

RESOURCE 2: COMPANION WORKBOOK EXCERPT

Bitcoin Self-Custody For Beginners — The Workbook

Chapters 1–6 Exercises, Templates & Reflection Prompts

This excerpt covers the first six chapters of the companion workbook. The complete workbook — covering all 14 chapters with extended exercises, decision frameworks, and the full Bitcoin Access Document template — is available at [YOUR LANDING PAGE URL].

HOW TO USE THIS WORKBOOK

This workbook is not optional reading. It is the doing.

The book tells you what to do and why. This workbook is where you record that you've done it — creating a paper trail of your setup that serves as both accountability and documentation. Some sections are logs. Some are decision frameworks. Some are reflection prompts designed to surface the specific fear or confusion that is most likely to stop you.

Write in pen. Date every entry. These pages are part of your security system.

INTRODUCTION EXERCISE

The Commitment Card

Complete this before reading Chapter 1. Do not skip it. It takes four minutes and it matters.

Where my Bitcoin currently lives:

(List every platform, wallet, or location where you currently hold Bitcoin. Be specific — exchange names, approximate amounts, whether you control the keys.)

Location 1: _____ Amount: _____ Keys: Mine / Theirs
Location 2: _____ Amount: _____ Keys: Mine / Theirs

Location 3: _____ Amount: _____ Keys: Mine / Theirs
Location 4: _____ Amount: _____ Keys: Mine / Theirs

Where my Bitcoin should live when I finish this book:

The one fear I am carrying into this book:

Write it exactly as it sits in your mind. Don't soften it. Don't make it sound rational. Write the actual fear.

I commit to completing this setup by:

Date: _____ Signature: _____

Fold this page. Return to it when you complete Chapter 14.

CHAPTER 1 EXERCISE

The Holdings Audit

Purpose: To see clearly — before you do anything else — exactly what you own and who actually controls it.

Step 1: List every place you hold Bitcoin

Platform / Location	Approx. Amount	Who Controls Keys?	Custodial Risk Level
		<input type="checkbox"/> Me <input type="checkbox"/> Them	<input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High
		<input type="checkbox"/> Me <input type="checkbox"/> Them	<input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High
		<input type="checkbox"/> Me <input type="checkbox"/> Them	<input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High
		<input type="checkbox"/> Me <input type="checkbox"/> Them	<input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High
		<input type="checkbox"/> Me <input type="checkbox"/> Them	<input type="checkbox"/> Low <input type="checkbox"/> Medium <input type="checkbox"/> High

Step 2: Circle the honest answer for each exchange-held position

For each platform where you marked "Them" above:

If this exchange froze withdrawals tomorrow, I would: **a)** Have immediate access to my Bitcoin elsewhere **b)** Have no access to that Bitcoin until they unfroze it **c)** Potentially lose that Bitcoin permanently

Step 3: Reflection

What surprised you about this audit? Write one honest sentence.

What is the single biggest custody risk you identified?

Step 4: Priority decision

Based on this audit, which holding is most urgent to move to self-custody first?

Platform: _____ Amount: _____ Target move date: _____

CHAPTER 2 EXERCISE

Understanding Your Device

Purpose: Before opening the box, confirm you understand what the hardware wallet is and is not.

True or False — Circle your answer before reading the chapter. Return and correct after.

Statement	Before Reading	After Reading
My Bitcoin is stored inside the hardware wallet	T / F	T / F
If I lose my hardware wallet, I lose my Bitcoin	T / F	T / F
The PIN protects my device. The seed phrase protects my Bitcoin	T / F	T / F

Statement	Before Reading	After Reading
Ledger or Trezor can reset my device remotely if I'm locked out	T / F	T / F
My seed phrase can restore my wallet on a different brand of device	T / F	T / F
The hardware wallet is connected to the internet when not in use	T / F	T / F

Answers: F, F, T, F, T, F

Fill in the blanks — complete after reading Chapter 2:

My Bitcoin is not stored on the device. It is stored on _____.

The hardware wallet stores my _____ offline.

The seed phrase is important because it _____.

If my device is lost or destroyed, I can access my Bitcoin by _____.

The device PIN protects against _____.

The seed phrase protects against _____.

Reflection prompt:

Which of the True/False statements surprised you most? Why does that distinction matter for how you'll approach the setup?

CHAPTER 3 LOG

First Transaction Record

Complete this log during or immediately after your first test transaction. Do not fill this in from memory later.

Device Setup Log

Date of setup: _____
Device model: _____
Firmware version installed: _____
PIN created: Yes Digits: ____
Seed phrase recorded: Yes
Seed phrase verified word-by-word: Yes

First Transaction Record

This is your permanent reference. Store this physically with your hardware wallet documentation.

Wallet Address (first 6 characters): _____
Wallet Address (last 6 characters): _____
(Record partial address only — never the full address in a document that could be found)

Transaction ID (first 8 characters): _____
Amount sent: _____
Date confirmed: _____
Confirmed in software: Ledger Live Trezor Suite Other: _____
Balance displayed correctly: Yes No — Issue: _____

Triple-Check Log — record for every transaction, not just this one

Use this format each time you send Bitcoin.

Transaction date: _____
Amount: _____
Destination: _____

Step 1: Address verified on device screen
 Step 2: Address verified in paste field
 Step 3: Address verified on confirmation screen
 All three match — transaction proceeded

Reflection prompt:

How did it feel to see Bitcoin appear in a wallet you control? What changed — if anything — about how this process feels versus how it felt in your head?

CHAPTER 4 EXERCISE

Seed Phrase Security Assessment

Complete before finalizing your seed phrase storage.

The Two-Copy Rule — Verify Both Copies

COPY 1

Storage location: _____

Location type: Home safe Bank safe deposit box Other: _____

Is this location fireproof? Yes No Unknown

Does your hardware wallet live in the same location? Yes No
(Answer must be No)

COPY 2

Storage location: _____

Location type: Home safe Bank safe deposit box Other: _____

Is this in a different physical building from Copy 1? Yes No
(Answer must be Yes)

Does either copy of your seed phrase live with your hardware wallet? Yes No
(Answer must be No)

Digital Copy Elimination Checklist

For each item, confirm no digital copy exists. Check only when confirmed.

- No photograph of seed phrase exists on any device
- No screenshot of seed phrase stored anywhere
- Seed phrase not typed into any notes app, document, or message
- Seed phrase not stored in any cloud service (iCloud, Google Drive, Dropbox, etc.)
- Seed phrase not sent to yourself via email or messaging app
- Seed phrase not stored in a password manager

If you cannot check all six boxes, stop. Address the unchecked item before continuing.

Seed Phrase Drill

Do not complete this drill with your actual seed phrase in front of you.

After storing your backup and putting the device away, see how many words you can recall — and whether you know the correct order. This is not a memory test. It is a test of whether you understand that memory cannot be your backup.

Number of words I could recall correctly: _____ / 24

What does this number tell you about the importance of the physical backup?

CHAPTER 6 LOG

Recovery Test Record

The most important document in this workbook. Complete it the day you run the test.

Test date: _____

Reason for this test: Initial setup verification Annual maintenance Other: _____

BEFORE THE TEST

Device status before reset: Had Bitcoin balance Was test wallet only

Seed phrase backup location used: Copy 1 2

THE TEST

Device reset to factory settings

"Restore from recovery phrase" selected

All 24 words entered in correct order

Wallet restored successfully

First wallet address matches First Transaction Record: Yes No

Balance displays correctly: Yes No

RESULT

PASS — Setup verified. Backup confirmed to work.

FAIL — Issue encountered: _____

If failed — immediate action taken: _____

NEXT TEST DUE: _____ (12 months from today)

Reflection prompt — the most important one in this workbook:

Before you ran this test, you had a self-custody setup. After you ran this test, you have verified self-custody. In your own words: what is the difference between those two things, and why does it matter?
