

First Purchase Safety Checklist

A calm, practical guide for anyone considering their very first crypto purchase.

This is not a recommendation to buy. It's simply here to help you stay safe if you ever choose to.

SECTION 1

Before You Even Consider Buying

A quick pause to check your understanding, emotions, and financial safety.

- I understand what crypto is and how ownership works.
- I understand the difference between custodial and self-custody wallets.
- I know that crypto is volatile and unpredictable.
- I am not acting out of FOMO, pressure, or urgency.
- I am using money I can afford to lose — not rent, savings, or essential funds.
- I accept that prices may go down after I buy.
- I am willing to learn slowly rather than chase quick profits.

SECTION 2

Choosing a Platform Safely

Focus on reputable, regulated platforms and basic account security.

- I've chosen a well-known, regulated exchange (e.g., Coinbase, Kraken, Gemini).
- I avoided offshore or unregulated platforms.
- I verified the URL manually before creating an account.
- I enabled two-factor authentication (preferably an authenticator app).
- My email and password are strong and unique.
- I understand the platform's fees (buying, selling, withdrawing).
- I understand how to contact official support (and can spot fake support).

SECTION 3



Making Your First Purchase (If You Choose To)

If you decide to buy, move slowly and treat this as a learning exercise.

- I'm starting with a very small amount (e.g., \$5-\$20).
- I'm sticking to major, established assets (BTC, ETH, or stablecoins).
- I'm aware of price volatility and won't react emotionally.
- I confirmed the asset symbol carefully (to avoid fake token lookalikes).
- I reviewed the total cost including fees before clicking "Buy."
- If withdrawing to a wallet, I confirmed the wallet address is correct.
- I performed a tiny test transaction before sending more.
- I double-checked the network (e.g., ERC-20 vs. other versions).
- I avoided buying because someone pressured or encouraged me.

SECTION 4



Emotional Safety Reminders

A gentle check-in so your decision feels calm and grounded.

- I took a break before confirming the transaction.
- I can explain to myself why I'm doing this (curiosity, learning).
- I know I can walk away at any moment.
- I'm not expecting guaranteed returns.
- I can accept the outcome calmly — whether the price goes up or down.

Calm decisions are strong decisions.



Before You Buy: A Short Reflection

Use these questions to slow down and check in with yourself before taking any action.

1. Why am I considering this purchase?

(Write 1-2 sentences.)

For example: curiosity, wanting to learn how the process works, exploring a new technology.

2. What amount feels comfortable and safe for me to experiment with?

(A number I won't panic over.)

Write a small amount that would not affect your essential expenses if it went to zero.

3. How will I feel if the price drops right after I buy?

(A calm, honest reflection.)

Describe how you'd respond, and how you might remind yourself of your original intention.

4. Do I understand where this crypto will be stored (exchange or wallet)?

(Space for clarity.)

Write down whether it stays on the exchange or moves to a specific wallet, and why.

5. Have I reviewed all fees and safety steps slowly?

(Short yes/no with space for notes.)

Yes/No + any notes about fees, 2FA, test transactions, and address checks.

6. Is there any urgency or external influence affecting this decision?

(If yes, pause now.)

Notice any pressure, countdowns, recommendations, or emotional triggers. If you write 'yes,' consider pausing for at least 24 hours.