

093: Avoiding Cyber Threats Through Smart Security

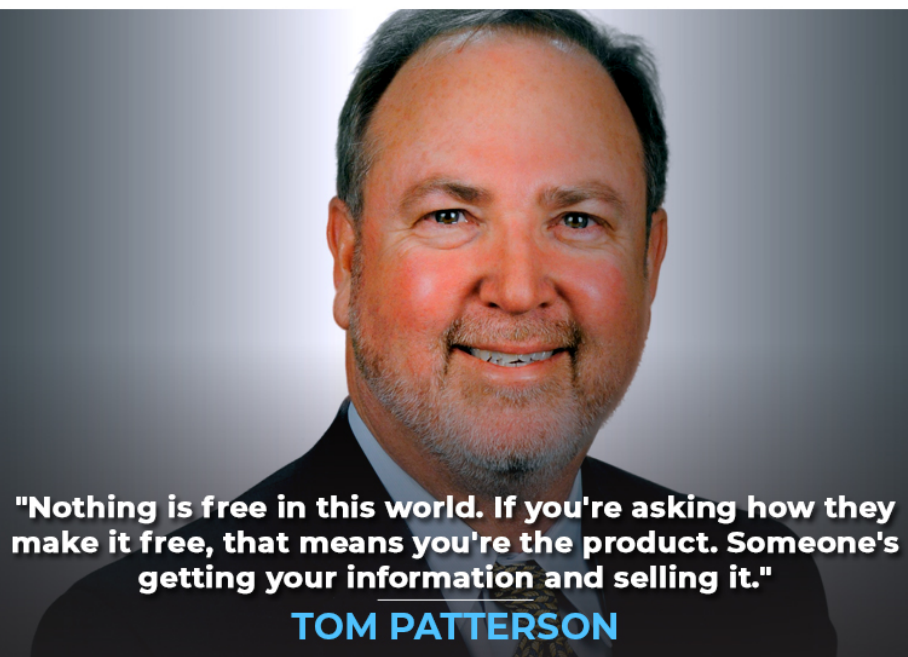
10 Point Checklist

Tom Patterson

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"Nothing is free in this world. If you're asking how they make it free, that means you're the product. Someone's getting your information and selling it."

TOM PATTERSON

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Stop giving my data away by agreeing to overreaching permission agreements when installing new apps and free software.
- Put a band-aid over the cameras on my computers and laptops to prevent any “accidental” recordings made by third parties.
- Stop using the same password for all of my accounts to make it harder for hackers to access all of my accounts by hacking into one account.
- Create a passphrase by coming up with three unique questions that pertain to only me and leaving myself hints to the answers that strangers wouldn’t understand.
- Use made up names or phrases for password backup questions because my mother’s real maiden name or my real high school could easily be used by hackers to reset my passwords.
- Don’t click on links in emails. If I get an email from my bank or a business, open a new browser window and go directly to the bank or companies website and check my account.
- Avoid password managers by using the passphrase concept and making a group of three passphrase questions that I know and create reminders that I will understand.
- When talking about highly sensitive information turn off my laptop in case it has been hacked as a bugging device and be aware of Internet enabled microphones like the Amazon Echo.
- Install security patches and updates to keep my software up to date and avoid the latest in security threats.
- Avoid adware and malware installation by not clicking on or even rendering email images and deselecting adware when installing “free” software.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/avoiding-cyber-threats-smart-security-tom-patterson/>