

399: What To Know About Crypto

10 Point Checklist

Brenda Gentry

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a 10 point checklist that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"In crypto, the difference between those who make it and those who don't is determined by how well they weather its highs and lows."

BRENDA GENTRY

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Set up a crypto wallet. Crypto wallets store my private keys and keep my crypto safe and accessible.
- Keep my wallet's seed phrase secure. To be safe from hackers, write my seed phrase on a piece of paper and lock it in a safe that only I can access.
- Exercise due diligence before going into crypto. Ensure all the project involves — including the team and tokenomics — is legit.
- Identify what makes a cryptocurrency project valuable. It's still quite challenging to develop metrics to predict success in the crypto industry since there are some crypto projects that can be Black Swans.
- Initially send a test amount before I send crypto to a new address. This is a secure way to ensure I'm not dealing with a phony crypto account.
- If I'm a beginner, research and learn about the crypto space before investing. Join groups on Discord or Telegram, follow experts on Twitter, or join online and offline events to get real-time information.
- Invest the money in crypto that you'd be okay with losing. A good rule to follow is to limit crypto investments to 5% of your money (or less). Accrue an emergency fund, pay off high-interest debt, and create a secured traditional retirement plan before investing in crypto.
- Set aside funds during a bull market. This will reduce my anxiety about crypto investments and allow me to build my crypto portfolio during a bear market.
- Avoid gatekeeping. Share my knowledge about crypto. The crypto space is still in its infancy and will continue to evolve. We all improve and grow as a community by learning from each other.
- Utilize crypto tools such as [Bankless](#), [Messari](#), [CoinGecko](#), etc. These are excellent tools to help me start my crypto journey.
- Follow Brenda Gentry on [Twitter](#) to stay updated on crypto. Also, check out BundlesBets' [website](#) — the first Web3 betting platform licensed in the USA. BundlesBets offers prediction pools, Daily Fantasy Sports, and Sports books.

To view the transcript, resource links and listen to the podcast, visit:

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