



KLF KNOWLEDGE SYSTEM
DIGITAL ASSETS LIBRARY
DA-004

DIGITAL CUSTODY

Companion Guide — A 6-Day Guided Implementation
for Safely Setting Up and Managing Your Wallet

Version 1.0 • Available Now

Built to Compound.

Stewarding Spirit. Body. Wealth.
Eat To Live Forever

KINGDOM LIFE FITNESS
Digital Custody Companion Guide

DA-004 · Version 1.0

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CHAPTER 1

THE OBJECTIVE

This companion guide exists to help you move from understanding digital assets in theory (covered in DA-001: Digital Asset Foundations) to actually holding and managing them safely in practice.

The goal is control — direct ownership of your keys, reduced dependency on third-party custodians, and a security practice you can repeat with confidence.

Operating Principles

- Control your keys.
- Start small and scale.
- Verify everything.
- Security over speed.
- Simplicity over complexity.



CHAPTER 2

DAY 1 — WALLET FOUNDATIONS

Before creating anything, understand what you are about to hold. Private keys, seed phrases, and the concept of self-custody were covered in depth in DA-001 — review that material first if any of it is unfamiliar.

- I understand the difference between a public key and a private key.
- I understand that a seed phrase is the master recovery mechanism for my wallet.
- I understand why custody matters — and what changes when I hold my own keys.



CHAPTER 3

DAY 2 — WALLET SETUP

- Choose and create a wallet (hardware or software, based on your comfort level).
- Write your seed phrase down physically. Never store it as a photo, screenshot, or cloud note.
- Store the written seed phrase somewhere fire- and water-resistant, separate from the device.
- Verify recovery by testing the restore process before moving meaningful funds — many wallets support a safe way to confirm this.

IN PLAIN LANGUAGE

Verifying recovery before you need it is the digital-asset equivalent of testing a smoke detector — you want to know it works before the moment it actually matters.



CHAPTER 4

DAY 3 — SAFE TRANSACTIONS

- Send and receive a small test amount before moving anything significant.
- Verify the receiving address character-by-character before confirming any transaction.
- Understand that transactions cannot be reversed once confirmed.
- Understand that network fees vary and confirm the fee before sending.



CHAPTER 5

DAY 4 — RECOGNIZING SCAMS & SOCIAL ENGINEERING

Most losses in digital asset custody come from social engineering, not technical failure. The wallet software is rarely the weak point — the human being asked to act quickly and without verification usually is.

- I will never enter my seed phrase into any website, app, or form other than my own wallet software.
- I will treat any unsolicited contact referencing my holdings as a probable scam.
- I understand that no legitimate support interaction ever requires my seed phrase.
- I will independently verify any 'urgent' request before acting on it.



CHAPTER 6

DAY 5 — HARDWARE WALLETS & TWO-FACTOR SECURITY

- Consider a hardware wallet for any holdings meant to be kept long-term.
- Enable two-factor authentication (2FA) on every exchange account, preferring an authenticator app over SMS.
- Keep hardware wallet firmware updated through official channels only.
- Never enter your seed phrase into a hardware wallet's companion app — legitimate hardware wallets never ask for it that way.



CHAPTER 7

DAY 6 — CUSTODY SYSTEM DESIGN

The final step is deciding, deliberately, what stays where — and writing that decision down rather than leaving it implicit.

- I have decided what portion of my holdings, if any, stays on an exchange for active use.
- I have decided what portion moves to self-custody for long-term holding.
- I have documented where my seed phrase backups are stored, and who (if anyone) knows their location.
- I have a plan for what happens to my access in the event I am unable to manage it myself.



CHAPTER 8

CRITICAL MISTAKES TO AVOID

- **Storing seed phrases digitally** — as a photo, screenshot, note, or email.
- **Sending large funds before testing** — always confirm a process works with a small amount first.
- **Overcomplicating your setup** — more wallets and more complexity generally means more ways to make a mistake.
- **Ignoring transaction details** — address, network, and fee should all be confirmed before sending.
- **Sharing your seed phrase with anyone claiming to be support** — no legitimate service will ever ask for it.



KLF PRINCIPLES

OUTCOME

By completing this guide, you will be able to:

- Control your digital assets directly, without relying on a third-party custodian.
- Move value safely, with a verified process rather than guesswork.
- Recognize and avoid the common mistakes and social-engineering scams that cause most custody losses.
- Explain, in writing, exactly where your holdings live and why.

IN PLAIN LANGUAGE

Mastery here comes from execution, not information. Reading this guide once is not the same as having actually set up, tested, and verified your own custody — the six days are meant to be done, not just read.



APPENDIX

ABOUT THIS GUIDE

This guide was produced by Kingdom Life Fitness for educational and informational purposes only. It does not constitute financial, investment, tax, or legal advice. Kingdom Life Fitness is not a licensed financial advisor, broker, or dealer, and is not able to recover lost private keys, seed phrases, or assets on your behalf — self-custody places full responsibility for security on the holder. This guide previously circulated as part of a broader document that also covered DeFi mechanics (lending, staking, liquidity provision, and protocol interaction); that content has been intentionally removed here to keep this guide focused on custody and security, and may appear in a future, separate KLF publication if warranted. Before making any decision about how to hold or manage digital assets, consult a qualified professional where appropriate. The kingdom principle is stewardship — build control before you build complexity.



KNOWLEDGE SYSTEM

Continue Building Your Financial Stewardship

KLF KNOWLEDGE SYSTEM

NEXT RECOMMENDED MODULES

After completing DA-004: Digital Custody Companion Guide, continue with:

FS-001 — Financial Control System

DA-001 — Digital Asset Foundations

KLF KNOWLEDGE SYSTEM

THE DIGITAL ASSETS LIBRARY

PHASE I — LEARN

- | | | |
|---------------|--------------------------------------|----------------------|
| DA-001 | Digital Asset Foundations | <i>Available Now</i> |
| DA-002 | XRP: What Every Investor Should Know | <i>Available Now</i> |
| DA-003 | Understanding XRP & XLM | <i>Available Now</i> |

PHASE II — IMPLEMENT

- | | | |
|---------------|--|----------------------|
| DA-004 | Digital Custody Companion Guide
— <i>you are here</i> | <i>Available Now</i> |
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