



Digital Survival Readiness Checklist

Score Yourself

For each statement:

- Yes = 2 points
 - Partially = 1 point
 - No = 0 points
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Identity & Account Security

- I use strong unique passwords for important accounts.
 - Multi-factor authentication is enabled where possible.
 - I regularly review suspicious login alerts or account activity.
 - I understand how phishing and credential theft work.
 - I know how to recover important accounts during compromise.
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Communication & Verification

- I verify unusual financial or credential-related requests.
 - I review links and attachments carefully before clicking.
 - I recognise urgency as a common manipulation tactic.
 - I maintain professional communication discipline online.
 - I understand the growing risks of AI impersonation and deepfakes.
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Privacy & Exposure Awareness

- I avoid oversharing sensitive personal information publicly.
 - I review social media privacy settings regularly.
 - I understand how public information may be used for social engineering.
 - I review app permissions and browser settings periodically.
 - I actively reduce unnecessary digital exposure.
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Device & Technical Hygiene

- My devices remain updated consistently.
 - I use secure lock screens and authentication protections.
 - I avoid risky activity on untrusted public Wi-Fi.
 - Important files are backed up properly.
 - I maintain organised and secure digital environments.
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Workplace & Long-Term Resilience

- I treat cybersecurity as part of everyday professional discipline.
 - I report suspicious activity quickly when something feels unusual.
 - I understand how cyber incidents may impact reputation and operations.
 - I maintain sustainable cybersecurity habits rather than reactive panic.
 - I view digital resilience as a long-term life skill.
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SCORING RESULTS

40–50 Points — Strong Digital Resilience

You demonstrate strong operational awareness and healthy cybersecurity habits. Continue refining verification, privacy and long-term resilience strategies.

25–39 Points — Moderate Exposure

Your current habits provide partial protection, but important gaps remain. Focus on improving consistency, verification routines and operational discipline.

0–24 Points — High Vulnerability

Your current digital behaviour may expose you to elevated risks involving fraud, phishing, identity compromise, privacy exposure and operational disruption. Immediate improvements to cyber hygiene and digital awareness are strongly recommended.