YOUR 7-DAY DIGITAL RESET STARTER KIT

DAY 1
- Enable Multi-Factor Authentication – block up to 99% of account hacks

DAY 2
- Review privacy settings & app permissions – limit access for apps & platforms

DAY 3
- Turn on transaction & login alerts – activate notifications in your banking and e-wallet apps

DAY 4
- Clean-up SMSes & emails – delete old messages with sensitive info

DAY 5
- Install anti-phishing tools – add browser extensions to flag fake sites and malicious links

DAY 6
- Audit your digital footprint – review your online presence thoroughly

DAY 7
- Be kind & conscientious online – be respectful, share responsibly and verify info before posting