

# ■ 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)