

STACIE WHISONANT

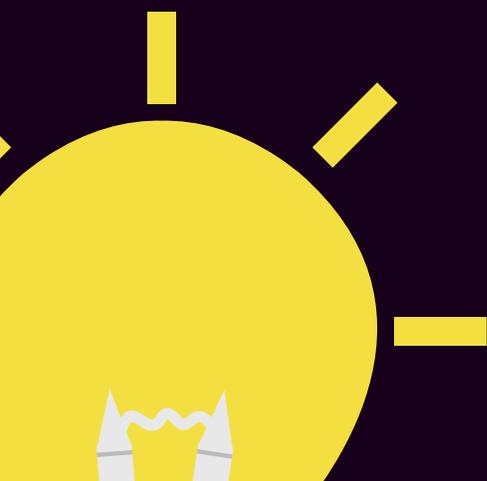
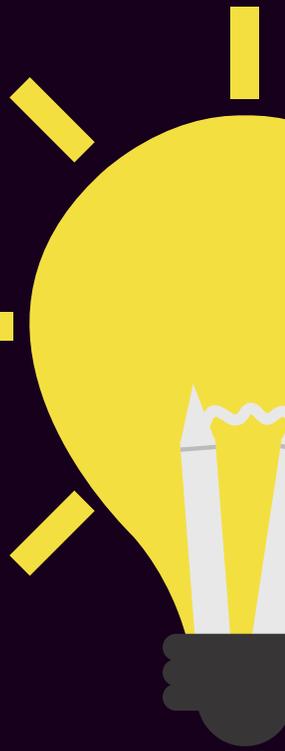
ACT LIKE A
LADY

BET BETTER
THAN A

MAN!

THE OFFICIAL STRATEGY
COMPANION

VOLUME 4



**WORKBOOK VOLUME 4: INDUSTRY AWARENESS &
RESPONSIBLE BETTING**

ACT LIKE A **LADY**, BET **BETTER THAN A MAN**

THE OFFICIAL STRATEGY COMPANION

Sports betting is not a small niche activity. It is a multi-billion-dollar industry — both legally and illegally.

Understanding the size and structure of this industry changes your perspective.

You are not "just placing bets."

You are participating in a regulated financial marketplace.

With opportunity comes responsibility.

This section helps you understand your environment — and your accountability within it.

Stacie Whisonant

Understanding Your Legal Landscape and Risk Reality

EXERCISE 1: KNOW YOUR LEGAL LANDSCAPE

Sports betting laws vary by state and jurisdiction.

My State: _____

Is sports betting legal here?

- Yes
- No
- Limited / Restricted

If legal, is it:

- Online
- In-person only
- Both

What regulatory body oversees betting in my state?

Why is it important to understand state regulations before participating?

Knowledge protects you.

EXERCISE 2: RISK VS. REWARD REALITY CHECK

Betting can produce financial gains — but it also carries risk.

Reflect honestly:

What attracts me most to betting?

- Financial reward
- Entertainment
- Competition
- Social connection
- Other: _____

What risks concern me most?

What safeguards will I personally implement?

Opportunity without discipline becomes danger.

Responsible Gaming and Long-Term Perspective

EXERCISE 3: RESPONSIBLE GAMING SELF-ASSESSMENT

Answer honestly:

Have I ever:

- Bet more than I intended
- Tried to win back losses immediately
- Felt stress after a loss
- Hidden betting activity
- Used money meant for essentials

If you checked any boxes, reflect:

What patterns do I need to monitor?

Responsible betting means:

- Only wagering disposable income
- Setting clear limits
- Walking away when needed
- Seeking help if behavior becomes unhealthy

If you ever feel betting is becoming problematic, resources are available. Strength includes knowing when to pause.

EXERCISE 4: PERSONAL BOUNDARIES PLAN

Set your non-negotiables now.

I will never bet more than: \$ ____ per wager.

I will never exceed a total monthly limit of: \$ ____.

If I experience three consecutive losses, I will:

If I feel emotional or pressured, I will:

Boundaries create long-term sustainability.

LONG-TERM PERSPECTIVE

The betting industry is large and growing. That does not mean every participant succeeds.

The difference between sustainable participation and financial harm is discipline.

Write this statement in your own words:

In this industry, I choose to participate as a:

I will prioritize:

- Education
- Compliance
- Discipline
- Community
- Financial security

This is not about hype.

This is about informed participation.

You are building skill — not chasing luck.