Ethereum Staking Options Comparison

Solo Staking	Staking Pool	Liquid Staking	Exchange
Min: 32 ETH	**Min:** 0.01 ETH	**Min:** Any amount	**Min:** Any amount
Control: Full	**Control:** None	**Control:** Token	**Control:** None
Rewards: 100%	**Rewards:** 90-95%	**Rewards:** 90-95%	**Rewards:** 80-90%
Complexity: High	**Complexity:** Low	**Complexity:** Low	**Complexity:** Very Low
Risk: Slashing	**Risk:** Pool risk	**Risk:** Smart contract	**Risk:** Custodial
Example: Run your own node + validator	**Example:** Rocket Pool, StakeWise	**Example:** Lido (stETH), Rocket Pool (rETH)	**Example:** Coinbase, Kraken

Recommendation: Balance control vs complexity based on your technical ability and amount