

# Cybersecurity Password Checklist

Digital guide for personal reference

## Core Rule

Use a different strong password for every important account. A password manager can help generate and store unique credentials.

## Account Checklist

- Replace reused passwords.
- Enable multi-factor authentication where available.
- Review recovery email addresses and phone numbers.
- Remove old devices and sessions.
- Check recent sign-in activity.
- Save backup recovery codes securely.

## Password Manager Review

Protect the manager with a strong primary password and secure recovery options. Do not share the primary credential.

## Phishing Awareness

Verify the sender and destination before entering credentials. Open sensitive services from known bookmarks or manually entered addresses.

## Quarterly Review

Revisit high-value accounts such as email, financial services, cloud storage, and domain or website administration.

## Incident Response

If you suspect a compromise, change the affected password from a trusted device, end active sessions, review recovery settings, and contact the provider when needed.

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