

# MINDSET is EVERYTHING podcast series

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## Ep. 2 – Starting is Half Done

Hi everyone ... Marty Braden coming to you once again ... from the beautiful city of Bountiful Utah ... This is my Introductory podcast of my Mindset is Everything podcast series I'm launching ... This is episode 2 of my Mindset is Everything podcast series ... which is an integral piece of my Coaching for Beginner Entrepreneurs coaching system ... I recently came across this story written by Avery Lewis, titled ...

### **"What my middle school math teacher taught me about productivity".**

And I quote ... "Here I am, a little 6th grade dweeb sitting in math class. We had homework every night, the usual (Usual) for basically every math class ever. Our homework was graded on a 4-point scale.

No matter how many questions there were, no matter how well we did, it was a 4-point scale. An assignment earning a 'Zero' was a blank piece of paper with your name on it and a big 'Zero'.

A '4' was a satisfactory completion of the assignment with overall correctness. Sometimes, we would do something great and get the ever beloved '5' on our paper.

Anyway, this grading was usually the teacher walking around and briefly looking at everyone's paper ... and then writing a number in red ink.

Sometimes she would collect all our papers, grade them, and then return them to us the next day ... Just sort of depended on her mood I guess.

You might be thinking ... “This says it’s an article about productivity, what does this stupid grading scale have to do with anything?”

You’d be right. It has absolutely nothing to do with productivity. However, I was setting a stage for **the bigger picture** of what my teacher taught me ... and that I still take to heart even to this very day ... So chill.

When writing the assignment on the board, my teacher would often spurt the phrase ... “**Once begun ... is half done.**” Sometimes, she would write it on the board in awesome calligraphy magic (She knew how to write calligraphy with a flippin’ Expo ya’ll).

A few times here and there she would explain a little of what she meant by that. Obviously it wasn’t literal. Beginning an assignment and being half done with an assignment are non-equals.

She explained that staring at a blank piece of paper ... or thinking in the back of your mind that you *should* start the assignment ... is almost more time-consuming and difficult than just doing the assignment. Thus, the wonderful phrase:

*Once Begun, Half Done*

She added that ... “Starting is half the battle” ... which is probably something a bit more familiar and almost cliched in the productivity world.

In middle school, a math assignment was probably a bit of a battle ... and starting ... well ... it was definitely insanely difficult when Call of Duty beacons you.

However, I don’t like the “starting is half the battle” approach to my productivity in my adult life, because 80% or more of what I need to start ... are things that I enjoy doing. But ... that doesn’t mean that there isn’t a bit of a hurdle to start a lot of these things.

**Once Begun, Half Done.** The idea that simply beginning to do something sets you up for success ... is a phrase that ... if taken literally ... means that once you begin you have 50% of the work done.

With some things I think that is absolutely true. With others, it's less true. If you **love** doing what you **need** to start doing ... **starting is easy** ... right? Regardless, I remember this phrase and how my middle school math teacher preached it years later. What's funny is that she would say students would come visit her years after graduating high school ... and say things about the phrase they heard in 6th grade.

At the time ... it wasn't believable, just like any of those "my past students preach about this to me years later" ... just to get you to maybe somewhat care about it.

And that's what I learned about **productivity** from my middle school math teacher. Pretty common sense, right?

**If you start, you're more likely to finish.**

Especially if you're doing something you enjoy and are passionate about. Time will start to fly and before you know it ... you'll be finished with the task in no time. Something you would've never thought would happen ... had you continued procrastinating.

To me, "Starting" is the hardest part of basically any task. Heck ... starting these podcasts are difficult. I tell myself I don't have any ideas today ... or that I don't have time to write today ... or that other tasks are more important than doing this right now.

It realistically takes me a couple, three hours ... to write the majority of these podcasts ... and I have a running Content file with lots of ideas for the next podcast.

I always have the time, and I always have ideas I can call on ... if I don't come up with something like I did today, and so I almost never have a real excuse.

Once you begin, you typically are inclined to finish whatever you're working on. That's sort of "human nature" ... isn't it?.

**If you never start you'll never finish** ... And so ... The next time when you are dreading starting a task, say like ... your own business .... just remember ... **Starting is half done!**

