

# Personal Cybersecurity Plan Worksheet

*Worksheet · Turn 'I Should Do This' Into A 90-Day Plan.*

**A plan you can actually finish beats an aspiration you'll forget. Fill in your starting point, your top three weak spots, and a 90-day cadence you'll stick to.**

## Starting Point

Today's date: \_\_\_\_\_

My current cybersecurity self-rating (1-10): \_\_\_\_\_

Why that number: \_\_\_\_\_

## My Top 3 Weak Spots

(From the Personal Cybersecurity Risk Self-Audit, or from gut-check.)

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## Month 1 — Foundations

Goal: \_\_\_\_\_

Specific actions:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

Time commitment per week: \_\_\_\_\_ minutes

## Month 2 — Hardening

Goal: \_\_\_\_\_

Specific actions:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

## Month 3 — Maintenance & Family

Goal: \_\_\_\_\_

Specific actions:

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

## Weekly Check-Ins

Day & time I'll review my progress every week: \_\_\_\_\_

Where I'll log progress (note app, password manager Secure Notes, etc.): \_\_\_\_\_

## Accountability

Who will I tell about this plan? \_\_\_\_\_

How often will I update them? \_\_\_\_\_

## 90-Day Wrap-Up

Date 90 days from now: \_\_\_\_\_

My target self-rating at that point (1-10): \_\_\_\_\_

How I'll measure that I succeeded: \_\_\_\_\_

### FREE COURSE

#### The 7-Day Cybersecurity Mastery Email Course.

One short email per day for a week. By Friday you'll have hardened email, passwords, MFA, devices, and your home network.

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