

TRADE BY CHECKLIST. LIVE BY CHOICE.

HOW TO TAKE PROFITS IN CRYPTO

5 STEPS TO LOCK IN
GAINS AND PROTECT
YOUR CAPITAL



By Craig Cobb, Veteran Trader & Founder @thegrowmeco ©2025



TRADE BY CHECKLIST. LIVE BY CHOICE.

WHY TAKING PROFITS MATTERS

You buy in, the trade goes your way, and you're sitting on a tidy profit.

But then comes the hardest part: when to sell.

Most investors talk about taking profits. Very few have a clear plan.

That's where people slip up.

I've been trading for 20 years. My rule is simple:

Have a plan before you hit 'buy'.

Here's a framework you can adapt to feel more confident around when to strike.

TRADE BY CHECKLIST. LIVE BY CHOICE.

1

ALWAYS HAVE A PLAN

A plan won't guarantee profits, but no plan = chaos.

Write down where you'll take profits before you enter.

Don't leave it to gut feel. Emotion kills accounts.

2

GET YOUR INITIAL \$\$\$ BACK EARLY

The first goal is simple: reclaim your starting capital.

Example:

You invest \$10,000 into Ethereum at \$4,500. That buys 2.22 ETH

ETH doubles to \$9,000. You sell half (1.11 ETH) for \$10,000

Your initial investment is back in your pocket.
You now only hold 'house money'.

TRADE BY CHECKLIST. LIVE BY CHOICE.

3

SCALE OUT AS PRICE MOVES HIGHER

Don't try to sell the very top. Instead, scale out in chunks.

Using the same ETH example:

Sell 33% of what's left every 20% move up.

At \$10,800: sell 0.37 ETH → bank \$3,996 profit.

At \$12,975: sell 0.37 ETH → bank \$4,800 profit.

At \$15,600: sell final 0.37 ETH → bank \$5,772 profit.

Total locked-in profit: \$14,568 (145.68%)



TRADE BY CHECKLIST. LIVE BY CHOICE.

4

STOP CHASING TOPS

Yes, if you had “held it all” to \$15,600, you’d have doubled that profit.

But that mindset is dangerous.
It’s greed, not strategy.

The truth: nobody consistently nails tops.
Professionals don’t try.

Focus on “the chunk in the middle.”
That’s where decent profits are made.

5

STAY REALISTIC

Even the best plans won’t always hit all targets.

Sometimes you’ll only get part of the move.

TRADE BY CHECKLIST. LIVE BY CHOICE.

THE BIG PICTURE

Profit-taking is not about glory. It's not about calling the top or finding the perfect exit.

It's about protecting your capital. Without that, you can't trade tomorrow.

It's about removing emotion. A plan means you don't second-guess, you don't chase green candles, and you don't panic on red ones.

You follow the steps.

It's about a system you can repeat. If you can scale in and scale out consistently, your results become more predictable.

One trade won't make you rich, but a process applied across dozens, even hundreds of trades, can.

Trading is a marathon, not a sprint. The people who last scale out along the way, protect themselves from big losses, and let compounding do the heavy lifting.

That's how you turn trading into a profession.

TRADE BY CHECKLIST. LIVE BY CHOICE.



FROM CRAIG

"You don't have to be great to get started,
but you do have to get started to be great."
-Zig Ziglar

**Get started by writing your profit plan
before your next trade.**

It doesn't need to be perfect.
It just needs to exist.

The act of planning takes you out of hope
and into structure.



TRADE BY CHECKLIST. LIVE BY CHOICE.

TRADE WITH PURPOSE

Inside my Trading Course you'll find the exact checklists and methods I use to target trades, manage risk, trade with structure, take profits, the whole shebang.

Plus you get access to our community on Discord, where all the GMC traders share their insights and support each other along the way.

Want my access to my trading checklists
and the GMC community ?

[SEE INSIDE THE TRADING COURSE](#)

©2025 The Grow Me Co. All rights reserved.