



## 5-Minute Cybersecurity Readiness Checklist

### Score Yourself

For each statement:

- Yes = 2 points
  - Partially = 1 point
  - No = 0 points
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### Password & Account Habits

- I avoid reusing passwords across important accounts.
  - Multi-factor authentication is enabled on critical services.
  - I regularly review suspicious login alerts or account activity.
  - I use a password manager or another secure password system.
  - I update compromised or weak passwords promptly.
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### Email & Communication Awareness

- I pause before clicking unexpected links or attachments.
  - I verify unusual requests independently.
  - I recognise urgency as a common phishing tactic.
  - I review sender addresses carefully before responding.
  - I avoid emotional or rushed communication online.
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## Device & Technical Hygiene

- My devices are updated regularly.
  - I lock devices when unattended.
  - I avoid sensitive activity on unsafe public Wi-Fi.
  - I review browser extensions and app permissions periodically.
  - Important files are backed up consistently.
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## Privacy & Social Media Habits

- I avoid oversharing personal information publicly.
  - I review social media privacy settings regularly.
  - I think carefully before posting emotional content online.
  - I limit unnecessary public exposure of travel or routines.
  - I understand how attackers use social engineering techniques.
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## Workplace & Professional Cyber Discipline

- I report suspicious activity quickly when something seems unusual.
  - I follow workplace verification procedures consistently.
  - I avoid shortcut behaviour that bypasses security processes.
  - I treat cybersecurity as part of professional responsibility.
  - I maintain sustainable cybersecurity habits rather than reactive panic.
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# SCORING RESULTS

**40–50 Points — Strong Cyber Hygiene**

You demonstrate healthy cybersecurity discipline and strong awareness of modern digital risks. Continue refining sustainable habits and maintaining operational consistency.

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## **25–39 Points — Moderate Exposure**

Your current habits provide partial protection, but gaps remain that may increase avoidable cyber risk. Focus on improving consistency and verification routines.

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## **0–24 Points — High Vulnerability**

Your current digital habits may expose you to elevated risks involving phishing, account compromise, privacy exposure and operational disruption. Immediate improvements to daily cyber discipline are recommended.