classification models.
2. Create a chatbot using GPT APIs.
3. Develop a sentiment analysis tool for social media.
4. Visualize data using matplotlib or plotly.
5. Create a recommendation system for books or movies.
6. Train a model using prebuilt datasets (e.g., MNIST for digits).
7. Build a portfolio website to showcase AI projects.
8. Automate email responses with AI.
9. Experiment with OpenAI's Whisper for transcription.
10. Train a basic neural network from scratch.
11. Fine-tune a pre-trained NLP model for a niche task.
12. Create a voice assistant using text-to-speech and speech-to-text APIs.
13. Explore reinforcement learning with a simple OpenAI Gym environment.
14. Predict house prices using public datasets (Kaggle).
15. Build a data scraper and analyze trends.
16. Generate art using diffusion models or GANs.
17. Train a language model to summarize documents.

18. Use computer vision to identify objects in images.
19. Create an AI-driven to-do list prioritizer.
20. Build a virtual assistant for basic tasks like scheduling.

Intermediate-Level Projects (40 Projects)

1. Develop an AI-based financial forecasting tool.
2. Build an AI-powered personal trainer (e.g., count push-ups using CV).
3. Create a tool that identifies plant species from images.
4. Build a real-time translation app using NLP models.
5. Train an AI to compose music in a specific genre.
6. Create an educational app for solving algebra problems.
7. Fine-tune a model for named entity recognition (NER).
8. Train an AI to play a simple video game (e.g., Pong).
9. Use clustering algorithms for market segmentation.
10. Design a fraud detection system for transactions.
11. Build a chatbot tailored for mental health support.
12. Develop an AI for handwriting recognition.
13. Create a tool that detects fake news using AI.
14. Train a convolutional neural network (CNN) for medical image analysis.
15. Build a self-driving car simulation in Webots.
16. Develop a resume review tool using NLP.
17. Create a real-time object detection system.
18. Explore evolutionary robotics with genetic algorithms.
19. Develop a model to classify emotions in text or speech.
20. Predict stock market trends using deep learning.
21. Build a natural language query engine for a database.
22. Train a custom text generator for creative writing.
23. Build a voice cloning system using pre-trained models.
24. Design an AI-powered language tutor.
25. Develop a plagiarism detection tool.

26. Create a facial recognition-based security system.
27. Build a dashboard to analyze and predict climate change patterns.
28. Explore swarm robotics with reinforcement learning.
29. Create a tool to measure biodiversity using CV.
30. Develop a personalized learning recommender system.
31. Train a GAN to generate realistic human faces.
32. Use AI to predict energy usage in a smart grid.
33. Build a pipeline for AI model deployment.
34. Automate email classification and labeling.
35. Create a bot to summarize YouTube videos.
36. Design an AI assistant for coding (e.g., suggest code snippets).
37. Develop an app for analyzing public transportation patterns.
38. Build a predictive maintenance system for machinery.
39. Create an AI model for food calorie estimation from photos.
40. Implement an attention mechanism for NLP tasks.

Advanced-Level Projects (40 Projects)

1. Develop a multi-modal AI combining text, image, and audio inputs.
2. Build an AI-powered business intelligence tool.
3. Train a transformer model from scratch.
4. Develop an AI for video captioning.
5. Build a model for early disease detection.
6. Use AI for creating virtual environments (e.g., game level design).
7. Develop a real-time traffic management system.
8. Create an AI system for optimizing supply chains.
9. Build a personalized therapy chatbot using IFS principles.
10. Implement distributed AI training for scalability.
11. Use reinforcement learning to teach a robot to walk.
12. Create a custom autoencoder for anomaly detection.
13. Develop an AI-powered art restoration tool.

14. Train a deep learning model for satellite image analysis.
15. Build a neural network for protein structure prediction.
16. Create a system for adaptive testing in education.
17. Develop an AI-powered creative writing assistant.
18. Use AI to analyze and predict social trends.
19. Create a model to assist in disaster response planning.
20. Implement federated learning for secure AI model training.
21. Build a real-time pose estimation system for athletes.
22. Create an AI system for urban planning simulations.
23. Train a large-scale reinforcement learning model.
24. Build a generative model for realistic human speech.
25. Develop an AI assistant for complex scheduling tasks.
26. Use AI for ethical auditing of algorithms.
27. Build an explainable AI model for healthcare.
28. Train a deep learning system for multi-language translation.
29. Develop a video generation tool for storytelling.
30. Use neural architecture search for model optimization.
31. Build a hybrid AI-human decision support system.
32. Create a chatbot for onboarding employees.
33. Use AI for real-time wildlife tracking.
34. Build a personalized mental health dashboard.
35. Develop an AI system for quantum simulation.
36. Use deep learning to identify exoplanets.
37. Create a voice-activated home automation system.
38. Train a model to predict and prevent cyberattacks.
39. Develop a knowledge graph for research purposes.
40. Build a tool for AI ethics education.

STRUCTURE AND TRACKING

- **Categories:** Split the 100 projects into Beginner (20), Intermediate (40), and Advanced (40).

- **Progress Tracking:** Use the **10x10 grid** with mastery stages (e.g., Newbie to Sage).
- **Documentation:** Create a GitHub repository or blog to document progress for sharing and reflection.

Let me know how you'd like to refine or track this ambitious and inspiring commitment!

Natural Sex States

500 Complete pages on the book

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