

THE STAY-AT-HOME MUM'S GUIDE TO

BUILDING WEALTH

WITH

Crypto

Welcome!

I'm SO excited you're here! If you're reading this, you're probably looking for a smarter, more sustainable way to start building *real wealth*.

You're not just looking for another 'side hustle' - you're looking for something more. A way to grow your money that actually fits into the rhythm of your life - between naps, school drop-offs, snack requests, and the mental load of, well... everything.

You're not chasing hustle-mode. You're craving something that feels flexible, empowering, and actually doable.

That's *exactly why* I created this guide.

I'm not a crypto expert - I'm a mum, just like you, who got curious about crypto and ended up totally overwhelmed by all the jargon, charts, and hype. I didn't have hours to research or spare cash to gamble with. I just wanted a simple way to understand what crypto was all about, and how to use it to *build real, long-term wealth*.

So I figured it out step by step... and now I'm here to help you do the same.

Inside this guide, you'll find:

- Simple, no-fluff explanations to help you finally "get" crypto
- A totally stress-free starting point (even if you've only got \$20 to play with)
- Easy, low-effort strategies to help your money grow - without being glued to a screen looking at charts all day!

You don't have to be a tech whiz or a money guru. All you really need is an open mind and the willingness to explore something new, one step at a time

And I'll be right here cheering you on!

ABOUT THE AUTHOR

Hi, I'm Sheena - a mum, crypto dabbler, and big believer in slow, steady wins.

After years of hard work renovating and flipping homes, we finally hit a huge milestone - we flipped our way to becoming mortgage free! It was such a proud moment. I honestly felt like we'd made it. No more debt, no more pressure - just freedom. But....



Not long after, a deep conversation with a friend totally shifted my perspective. We started talking about the future - super, retirement, the long game - and it hit me hard... **We didn't have anything set up for that part of life!**

We had the house, sure. But no real nest egg. No long-term plan. And as someone who's been self-employed for years, super had always been pushed to the back burner. Cue freak-out mode!!!!

I couldn't stop thinking about it. I didn't want to rely solely on the value of our home or cross my fingers that "it'll all work out." I needed to do something, but I wasn't willing to trade my time, sanity, or family life to make it happen. I needed a smarter way to grow our money - something **sustainable, simple, and low-stress.**

That's when I came back to crypto... but this time, with a totally new mindset. No chasing trends or trying to be an overnight success. Just small, consistent steps and smart strategies to quietly build *real wealth* in the background of everyday life.

This guide is exactly what I wish I had when I was starting out - clear, simple, and made for real life (the kind with snack breaks and school pick-ups).

I hope it gives you that spark of possibility - and a roadmap to start building your own version of freedom.

Let's grow your wealth, one step at a time!

Sheena xo

DISCLAIMER

This guide is for educational purposes only and does not constitute financial or investment advice. I'm simply sharing my personal experience and what has been working for me. What's worked for me might look different for you and there are no guarantees when it comes to results.

Crypto can be volatile, always do your own research and speak with a licensed financial advisor before making any financial decisions that affect your family's future.

FYI, some links in this guide are affiliate links. That means if you choose to sign up or make a purchase, I may earn a small commission, at no extra cost to you. I only recommend tools and services I personally use, trust, and think will genuinely help you on your crypto journey. There's absolutely no pressure to use them, but if you do, we both get a little thank-you bonus from the platform.



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01 WHAT IS CRYPTOCURRENCY?

Let's break down the basics - what crypto really is, why it matters, and how it can help you grow your wealth. No jargon, just simple explanations that make it easy to take action.

02 EXCHANGES & WALLETS

Learn where to buy crypto safely and how to keep it secure. We'll cover the different types of wallets and exchanges – so you know exactly where your money's going.

03 HOW TO BUY YOUR FIRST CRYPTO

Ready to take the leap? I'll hold your hand and walk you through buying your first crypto step-by-step – no stress, no confusion, just a super easy path to follow

04 SETTING YOURSELF UP FOR SUCCESS

How to make your crypto work for you using simple tools and smart strategies. We'll cover habits that help you stay consistent, build confidence, and keep the stress out of your journey.

RESOURCES





CHAPTER

01

WHAT IS
CRYPTOCURRENCY?

LET'S KEEP THIS SUPER SIMPLE...

WHY CRYPTO, WHY NOW?

Ever looked at your budget and thought, “How is anyone supposed to get ahead these days?” Same! You’re so not alone.

Most of us were taught that working hard, saving money in the bank, and maybe buying a home would set us up for life.

But with rising costs & bills stacking up, it often feels like getting ahead is tougher than ever.

At the same time, while many are struggling to make ends meet, there’s a quiet shift happening behind the scenes. Banks, governments, and big companies are moving into crypto. This isn’t just some online trend – **it’s where the future of money is heading.**

If we don’t get on board and learn these new skills now, we risk being left behind as the world moves forward.



THE GOOD NEWS IS THAT WE'RE STILL EARLY!

Right now, you're in the perfect window to jump on opportunities that could set you *and your family up financially* for years to come.

And you don't have to dive all-in or be an expert from day one. Just a bit of curiosity and a brave first step is more than enough to get started.

So if you've been thinking, *"But I'm just a mum... I don't really get this stuff. Is crypto really for me?"*

The answer is a big, wholehearted YES!!!
Especially because you're a mum!

CRYPTO ISN'T JUST ABOUT MONEY, IT'S ABOUT *Freedom!*

As mums, we carry so much - the daily juggle, the emotional load, and always thinking ahead to give our kids the best possible future. Their safety. Their freedom. Their opportunities.

But let's be honest... the world is changing, and it's changing *fast!*

We've seen banks limit withdrawals, freeze accounts, and inflation quietly eat away at our savings. It really makes you pause and think: **How much control do I actually have over my own money?**

The truth is, the money we keep in banks isn't as secure - or as "ours" - as we think.

In some cases, banks can freeze access, question your transactions, and even use customer funds to stay afloat (yes, 'bank bail-ins' are a real thing 🤖).

This isn't about fear. It's about awareness.

That's where crypto offers something powerful: *TRUE OWNERSHIP*

With crypto:

- You control your money—no middlemen
- You can send it anywhere, anytime
- You store it securely, outside banks and borders

In a world tightening its grip on financial freedom, owning crypto isn't just smart—it's *essential!*

SO, WHAT IS CRYPTO?

The word “cryptocurrency” can feel a bit intimidating at first - I totally get it, because I felt the same way! It sounded super techy and risky. But once I learned the basics, everything started to click, and honestly? It felt really empowering to realise I could understand this stuff - and even use it to build something for my family’s future.

Here’s how the internet explains it:

Cryptocurrencies are digital assets that rely on an encrypted network to execute, verify, and record transactions, independent of a centralized authority such as a government or bank. Cryptocurrencies exist and operate on a public ledger called a blockchain, which records all crypto transactions.

Simply put: crypto is a type of digital asset (something that has value) that uses secret codes to stay safe—and it works without banks or governments in charge.

WHAT’S BLOCKCHAIN?

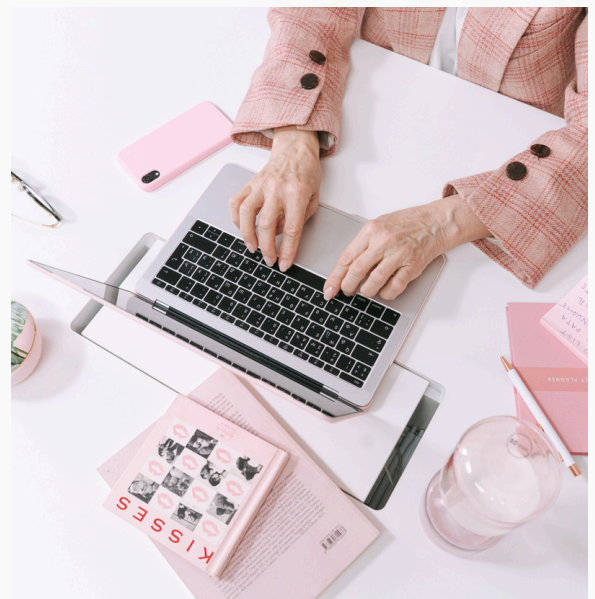
Think of blockchain like a super-secure digital record book that keeps track of every transaction in a way that’s open, honest, and impossible to tamper with. Every time someone sends or receives crypto, the transaction is recorded.

- Once it’s recorded, it can’t be changed or deleted
- It’s visible to everyone (but don’t worry – only wallet addresses, not names)
- Thousands of people around the world verify each transaction to keep it legit

EXAMPLE: Sarah sends Jane \$50 in Bitcoin. The transaction gets written down in the record book with:

- Sarah’s wallet address (the sender)
- Jane’s wallet address (the receiver)
- The amount sent
- The exact time it happened

...and that record stays there for good. No one can change it, delete it, or fake it—that’s the power of blockchain.



EXAMPLES OF POPULAR CRYPTOCURRENCIES:

BITCOIN (BTC):

The very first cryptocurrency—often called “digital gold.” It’s designed to be limited in supply, which is one reason people invest in it as a store of value.

ETHEREUM (ETH):

Ethereum lets people build apps, games, and systems on the blockchain. It’s like a giant digital playground for innovation.

SOLANA (SOL):

Fast and affordable to use. Known for high-speed transactions and low fees, popular for decentralized finance and NFT projects.

BINANCE COIN (BNB)

The native token of the Binance exchange, used for trading fees and more.

CARDANO (ADA)

A blockchain platform focused on security, sustainability, and scalability.



THESE BIG-NAME COINS LIKE BITCOIN AND ETHEREUM ARE POPULAR BECAUSE THEY'RE TRUSTED, WIDELY USED, AND HAVE STRONG COMMUNITIES BEHIND THEM. THEY'RE LIKE THE "BLUE CHIPS" OF CRYPTO



IN A NUTSHELL

Crypto can sound intimidating at first - but at its heart, it's simply **a digital asset that puts you back in control of your money.**

The traditional financial system isn't working like it used to. Crypto offers a new way forward – flexible, accessible, and designed for this digital age.

- Digital money that lives online – no banks required
- Built on blockchain – a secure, transparent digital ledger
- Decentralised – no one (not banks or governments) can control it
- Use it your way – buy, hold, stake, or trade from your phone
- No permission needed – it's your money, and you're in charge

Even starting small can make a difference.

STAYING SAFE IN CRYPTO

Just like anything involving money online, there are risks that you need to be aware of.

It's easy to get swept up in the buzz, especially when you hear stories of people making big money quickly. But the truth is, **protecting your money is just as important - if not even more important - than making it.**

There's no point in gaining a little, only to lose it because of a simple mistake or scam.


Crypto is empowering - but only when you're in control. The safer you are, the more confident you'll feel.

"LEARNING HOW TO STAY SAFE FROM THE VERY BEGINNING IS ONE OF THE SMARTEST THINGS YOU CAN DO."

THE 3 BIGGEST MISTAKES BEGINNERS MAKE:


1. SHARING THEIR SEED PHRASE

Your seed phrase (or recovery phrase) is like the master key to your wallet. Never share it with anyone - not even someone who says they're "support" or "helping you." If someone has your phrase, they have your coins!

 *Write it down and store it safely offline - not on your phone or computer.*


2. FALLING FOR SCAMS

If someone is promising you guaranteed returns or saying you'll double your money fast, it's probably a scam. Crypto is powerful, but there's no magic money machine.

 *Avoid anything that feels rushed, flashy, or too good to be true.*

3. USING THE WRONG WEBSITES OR APPS

Not all platforms are safe. Some fake apps and websites are designed to steal your info.

 *Stick with well-known exchanges and wallets. I'll recommend a few trusted ones in this guide.*



CHAPTER
02

EXCHANGES & WALLETS

WHERE TO BUY YOUR CRYPTO AND
HOW TO STORE IT SAFELY

WHAT'S A CRYPTO EXCHANGE?

Think of a crypto exchange like an online currency exchange booth - but for digital money. Just like you'd swap Aussie dollars for US dollars before a holiday, a crypto exchange lets you buy, sell, and swap cryptocurrencies (like Bitcoin or Ethereum) using real-world money, all from your phone or computer. Instead of lining up at a kiosk, it all happens online. Easy!

You can:

- Use Aussie dollars to buy crypto
- Sell your crypto back for cash
- Swap one crypto for another

The Two Types of Exchanges: - Centralised and Decentralised

CENTRALISED EXCHANGES (CEX):

This is where most people begin - and for good reason! Signing up for a centralised exchange is kind of like opening an online bank account. You'll create a login, verify your identity, and then you're ready to start. These platforms hold your crypto for you, much like a bank holds your money. It's a super user-friendly way to get started - no complicated tech required.

Why beginners love CEXs:

- Easy to use
- You can buy with AUD
- Feels familiar and secure
- Great for getting started without needing to manage a wallet straight away

Popular CEXs: Coinspot (great for Aussies!),
Binance & Crypto.com



CRYPTO EXCHANGES

Continued

DECENTRALISED EXCHANGES (DEX):

These are for people who want more control and independence with their crypto. Instead of signing up for an account, you simply connect your wallet and trade directly with others. There's no middleman, no bank-like platform holding your funds - it's all peer-to-peer. That means you're in full control... but also fully responsible for keeping your crypto safe.

Why some people love DEXs:

- Total freedom – no sign-ups, no limits
- You stay anonymous
- You keep control of your crypto at all times

What to keep in mind:

- Not as beginner-friendly
- No one to call if you make a mistake
- You'll need to understand wallets, seed phrases, and gas fees

Popular DEXs: Uniswap (for Ethereum-based coins), Raydium (for Solana-based coins)

So, Which Exchange Is Right for You?

If you're just starting out, a centralised exchange is the easiest and most beginner-friendly place to dip your toes in. Once you've got the hang of it, you can explore decentralised options and take more control of your crypto journey.

Start simple, stay curious, and take one step at a time. You've got this!

DON'T STRESS, IF THIS ALL SOUNDS LIKE A LOT, YOU'LL ONLY NEED TO USE ONE EXCHANGE TO GET STARTED.

I'LL WALK YOU THROUGH SETTING UP YOUR FIRST ACCOUNT LATER IN THIS GUIDE.

WALLETS 101

ONCE YOU'VE BOUGHT SOME CRYPTO, YOU NEED A SAFE PLACE TO STORE IT. THAT'S WHERE WALLETS COME IN.

Think of a crypto wallet like a digital purse - it holds the special "keys" that let you access and manage your crypto. Without those keys, you can't touch your coins, so keeping them safe is *super important*. **There are two main types of wallets:**

- Hot Wallets - connected to the internet
- Cold Wallets - offline and more secure for long-term storage

HOT WALLETS

Hot wallets are connected to the internet, so they're perfect for everyday use - kind of like your go-to handbag. They make it quick and easy to send or receive crypto whenever you need to. You've got two options here: **Custodial and Non-Custodial**.

CUSTODIAL HOT WALLETS:

This is when someone else (usually your crypto exchange like CoinSpot or Binance) holds the keys for you. Super easy and beginner-friendly, but you're trusting them to keep your crypto safe.

NON-CUSTODIAL HOT WALLETS:

You're in full control! These wallets give you the keys (aka your seed phrase), which means you're the only one who can access your crypto. A little more responsibility, but a lot more control. Popular apps include MetaMask and Phantom.

COLD WALLETS

Cold wallets aren't connected to the internet, which makes them extra safe from hackers. They're perfect for storing larger amounts of crypto you don't need to use often - kind of like a digital safe. If you're in this for the long game, a cold wallet (like a Ledger) is a smart move for peace of mind.





WHAT'S A CRYPTO SEED PHRASE?

(AND WHY IT REALLY MATTERS)

When you set up a crypto wallet like **MetaMask** or a **Ledger**, you'll be given something called a **Seed Phrase** (also called a Recovery Phrase). It's a special list of 12 or 24 random words – and it's kind of a *Big Deal!*

It's essentially the **master key** to your wallet. Let's say you set up a crypto wallet on your phone, then later lose or break your phone. If you've saved your seed phrase, you can simply download the wallet app again, enter the phrase, and bam - your crypto is back, safe and sound.

You **only** get a seed phrase if you're using a wallet where you hold the keys – like MetaMask or a Ledger cold wallet. If you're using a centralised exchange like CoinSpot or Binance, they hold the keys for you. That means you log in with a username and password, but you don't get a seed phrase - and you're relying on the exchange to keep everything safe.

If you want full control over your crypto, a wallet with a seed phrase is the way to go.

But! You *have* to treat it like gold:

- Write it down and store it somewhere safe (not online!)
- Keep multiple backups in safe spots
- Never ever share it with anyone – seriously. Not your bestie, not tech support, not even your dog. (Okay, maybe your dog... just kidding!)

If someone else gets your seed phrase, they can access your wallet and take everything, and there's no "forgot password" button to get it back. **So protect it like your future depends on it – because in a way, it kinda does!**



WHICH WALLET SHOULD I USE?

CUSTODIAL (SOMEONE ELSE HOLDS THE KEYS)

Pros:

- Very easy to use
- Great for beginners
- A simple, hands-off way to start buying crypto.
- No need to worry about keys or backups

Cons:

- You don't fully control your crypto
- Trust is placed in a third party (the exchange).

✓ Best for: Beginners who are just starting out

NON - CUSTODIAL (YOU HOLD THE KEYS)

Pros:

- You control your crypto completely
- Great for using DeFi apps and sending crypto

Cons:

- You must keep your keys safe. If you lose your backup phrase, your funds are gone
- Steeper learning curve than custodial
-

✓ Best for: Those ready for a little more control

COLD WALLET (MAXIMUM SECURITY)

Pros:

- Extremely hard to hack because they're offline
- Best for holding larger amounts of crypto long term

Cons:

- More setup required
- Not ideal for regular transactions
- You need to buy the device (one-off cost)

✓ Best for: Anyone serious about long-term holding and security.

I personally use both! Hot wallets for day-to-day use, and a cold wallet for the crypto I want to keep tucked away and safe long-term.



YOU DON'T NEED TO BE A TECH WHIZ
OR CRYPTO EXPERT TO BUY YOUR
FIRST CRYPTO. IF YOU'VE EVER SET
UP AN ONLINE SHOPPING ACCOUNT
OR SENT MONEY WITH YOUR
BANKING APP, YOU'VE GOT THIS!

LET'S WALK THROUGH IT
STEP-BY-STEP TOGETHER

The background of the page is a soft-focus photograph of a closet. On the right, a pink ribbed cardigan hangs on a silver hanger. In the foreground, a pair of pink high-heeled sandals with gold buckles sits on a white shelf. The overall color palette is light pink and white, creating a clean and elegant aesthetic.

CHAPTER
03

HOW TO BUY YOUR FIRST
CRYPTO

NO TECH JARGON. NO STRESS. JUST
SIMPLE STEPS TO GET STARTED



YOU MIGHT BE WONDERING, “AM I
TOO LATE?” BUT HERE’S THE
TRUTH: YOU’RE STILL EARLY
- REALLY EARLY

Did you know only about 8% of people worldwide own crypto right now? By learning and getting started, you’re already ahead of most!

The chance to build real long-term wealth is still massive – but the window’s closing fast. Mass adoption is on its way, and everyone’s starting to catch on.

You’re not too late, but waiting won’t help. These skills could give you and your family a serious head start toward financial freedom.

HOW TO BUY YOUR FIRST CRYPTO

Step by Step

01

CHOOSE A BEGINNER-FRIENDLY EXCHANGE

Let's get you started! To buy your first crypto, you'll need to create an account on a crypto exchange - that online 'currency exchange booth' where you can buy, sell, and store your digital coins.

For Aussie mums I recommend **COINSPOT**. This is where I began my journey, and I still use it almost daily. It's Aussie-based, beginner-friendly, and super easy to navigate – even if you've never touched crypto before.

🌟 **[CLICK HERE TO GET STARTED](#)**

Use my link and you'll get \$10 AUD worth of Bitcoin – the perfect head start!

Two other solid beginner-friendly options to explore - whether you're in Australia or beyond:

CRYPTO.COM

Great for buying, holding, and even earning rewards on your crypto. Also offers a crypto Visa card in many countries.

🌟 **[CLICK HERE TO GET STARTED](#)**

Use referral code **[34gefa2xjy](#)** to get a bonus

BINANCE

One of the world's largest and most trusted crypto platforms. Great if you want room to grow and explore more advanced features later on.

🌟 **[CLICK HERE TO GET STARTED](#)**

02

CREATE YOUR ACCOUNT

You'll need to:

- Enter your name and email
- Choose a password
- Verify your identity (this is called KYC – “Know Your Customer”)

📷 Most platforms will ask for a photo of your ID and sometimes a selfie. It sounds scary, but it's standard and safe – they just want to make sure you're a real person.

03

ADD SOME FUNDS

Once your account is verified, it's time to add money.

You can usually deposit:

- With a bank transfer
- Using a debit card
- Sometimes even PayID or POLi (for Aussie users)

💡 Start small. Even \$20 or \$50 is enough to begin!

04

CHOOSE YOUR FIRST COIN

Here are three beginner-friendly coins to consider:

- Bitcoin (BTC) – The OG. Digital gold.
- Ethereum (ETH) – Great for learning and used in lots of apps.
- Solana (SOL) – Fast and low-fee, and great for getting hands-on.

🔍 Head to the Buy/Sell section of the exchange, then use the search bar to find the cryptocurrency you want to buy – for example, type in “Bitcoin”.

05

BUY YOUR FIRST CRYPTO

When you click BUY, you'll be able to enter how much you want to spend – for example, \$50.

Once you type in the amount, the platform will show you how much crypto you're getting and any fees included.

All you need to do is confirm the purchase – and that's it! 🎉

The coins will then appear in your wallet inside the app (your exchange wallet).

And don't worry – you don't need to buy a whole coin. You can buy just a small piece, called a fraction.

Your crypto will sit safely in your exchange wallet for now. You can leave it there or later move it to a private wallet for extra peace of mind.

I'll walk you through exactly how to move your crypto to a cold wallet (for that extra layer of safety) inside the mini course - coming soon!

Congratulations! You now own crypto!



LET'S CELEBRATE THAT FIRST STEP



Seriously, take a moment to celebrate yourself!
You've just joined the 8% of people worldwide who own crypto. That's massive!
It might've felt scary, but you took action - and that puts you ahead of the game.

So proud of you, this is just the beginning!



RECAP

1. Sign up to an exchange
2. Verify your ID
3. Add money to your account
4. Choose a coin to buy
5. Hit "Buy" and celebrate your first crypto!

CHAPTER

04

SETTING UP FOR SUCCESS

MAKING YOUR MONEY WORK FOR YOU
SLOW, STEADY, AND STRESS-FREE!

THERE IS
SOMETHING GOOD
IN EVERY DAY



*FROM LITTLE
THINGS BIG
THINGS GROW*



BUILD YOUR CRYPTO CONFIDENTLY WITH THIS SIMPLE STRATEGY

Now that you own some crypto (woohoo! 🎉), let's talk about how to build it steadily—even if you're starting small.

The key is having a solid, **proven strategy** that fits your lifestyle and goals.

You don't need thousands of dollars.

You don't need to be an expert.

All you need are a few smart strategies – and the *consistency to keep going*.

That's where the real **Magic** happens



SMALL STEPS, STEADY STACKING,
THAT'S HOW CRYPTO WEALTH IS BUILT



HOW TO BEAT THE MARKET

AND STOP STRESSING ABOUT THE “RIGHT TIME” TO BUY

One of the biggest worries when starting in crypto (or any investment) is *“Am I buying at the right time?”* Markets go up and down all the time, and trying to guess the perfect moment can feel overwhelming - even impossible.

That’s where Dollar Cost Averaging (DCA) comes in. It’s a **simple strategy** that every successful investor uses to take the guesswork and stress out of investing.

Here’s how it works, instead of trying to buy a big lump sum all at once (which can feel scary or risky), you simply invest small amounts like \$10, \$20, or \$50 on a regular schedule (weekly, fortnightly, or monthly).you spread your investment out over time.

Some weeks, prices will be higher, so you’ll get a little less crypto for your money. Other weeks, prices will be lower, so you’ll get more for the same amount.

Over time, the highs and lows balance out.





WHY DCA WORKS

Trying to pick the perfect time to buy is stressful and most people get it wrong. The reason Dollar Cost Averaging works so well is because:

- It's a **low-stress way to build your crypto** over time
- You don't have to worry about *timing the market* perfectly
- Budget-friendly – Fits into your weekly or monthly spending
- You avoid buying everything right before a price drop
- It helps you **stay consistent**, which is key to *long-term growth*

DCA takes the emotion out of investing, so you can grow your crypto smart, steady, and stress-free - just like the pros!

This strategy works even better when paired with buy and hold (*HODL*), which just means holding onto your crypto long-term instead of trying to trade in and out.

No chart watching, no sleepless nights - just calm, consistent investing with big-picture results.

”THIS IS ONE OF THE SAFEST AND SIMPLEST STRATEGIES OUT THERE, AND IT’S PERFECT IF YOU’RE WORKING WITH A SMALL BUDGET.”

WAYS TO GROW YOUR CRYPTO

Once you've bought your first bit of crypto, holding it is just the beginning! There's a whole world of **opportunities to grow your wealth** - even while you sleep. You don't need to dive into everything at once, but it's exciting to know *what's possible* when you're ready to explore the next step.

Here are some popular ways people are growing their crypto beyond just holding:

STAKING:

Think of staking like earning interest on your savings. When you "stake" certain cryptocurrencies (like Ethereum or Solana), you lock them up to help run the network - and in return, you earn rewards over time. It's a **simple way to passively grow your holdings**.

LIQUIDITY POOLS:

You can earn passive income by providing your crypto to decentralised exchanges (like Raydium or Uniswap), where others trade with it. In return, *you get a portion of the trading fees* - kind of like being the bank!



ARBITRAGE:

This is a more advanced strategy where you take advantage of small price differences between exchanges. For example, if Bitcoin is \$100 cheaper on one platform, you buy there and sell on another - the profit is yours. It takes a bit more know-how, but it's possible and powerful once you learn it.

Important note: You don't have to do all of this at once. Just know these options exist for when and IF you're ready to level up.

For now, focus on learning, getting comfortable, and stacking your crypto safely.

A woman with dark hair, wearing a white top and a necklace, is writing in a white spiral notebook. The image is overlaid with a white semi-circular graphic containing a quote.

“

SETTING GOALS
IS THE FIRST
STEP IN
TURNING THE
INVISIBLE INTO
THE VISIBLE

-TONY ROBBINS

YOUR NO-PRESSURE

Crypto Plan

01

DECIDE HOW MUCH YOU CAN START WITH

Think about an amount that *feels comfortable* - it could be as little as \$20 or \$50 to begin with. **Only use money you can afford to set aside without stress.**

Even \$10-\$50 a week is enough to start building something. I began with \$10 a week!

02

SET A SIMPLE GOAL THAT FEELS EXCITING

What do you want from your crypto journey? Let's talk about setting exciting goals to keep you *motivated* on your journey - goals that give you something real to work towards each week.

Having a clear goal can make all the difference, giving you focus, purpose, and a reason to keep going, no matter how small the steps.

Every little bit adds up, and every week you're moving closer to the freedom and security you deserve.

03

BUY YOUR FIRST CRYPTO

With the amount you've decided on, buy a beginner-friendly coin like Bitcoin or Ethereum through a trusted exchange. Remember, *you don't need to buy a whole coin*, you can buy just a small fraction, which is actually how most people start with Bitcoin.

04

LET IT GROW!

You don't need to check prices constantly or rush. Just hold your crypto and watch your journey unfold over time. Crypto prices can go up and down a lot, sometimes quite quickly. **That's totally normal.** It might feel a bit scary at first to see the value change, but remember this: the short-term ups and downs don't matter as much as you think.

Think of it like planting a tree. You don't expect it to grow tall overnight. It takes time, patience, and care. The same goes for your crypto.

And when prices dip or go down, that can actually be a great chance to add more to your stack. Buying a little more when prices are low is called "**buying the dip**" - and it helps you get more crypto for less money.

05

STAY SAFE

Protect your crypto by using strong passwords and turning on two-factor authentication (2FA). As you learn more, consider using a hardware wallet—a device that stores your crypto offline for extra security.

Be careful of scams - **NEVER share your passwords or private keys**, and only use trusted platforms. These simple steps will keep your crypto safe and give you peace of mind.

06

KEEP LEARNING, STEP BY STEP

Crypto is a big world, and it's always changing. Take it one step at a time, at a pace that feels right for you. **Start with the basics and build your knowledge slowly.** The more you learn, the more confident you'll feel making decisions that suit your goals.

MY CRYPTO STARTER PLAN

MY WHY?

Why are you interested in learning about or investing in crypto?

HOW MUCH CAN I INVEST EACH WEEK OR MONTH?

Even \$10 counts! What feels doable for your current budget?

WHAT WEEKLY HABIT WILL KEEP ME ON TRACK?

(eg. Investing \$10 every Friday, reading one article on Coinspot each week)

MY CRYPTO GOAL FOR THE NEXT 3 MONTHS IS:

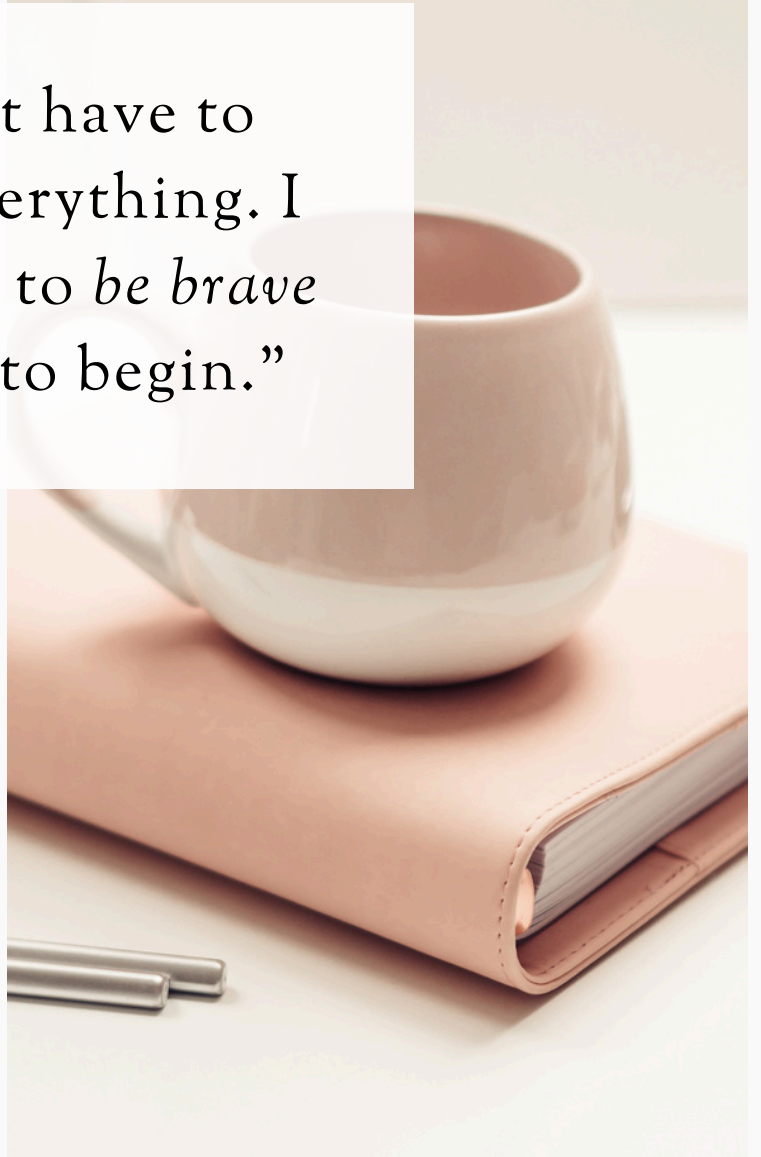
(e.g. buy your first crypto, set up a wallet, stick to a weekly investment plan)

WHAT DOES FINANCIAL FREEDOM MEAN TO ME?

Describe what that looks like, eg. more time with the kids? Less stress? Freedom to travel?



“I don’t have to know everything. I just have to *be brave* enough to begin.”





LET'S GROW YOUR CRYPTO

Coming Soon!

I'm creating something super special,...

A beginner-friendly mini course to *fast-track* your crypto wins and fuel real growth!

Here's a sneak peek of what you'll learn:



How to **keep your crypto extra safe** - lock down your crypto with a step-by-step cold wallet setup



How to **earn passive income** with your crypto - put your money to work for you while you sleep



Next-level strategies to **grow your stack** over time, without needing to be glued to charts or screens.

NO FLUFF, NO OVERWHELM - JUST
CLEAR, *STEP-BY-STEP* GUIDANCE

SIGN UP BELOW TO BE *FIRST IN LINE* FOR
EARLY ACCESS AND EXCLUSIVE BONUSES!

JOIN THE WAIT LIST



CRYPTO RESOURCES

Want to know what I personally use? Here are a few beginner-friendly tools and platforms I trust to help you on your journey.

CRYPTO EXCHANGE

CoinSpot is my go-to exchange. It's super beginner-friendly, and perfect if you're just starting out. Bonus: Use my referral link and you'll get \$10 worth of Bitcoin. A little head start to kick off your crypto journey!

[CLICK HERE](#)

COLD WALLET

I use the Ledger Nano S Plus - it's a trusted, beginner-friendly cold wallet that keeps your crypto safely offline. It's compact, simple to use, and perfect if you want strong security without too much tech stress.

[CLICK HERE](#)

LEARNING HUB

The CoinSpot Learning Hub is a fantastic resource for beginners wanting to learn more about crypto. It offers easy-to-understand guides, videos, and tips to help you understand the cryptocurrency world better.

[CLICK HERE](#)

COINMARKETCAP

This is my go-to when I want to check what's happening in the crypto world, from live prices to trending coins. This site makes it super easy to stay in the know.

[CLICK HERE](#)

YOUR NEXT STEP STARTS HERE

My beginner-friendly Crypto Mini Course is coming soon...
designed *especially for busy mums* who want to grow wealth without the overwhelm.

Want first dibs (plus a few juicy bonuses) [**JOIN THE WAITLIST**](#)



THANK YOU

Thanks so much for hanging out with me in this guide and taking the first step on your crypto journey. I'm honestly so *SUPER proud* of you for trying something new - not just for yourself, but to grow and protect your family's future.

It takes courage to lean into something unfamiliar, especially when life is already full. But here you are, showing up with curiosity and an open mind - and that's everything!

Here's to you - your confidence, your courage, and all the exciting things coming your way. This is just the beginning, and I can't wait to see where it takes you.

You've totally got this!

Sheena xo

LET'S STAY IN TOUCH!

Come join me over on Instagram - I'd love to hear what you loved from this guide, answer your questions, and celebrate your wins with you!



@thatcryptomum