

BONUS RESOURCE 2

Companion Workbook Excerpt

Exercises, Templates, and Fill-In Sections from the Full Workbook

The following exercises are drawn from the full Seed Phrase Security Companion Workbook. Complete them alongside your reading — each one turns knowledge into a documented, tested security decision.

EXERCISE 1 — Your Risk Audit (Chapter 1)

Rate your current setup across each of the five dimensions below. Circle a score from 1 (highest risk) to 5 (fully protected). Be honest — this audit is only useful if it reflects reality.

Vulnerability Dimension	1 High Risk	2	3 Moderate	4	5 Secured
Backup medium durability (paper vs. metal)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Number of storage locations (one vs. multiple)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Geographic separation of backups	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Inheritance & documentation (nobody knows vs. letter of instruction exists)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Backup tested in the last 12 months	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

YOUR TOTAL SCORE: ____ / 25

Scoring Guide:

5–10: Your setup has significant gaps. Work through Part 1 of the book before anything else.

11–17: You have a partial setup. Identify your lowest-scoring dimension and address it first.

18–25: Strong foundation. Focus on advanced hardening in Phases 3–4.

EXERCISE 2 — Threat Matrix Worksheet (Chapter 4)

For each threat, estimate the probability it applies to your situation (Low / Medium / High) and the impact if it occurred (Moderate / Severe / Catastrophic). The highest-combined boxes deserve the most attention in your setup.

Threat	Probability	Impact	Your Mitigation Plan
Physical theft of device	L / M / H	Mod / Sev / Cat	
Fire or flood destroying backup	L / M / H	Mod / Sev / Cat	
Transcription error in seed phrase	L / M / H	Mod / Sev / Cat	
Digital attack (phishing, malware)	L / M / H	Mod / Sev / Cat	
Passphrase loss or typo	L / M / H	Mod / Sev / Cat	
Inheritance failure (nobody knows)	L / M / H	Mod / Sev / Cat	
Social engineering / coercion	L / M / H	Mod / Sev / Cat	
Hardware wallet manufacturer failure	L / M / H	Mod / Sev / Cat	

My single highest-priority threat is: _____

The one action I will take to mitigate it: _____

EXERCISE 3 — Location Audit Template (Chapter 6)

For each storage location you are considering (or already using), complete the table below. A location is only viable if it scores well on all six criteria.

Security Criterion	Location A	Location B
Fire-resistant container or room?		
Flood/water risk level (low/med/high)?		
Access control (who can enter?)		
Geographic distance from Location A?		
Can you reach it within 24 hours?		
Does anyone other than you know it's there?		

Location A description:

Location B description:

EXERCISE 4 — Disclosure Audit (Chapter 7)

List every person who currently knows you hold Bitcoin. For each person, honestly rate their Trust level (1–5) and your estimate of their ability to keep the information private (1–5). A low score in either column warrants a rethink of what they know.

Person / Relationship	Trust (1–5)	Discretion (1–5)	What They Know

After completing this audit: Is there anyone on this list who knows more than they need to? If yes, note the action you will take:

EXERCISE 5 — Passphrase Readiness Assessment (Chapter 8)

Answer each question honestly. If you answer No to any of the first four questions, you are not yet ready to activate a passphrase. Activate it only when all six are Yes.

Readiness Question	YES	NO
I have a fully tested and verified seed phrase backup before adding this layer.	<input type="radio"/>	<input type="radio"/>

Readiness Question	YES	NO
I understand that forgetting the passphrase means permanent loss — no recovery possible.	<input type="radio"/>	<input type="radio"/>
I have a plan to store the passphrase at a third location, separate from both seed copies.	<input type="radio"/>	<input type="radio"/>
I understand the passphrase opens a completely different wallet — not my current one.	<input type="radio"/>	<input type="radio"/>
My holdings are large enough that the additional complexity is justified.	<input type="radio"/>	<input type="radio"/>
My trusted executor (inheritance plan) knows the passphrase arrangement and how it works.	<input type="radio"/>	<input type="radio"/>

My passphrase decision: Activate now Wait until _____ Not appropriate for my setup