Crypto Starter Checklist

What to check before you risk any money

You don’t need to understand everything about crypto to start safely.
You just need to check the *right things first*.

Work through this checklist in order.
If you can’t answer a question yet, that’s okay, and that’s the point.

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1. Why am I interested in crypto right now?

Before anything else, pause and ask:

- Is this curiosity, fear of missing out, or a clear plan?
- Am I reacting to news, a friend, or social media?
- Would I still be interested if prices weren’t moving?

If the answer is pressure or excitement, pause here.
Good decisions don’t start from urgency.

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2. What problem do I think crypto solves for me?

Crypto means different things to different people.

Ask yourself:

- Is this about long-term savings?
- Protection against inflation?
- Learning a new system?
- Or just trying something new?

You don’t need the right answer, you need an **honest** one.

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3. How long am I prepared to leave money untouched?

This is one of the most important checks.

Be clear:

- Am I thinking in weeks, months, or years?

- Would I panic if the value dropped tomorrow?
- Do I need this money for anything else?

If you might need the money soon, **it's not money for crypto right now**.

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4. What amount could I lose without it affecting my life or sleep?

This isn't pessimism, it's realism.

Ask:

- If this went to zero, would my life change?
- Would I feel stressed, ashamed, or angry?
- Would I blame myself or someone else?

If it creates stress or tension at home, it's too much.

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5. Do I know whether I am buying for the long term or just chasing a quick win?

Most people don't realise they're making this choice.

Check:

- Am I looking to understand what I own?
- Or am I hoping price movement will do the work?

Speculation without understanding is where confidence disappears first.

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6. Where would I store crypto safely?

Before buying anything, know this:

- Do I know what a wallet is?
- Do I understand the difference between keeping crypto on an exchange vs holding it myself?
- Do I know what happens if I lose access?

If storage is unclear, **buying is premature**.

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7. Before I buy, do I understand what would make me sell?

Most people never think about this until it’s too late.

Ask:

- Would I sell if the price dropped?
- Would I sell if it rose quickly?
- Or do I have no idea yet?

Not knowing is fine. Noticing that you don’t know is progress.

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8. Who am I listening to and why?

Information sources matter more than coins.

Check:

- Am I following educators or entertainers?
- Do they explain risks or only upside?
- Are they selling something, even indirectly?

Good guidance reduces emotion.
Bad guidance amplifies it.

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9. What is my next calm step?

After this checklist, the next step should feel **clear and unhurried**.

That might be:

- Learning the basics of how crypto works
- Understanding wallets
- Watching how markets behave without participating
- Or simply waiting

Doing nothing is sometimes the smartest move.

Final reminder

You are not behind.
You are not late.
You are doing the most important thing most people skip — checking first.

When you're ready, Lesson 1 will walk you through the first check in more detail.