



5 Smallest Steps. Biggest Impact.

+ CIPHER & SHIMMER — LUNCH & LEARN TAKEAWAY

You don't need to be a tech person to close most of the doors hackers walk through — you just need the right habits. Start with these five.

1



Get a password manager.

Stop reusing passwords across sites. A manager like Bitwarden, 1Password, or Keeper creates and remembers a unique one everywhere — the single highest-leverage habit on this list.

2



Turn on MFA — banking and email first.

A password proves you know something; MFA proves you also have something. It's the deadbolt behind the lock. Start with banking and email, since email resets everything else.

3



Add a backup recovery email.

Do this everywhere the option exists — social media, banking, business accounts. It's a quiet five-minute step that keeps one compromised account from becoming permanent lockout.

4



Skip public Wi-Fi for anything sensitive.

On coffee-shop or airport Wi-Fi, anyone else on that network can potentially see what you send. Switch to your phone's hotspot, or run a VPN, before you log into banking or business email.

5



Google yourself, twice a year.

Check what's publicly visible about you — social posts, old records, images. It's not vanity, it's attack-surface management, before someone else pieces it together first.