

Research Interview Assessment #9

I had a mentor call with Mike Rodriguez and it was more of a personal growth discussion, rather than an interview and questionnaire about marketing and business. Though some professional topics were discussed, my main focus was to talk to Mike about how I could feel more encouraged about making time for the Lord. As well as my reading life, and getting into the word of God more often.

The first thing that I had said that sparked Mike's thought and discussion with me was that I had told him "I am not a reader". Which was a statement that I should never make. His first reaction was to explain to me that I indeed was a reader, and the fact that I have told myself that "I was not" has created an internal barrier for myself, that creates a negative feeling towards reading. The first main point that Mike had made was that there are two things that affect our feelings and thoughts, and that is our brain and heart. Our brain is in charge of our thoughts and our heart controls the feelings; however, they both directly affect one another. Thinking and feeling work together. Thinking comes FIRST. Our thoughts and mind lead to a feeling that we have about something. This can be directly related to marketing as well; however, in regards to me not being a reader, it has affected how I have lived. Without Jesus, thoughts lead to self thinking and negative feelings. For example, if I woke up every morning and looked in the mirror, and told myself I was ugly, it would greatly impact how I felt about myself. In the bible Jesus even says "Let the Lord transform your thoughts", which is the direct point Mike was trying to make. He told me to not tell others nor myself "I am not a reader", because I obviously can read. And he encouraged me to begin reading just a little bit every day. As I read the bible I will begin to understand more of what God wants from me. Mike told me that through thinking about Jesus I will feel more on what Jesus wants from me. Like I had mentioned before, thoughts lead to feelings.

As for my habit in reading, Mike had given the thought to read a little bit a day. Of course he says that his number one recommended book is The Bible, to which we both laughed, he thinks it would be a good idea to start reading other types of books too! And they do not have to be long books or long periods of time. Since I will be new to reading more, he thinks a long sit down every day will make me discouraged and he told me to try to read about fifteen minutes a day! Whether that be on my bed in the morning before or after school or in the restroom, reading a bit a day will break my habit of being discouraged at just the very thought of reading a book. Overall, I think this will be very good as it will allow me to get into God's word more often instead of just listening to music to connect with Him. Although the overall discussion was about reading, I think that all of this could relate back to the field of marketing in one way or another.