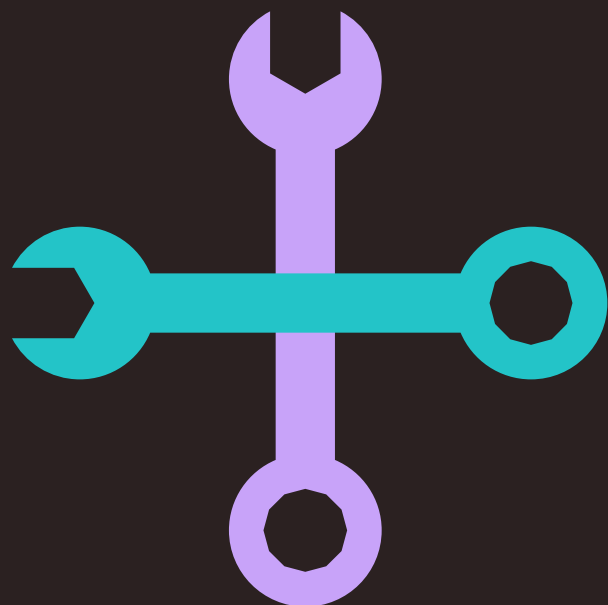


PERSONAL & PHYSICAL SECURITY: A STEP-BY-STEP GUIDE



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STEP 1: START WITH THE RIGHT MINDSET

- ❑ Always establish what “normal” looks like and mentally tag any behaviors that aren’t.
- ❑ Distance is safety. Choose distance over confrontation: if someone’s acting off, move away or change your setting.
- ❑ Trust your instincts when something doesn’t feel right.
- ❑ Spend a little time thinking through “what would I do if…” scenarios.
- ❑ Build small safety habits now so you’re not scrambling later.
- ❑ Be mindful what you post online, the bad guys are watching.

STEP 2: STAY PRESENT IN PUBLIC SPACES

- ❑ Keep yourself in a relaxed but aware state — not jumpy, just paying attention.
- ❑ When walking or traveling, keep your eyes up and one ear free; avoid getting completely absorbed in your phone.
- ❑ Vary your daily routines (how you get to work, when you go to the gym, where you get coffee and lunch, and so on).
- ❑ Don’t discuss sensitive plans loudly in shared spaces or rideshares.

STEP 3: GOING OUT (DAY OR NIGHT)

- ❑ Walk with purpose and avoid looking lost or uncertain.
- ❑ If you’re going out drinking or late at night, avoid walking home alone — share your plan and location with someone you trust.
- ❑ Carry a flashlight or pepper spray, and have it already in hand when you’re walking alone after dark.
- ❑ Never discuss crypto holdings in public or with strangers.
- ❑ Pick a meetup point with friends or colleagues in case you get separated.
- ❑ Avoid posting your real-time location.

STEP 4: MAKE TRAVEL & HOTELS SAFER

- ❑ Travel “gray” and blend into the environment. Don’t appear valuable or vulnerable.
- ❑ Don’t post travel plans in advance and don’t post your current location.
- ❑ Make it a routine: every time you check into a hotel, walk the exit route.
- ❑ Keep shoes and a few essentials somewhere you can grab them fast (“go bag” style).
- ❑ Pay attention to anything in the room that feels off — trust that feeling.
- ❑ Use the hotel safe, and put something you’ll need in the morning (like one shoe) so you don’t forget your valuables.

STEP 5: IF YOU’RE IN A HIGHER RISK ROLE

- ❑ If you’re in crypto, set up a decoy wallet with some activity to serve as a backup in coercion scenarios.
- ❑ Avoid wearing company branded apparel in public.
- ❑ Reduce your online footprint: consider a data removal service and opt out of public property databases.
- ❑ Improve your home security with cameras or motion lights, especially near entry points.
- ❑ Avoid keeping all assets or identities tied to one account or device. Spread them out.
- ❑ Practice noticing exits and cover in public spaces so it becomes second nature.
- ❑ Use a PO box or office address instead of home address; and if possible, use an LLC to buy property not your personal name.

STEP 6: KEEP THE HABITS ALIVE

- ❑ Maintain a low public profile.
- ❑ Don’t share family images publicly.
- ❑ Do regular home-security checks: sensors, cameras, locks, lights.
- ❑ Once a month, run a quick mental “what if” drill to stay sharp.
- ❑ Review and refresh your digital security setup regularly — including your decoy wallet.