



Cybersecurity: 10 Habits

From years inside ransomware defense — the practices that actually prevent ~95% of incidents.

95%

INCIDENTS PREVENTABLE

10

HABITS

\$0

MOST ARE FREE

1 day

TO IMPLEMENT

• The 10 habits

#1 • TIER 1

Password manager + unique passwords

1Password / Bitwarden / Apple Passwords. Stop reusing.

#2 • TIER 1

Hardware MFA / Passkeys

YubiKey or platform passkey on every important account. Not SMS.

#3 • TIER 1

Patch fast

OS + browser auto-update on. Most exploits hit unpatched systems.

#4 — Backups, tested

3-2-1 rule. Restore from one quarterly. Backups you can't restore aren't backups.

#5 — Phishing pause

Hover before you click. URL legit? When in doubt — type it directly.

#6 — Encrypt your disks

FileVault on Mac, BitLocker on Windows. Free, mandatory.

#7 — Don't reuse work / personal

Separate accounts, separate browsers, separate auth contexts.

#8 — Network awareness

No banking on cafe Wi-Fi. VPN if you must. Most "incidents" start here.

#9 — Audit your installed apps

Quarterly. Delete what you don't use. Each one is attack surface.

#10 • IF NOTHING ELSE

Slow down on anything urgent

Almost every successful attack on a careful person relies on time pressure. "Wire this now," "respond immediately," "click this before the limit." Real urgency rarely demands you skip verification.

FOR SMALL BUSINESSES

Most ransomware attacks on small businesses succeed via: phishing email → credential reuse → admin password works in 5 other places → encrypt + extortion. Habits #1, #2, #5 close 80% of this.

PRO TIP

Freeze your credit at all 3 bureaus. Free. Stops most synthetic-identity fraud at the source. Do this for your kids too.

IF YOU HAVE AN HOUR TODAY

- 1 **Install a password manager**
Set master pw, generate uniques
- 2 **Buy a YubiKey or set passkeys**
Email + banking first
- 3 **Enable disk encryption**
FileVault / BitLocker
- 4 **Turn on auto-updates**
OS + browser + apps

IF YOU HAVE A WEEKEND

- 1 **Audit Have I Been Pwned**
Rotate any leaked credentials
- 2 **Set up backups (3-2-1)**
+ test the restore
- 3 **Freeze credit at all bureaus**
Experian, Equifax, TransUnion
- 4 **Quarterly app audit**
Delete what you don't use

Full post: djenterprises.ai/blog/cybersecurity-fundamentals → Pick 3 habits today → Layer the rest over a month.

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