

# ■ Personal & Family Cybersecurity Checklist

Think of this like building fitness habits—you don't drop 30 pounds overnight. Start small, get consistent, then add the advanced moves.

## ■ Phase 1: Basic Essentials (Start Here)

- ☐ Use a password manager for all accounts
- ☐ Create unique, strong passwords for every account
- ☐ Turn on MFA (multi-factor authentication) for:
  - Email accounts
  - Financial and investment accounts
- ☐ Use an authenticator app instead of SMS codes
- ☐ Keep devices updated—always click “Yes” on updates
- ☐ Learn how to spot phishing and deceptive links
- ☐ Review privacy and security settings on phones and computers (start simple)
- ☐ Back up important data to local storage or cloud

## ■ Phase 2: Advanced Protections (Next Level)

- ☐ Enable MFA on government accounts (use YubiKeys or hardware tokens)
- ☐ Extend MFA to social media accounts
- ☐ Add at least two recovery options for each account (avoid lockout)
- ☐ Harden computers and phones with stronger security settings
- ☐ Set up email rules and filters to reduce spam
- ☐ Create and use passkeys for passwordless logins
- ☐ Do deeper reviews of Windows and iPhone privacy/security settings
- ☐ Back up data to offline, unpowered storage (ransomware-proof)