I'm new here, "Hey, Everybody!"

I didn't set my osmosis account up originally and I am having some troubles carrying out some of its actions. No matter how much money that I trade into the Secret account it still shows a 0 balance when I go to stake. What could I be doing wrong. I am using the Keplr wallet to transfer by the way. I've read the other answers on this specific subject but they don't quite hit the nail on the head with the answer that I need. Thank you so much for any answers provided.