



Professional Self-Audit Checklist

20-Point Cybersecurity Fundamentals Audit

- Do I use unique passwords everywhere?
- Is MFA active on email and finance accounts?
- Do I use a password manager?
- Do I verify unusual payment requests?
- Do I inspect sender domains before clicking?
- Are my devices fully updated?
- Is antivirus/endpoint protection active?
- Is my home router secured?
- Do I avoid unsafe public Wi-Fi behaviour?
- Are cloud files permission controlled?
- Have I removed old collaborators from shared folders?
- Do I avoid sending passwords in chat/email?
- Are my backups reliable?
- Do I review links before opening?
- Do I question urgent emotional messages?
- Do I separate work and personal systems?
- Do I protect mobile devices properly?
- Do I know what to do during a suspected breach?
- Am I alert to AI impersonation scams?
- Do I perform monthly cyber hygiene reviews?

Scoring:

17–20 = Strong professional cyber discipline

12–16 = Moderate exposure remains

0–11 = High digital vulnerability