Everyday Soul — CyberScrolls Series

EP08 – Fortify the Dock

By Helen Najar | Lionheart

Guides and poetic defenses for guarding the quiet shoreline of your digital life.

⚡ Quick Actions — If You Only Have 60 Seconds

1. **Change your router's default admin password.**
2. Rename your Wi-Fi to something neutral.
3. **Disable WPS** — it is an unlocked gate.
4. **Turn off remote management.**
5. **Run a firmware update** (router settings → Firmware Update).
6. **Check devices connected to your Wi-Fi** — remove anything unknown.
7 **If the network isn't yours (shared housing/hotel):**
Use mobile hotspot or a VPN for sensitive tasks.

Keep this page bookmarked. Do the quick actions now, then read the full steps below.

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Full Guide — Detailed Steps

1. Know Your Harbor

Before attackers ever enter your inbox, they test your home waters.

Your router is the first gate — and the most forgotten one.
Default settings, weak Wi-Fi, and outdated firmware are quiet cracks waiting to be found.

Your safety begins at the shore.

2. Rename the DOCK (SSID Naming)

Your Wi-Fi name should never reveal personal clues:

- Real name
- Apartment number
- Router brand
- Anything identifying

Why: Attackers use SSIDs to guess your router model or track yo**u.**

Choose neutral SSIDs:

- HarborNorth.
- QuietSignal

Name your dock wisely — let it reveal nothing

3. Change the Default Passwords

A) Wi-Fi Password

- Use WPA2 or WPA3
- Long, random, unpredictable
- Avoid birthdays or names

B) Router Admin Password

- The most important one — the key to your entire network.
- If this stays “admin / admin,” your harbor is wide open.

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4. Disable What You Don't Use

WPS:

- Convenient… but insecure.
- Attackers exploit it constantly.
- **Turn it off.**
- **It is an unlocked gate.**

Remote Management

- If your router allows access "from the Internet," disable it.

Guest Network

- Leave off unless actively needed.
- Extra networks = extra openings.

5. Reinforce the Planks (Firmware Updates)

Firmware updates seal old cracks:

- Patch vulnerabilities
- Fix exploits
- Strengthen encryption
- Improve stability

Most routers hide it under:

- **Administration → Firmware Update**
- or
- **Advanced → System Tools → Upgrade**
- Update → Restart → Secure.

6. Watch the Waters (connected Devices)

Your router shows all devices connected to your dock.

Check for:

- Unknown phones
- Strange MAC addresses
- Devices you don't recognize

If something looks wrong:

- Disconnect it → Change the Wi-Fi password immediately.

Your harbor must know every vessel.

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7. When You Don't Control the Harbor (Shared Networks)

(student housing, apartments, family networks, hotel Wi-Fi)

You cannot control the dock, but you can guard your steps:

- Use your mobile hotspot for sensitive logins
- Use VPN if you must stay connected
- Avoid banking on shared Wi-Fi
- Turn off auto-connect
- Prefer mobile data for anything private

Even shared waters can be sailed safely.

8. Reflection — the Lionheart reminder

"Not every storm arrives with thunder.
Some slip through open gates and quiet shores.
Strengthen your harbor, and no tide loud or silent will take you by surprise."

Appendix — Technical commands & quick references

Router Login Pages

- 192.168.0.1
- 192.168.1.1
- 10.0.0.1

Best Security Settings

- WPA2 / WPA3
- Admin password changed
- WPS disabled
- Firmware updated
- Guest network off

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