**Time and Starting Capital:**

* **Treat trading like a full-time job** (at least 2-3 hours/day is relatively little for a beginner).
* **Suggested starting capital:** A minimum of 1 SOL to get acquainted, but 10+ SOL is even better. However, be cautious, as larger capital can lead to faster losses if you lack experience.

**Trading Tips:**

* **Capital Management (Unit Size):** With an example of 2 SOL, you should only use 0.25 SOL per trade to avoid significant risk. Set a **stop-loss at -30% to -50%**.
* **Cut losses quickly:** Don't hold losing tokens for too long, especially when you're just starting out.
* **Wallet tracking:** Use bots or accounts like @kolscan ( kolscan.io ) to follow the wallets of large traders such as @Ga\_\_ke, @traderpow, @ShockedJS, @404flipped to learn from them.
* **Avoid baseless FUD:** Only pay attention to FUD with verified information; ignore meaningless FUD.
* **Don't FOMO (Fear Of Missing Out):** Only buy if the token has the potential to increase 2-5 times from its current price.
* **Trade low market cap tokens:** With capital under 10 SOL, focus on tokens under 250k MC (market cap) as they have higher growth potential.

**Mindset and Long-Term Strategy:**

* **Don't "marry" (hold long-term) losing tokens** just because they're funny or due to pressure from others.
* **Accumulate small profits (50-80%)** when you're starting out; avoid roundtripping (trading back to break-even).
* **Find a group of friends** in the crypto community to trade with; this helps reduce the risk of becoming "exit liquidity."
* **Be patient,** especially with small capital. Euris didn't change his unit size until he reached 100 SOL.
* **Accept initial losses,** but those who persevere will succeed.

**I'll share my current list of KOL/whale wallets with you as a token of appreciation. DM me on Telegram @binzvn6.**