



The Success & Satisfaction System

20 Simple Checks to Measure Your Day



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About This System

You want to live a better life, but you don't know exactly how. These simple checks can help you understand how to start living your best life. Our success system provides you with a simple outline to show you the way. You don't have to be perfect; you just have to get better. Everyone has areas in which they can improve. While we aim to help you along this journey of improving, YOU are the main one who decides if you improve or not. It's entirely in your control. Our 20 checks can help you track how you're doing on a daily basis. While all of these checks are important, the first 5 are our nonnegotiables. These are the building blocks for creating personal success.

1. Sleep __/20

Sleep is the most important aspect of setting yourself up for success. We are not telling you when to go to bed, or how much sleep to get. But you need to be honest with yourself.

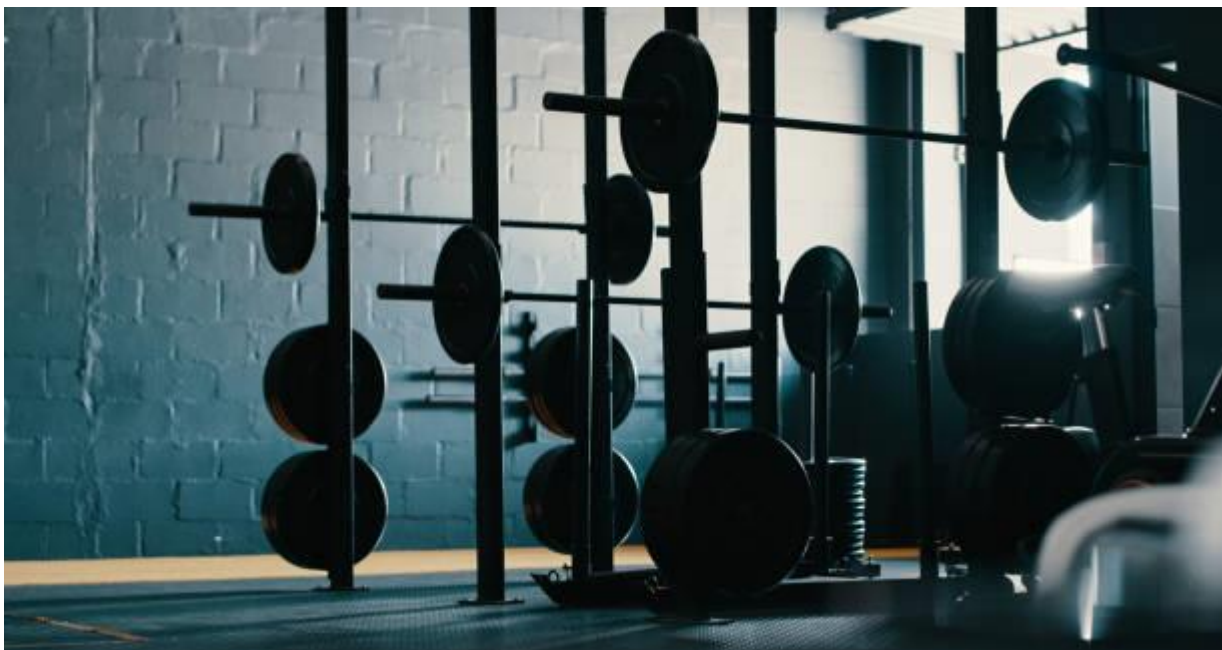
How much sleep do you need to feel well rested for the day? For some, this may be 10 hours. For others it may be six. It really depends on you. Was your sleep high quality? If not, then why not? How can you improve it? Were you waking up constantly in the middle of the night? If so, was it because you were too cold? Too hot? Is your room not dark enough? Maybe too dark? We don't know, but you do! We're here to pose the questions for you so you can start thinking about how to improve yourself.



2. Sweat __/10

Sweat has a large variety of meanings. For some it means going to the gym. For others it means going on a walk or playing with your kids. Whatever it is for you, it should be something in the realm of physical activity.

As we all know, most people, especially in America or other western countries, are out of shape. Out of shape doesn't just mean being overweight. If you can't partake in normal activities without feeling some sort of pain or doubt of being able to do the task, this is a sign you need to act. While going to the gym is great and we would heavily encourage everyone to do so, we also understand that for some people it may not be realistic. With working a job, maybe two, taking care of kids, or whatever you do on a daily basis, there may be limited time for exercise. The great thing is that it doesn't take much to change your life. For the average adult if they exercised for just 20 minutes a day, which means elevating your heart rate, it would significantly increase the quality of your health. So, if you aren't a regular to exercise, this is a callout to you to start doing something because anything is better than nothing.



3. Sustenance __/10

What you put in your body is the third building block for success that we follow. What you eat is arguably the most important factor for remaining healthy.

We're not here to push a diet trend such as carnivore, veganism, keto, or any others out there. We can't recommend anyone a specific diet because we don't know you. We don't know your health or any specific preferences you may have. What we do know is to maintain a healthy lifestyle you need to have a measurable goal, and we can help you get there. The biggest mistake most people make is **overeating the wrong foods**. Wrong foods to us means processed foods. While it's not realistic to ask you to eliminate all processed foods, try to cut back as much as you can. The other part of that is overeating. Most people don't know how much they should be eating in a day. While it's not perfect, if you put your information into a calorie calculator (be honest), it will give you a good baseline for the number of calories you need to eat in a day to attain your goals. From there you can adjust this number depending on your own personal circumstances, but the key is you have to be honest with yourself, otherwise, you won't be setting yourself up for success.



Link: <https://www.calculator.net/calorie-calculator.html>

4. Supplement __/5

When some people hear supplements, they may become hesitant. We're not here to sell you any supplements or tell you what to do. Again, we don't know your specific health situation. However, most people would in fact benefit from taking some sort of extra supplement to help round out their dietary needs.



At minimum, most people should be taking multivitamins. The food we eat today, while it looks pretty, its nutrients are significantly lower than they were in past centuries. This is due to continuous farming on the same land, making each new generation of crops harvested less and less nutritious than the one before it. So, while a tomato 100 years ago may have satisfied your needs, today it might satisfy half of that if not less. This is why, as mentioned before, we have an overeating epidemic. But it's not necessarily your fault. Your body is craving nutrients it needs to function, but with modern food it may not be getting there, resulting in overconsumption of calories to satisfy nutrient needs. This is where supplements step in to help. Not only can they top you off nutritionally, but they also support healthier quantity of eating.

5. Sun ___/5

The sun is the most underutilized building block of all. People don't realize how much adequate sunlight can help change your life.

Humans were built to be in the sun. We absorb vitamin D from the sun's rays, a vitamin that is essential to living healthily. The best part is the sun is free! Go sit out in the sunshine, take a walk, just do something to get outside and be in the sun. It will rejuvenate your energy and overall make you feel refreshed and recharged for the rest of your day.



6. Shower ___/5

While it's a regular habit for most people, keeping good personal hygiene is very important for success.

Making sure you shower, brush, **AND** floss your teeth are all small but important factors for success. Odds are you already do these on a daily basis. So, take pride in these, do them the best you can. It may feel silly, but if you can't make the effort to brush your teeth, floss, and shower with effort and intent, then you're not ready for success.



7. Style __/5

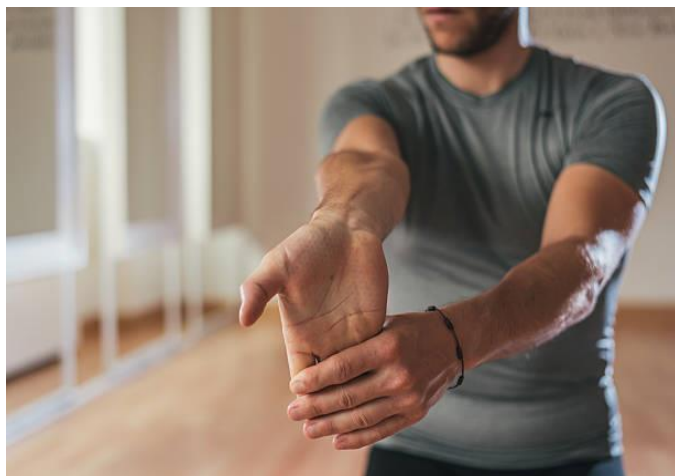
Style is something to make OURSELVES feel good. We don't mean you have to wear a suit, although if you want to go ahead. Style means making yourself feel good and presentable for whatever you're doing that day.

Maybe you're going into the office, so wear your nice watch, or really make sure your hair is good that day. Maybe you're going to the gym, so wear something that shows off the hard work you've been putting into the gym for the past year. Admittedly, I haven't always been the best dressed or greatest at picking out clothes, but that doesn't mean you can't find something that you're not proud to wear that makes you feel like you're going to be the boss today.

8. Stretch __/5

Stretching ties into sweat. How many people do you know that are old and immobile? How about even young and immobile? Probably a lot of people.

Stretching is an easy quick activity you can do every day to put yourself ahead of everyone else. Not only will it benefit you physically, but it can also help you mentally. When you move around and stretch it can release positive



endorphins into your body. Have you ever heard anyone say to do a superman pose or to flex in the mirror before an interview? It's because it has the same effect. It releases these feel-good chemicals into your body.

9. Stand __/5

In today's world, a lot of us may be sitting at an office desk for hours on end. While we need to get our work done, not standing for long periods of time can be detrimental to our health but also our productivity.

The blood in your body becomes more stagnant the longer you sit. Your brain becomes fuzzy, and you can't think straight. Every now and then we need a quick reset from looking at our screens. So, get up, go grab water or a coffee, go to the bathroom, just do something to move your body because when you come back to whatever you were doing, you'll feel refreshed and ready to complete your work.

10. Social __/5

Many people underestimate the importance of social interaction. As we saw with the lockdowns in 2020, many suffered from inadequate social interaction.

This doesn't have to be forced interaction with people you don't want, but did you talk with family and friends today? Did you feel satisfied from these interactions? Hopefully so as humans are naturally social creatures. We need each other. Growing up I was naturally a bit more reserved than others. If you're like that this still applies to you. Find a way to surround yourself with positive people you want to interact with because when it comes down to it, you need it more than you think.

11. Smile __/5

The power of smiling is extremely underestimated in our world. Find something every day that can make you laugh, smile, or feel a little more happy.

While life has its challenges, everyone can find something bright in their world to focus on, even if it is brief. This can actually be a really difficult thing for some people. It's similar to a glass half empty vs. glass half full mindset.



Everyone has the ability to see the glass either way, but it's our direct conscious choice which determines our reality. So if you want to be happier, take the steps to find happiness where you can, because if you view that glass as half empty, you're already losing the battle.

12. Service __/5

Often times success can be linked to selfishness. Humans tend to have a very self-centered view of most things in the world. But to be successful you need to be willing and be excited to help others.

When most people think of success they think of rich successful businessmen, which many also view as greedy. But to get there they had to provide something of value? The truly most successful among us find a way to help others and then become the best at it. Take any large successful business and look at it through this lens. Odds are they helped a lot of people on their way up. To get in the habit of helping people, find one way per day that you can

help a friend, family member, or even a stranger. This could be holding a door open, helping clean up dinner, literally anything as small or large as you can imagine. This will help you get into the successful mindset of putting others needs before yours.

13. Self __/5

Just because you should help other people doesn't mean you shouldn't also help yourself too. The best way we can do this is to stay positive and think highly of ourselves.

This doesn't mean being arrogant or put others down. It means the opposite. You being confident in yourself and your abilities should speak on its own, period. It's often said we're our own harshest critics, which can both be good and bad. While it's good to have goals and standards for ourselves, we can't let it paralyze us. Give yourself credit when credit is due, but don't blind yourself with false confidence. Be good to yourself.



14. Spirit __/5

Did you in any way connect with your spiritual self or nature in any way?

This may be prayer, meditation, deep observational thinking. Whatever it means to you it's important to connect with your spiritual side to slow down the day and give yourself some true deep reflection time.



15. Suspense __/5

What do you have coming up that you can look forward to? Are you going on vacation soon? Fun weekend? Sports event? Whatever it may be, it's important to find something that you can focus on as an important event in the future.

Life isn't a sprint, it's a marathon. You need to have some way to break up the larger parts of your life into smaller more reachable moments where you can actually live life. Yes, jobs and work are important, but if you didn't have to work, would you? Work should not be your life and you shouldn't let work define you and your personality.

16. Study __/5

Find a way to learn one new thing every day.

Maybe it's a fact about penguins. Or maybe you read a new chapter of a new book or listened to a podcast. No matter what happens in your life no one can take away your knowledge. If you



learn something new every day, odds are eventually you're going to learn something useful, and when you do hopefully you have the tools to use it to your advantage.

17. Song __/5

Did you sing, play, or listen to any music?

It can be a nice way to let ourselves relax and decompress so take advantage of it. Sometimes it can allow us to access parts of our brain we haven't tapped into yet that day. Whatever genre or artist you like, turn it on or play along and give yourself a nice break.



18. Surroundings __/5

What are your surroundings like? Is it clean? Positive? Pleasant?

While it may not be completely controllable, finding a way to make the environment around us as comfortable as possible can significantly help our mental state. It allows us to relax and decompress. If we're not comfortable in our environment, we're bound to be subconsciously at odds in our mind. Find your area of peace and embrace it to give yourself and your body the chance to relax.

19. Sunrise & Sunset ___/5

There's something humans love about watching the sunrise or set on the horizon.

For all of human history, both have been important symbols throughout the day. It marks a change in what is about to come. It is visually drastically different than every other part of the day, almost marking a special occasion. Some of us are morning people and some of us are night owls. Whichever you are, try to make an effort to at least witness one of these.



20. Saturday & Sunday ___/5

This is a fun extra bonus points section.

Do what you need to do to set yourself up for success. If that's sleeping in, do it. Going out for a nice dinner? Do it. Go golfing with some friends? Do it! Whatever you want to do to spend your break go have fun and do something positive for you.

Track your score every day. See how high you can get to set yourself up for success!

Total ___/100