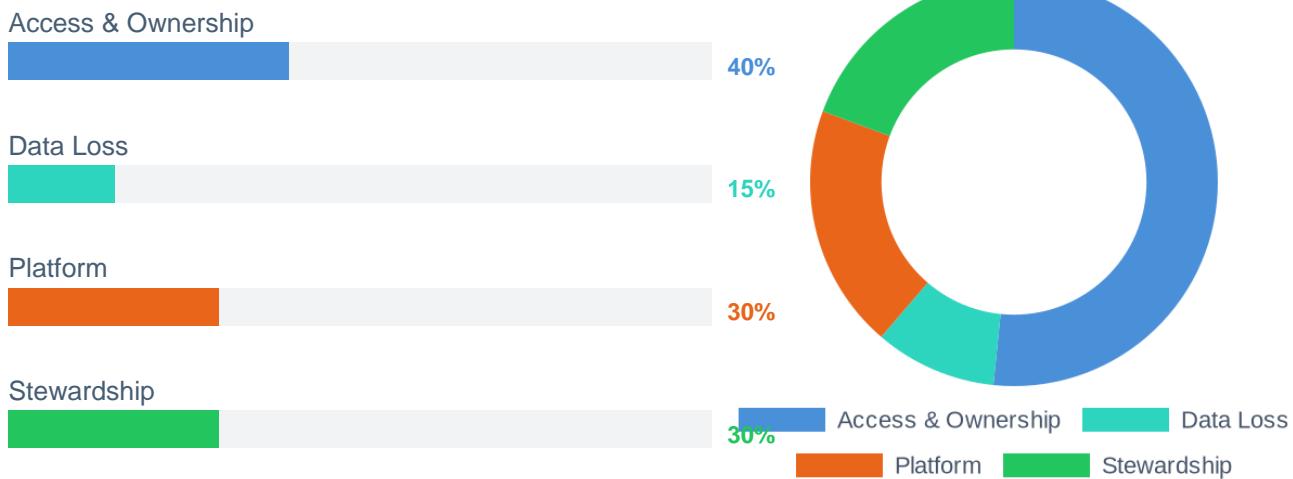


**31** /100

Starting Fresh

No worries — this is exactly the right place to start. Let's go.

### Domain Breakdown



# Your 7-Day Digital Readiness Plan

Prepared for Aryan · Starting Fresh

## **Day 1: Protect Your Data From Disappearing**

Your weakest area right now is data loss, so let's start there. Spend 20 minutes today reviewing what's stored only on your device and not backed up anywhere else - photos, documents, anything important. Turn on automatic backup to iCloud or Google Photos so your files start syncing without you having to think about it again.

## **Day 2: Build Your Password Foundation**

Without a password manager, your digital life has no real security backbone. Today, download a free and trusted password manager like Bitwarden or 1Password and spend 20 minutes adding your five most important account passwords. This one step will make every other part of your digital readiness easier to build on.

## **Day 3: Lock Down Your Most Important Accounts**

You have 2FA partially set up, which means some of your key accounts are still exposed. Pick two or three accounts you'd be most upset to lose - like email or banking - and enable two-factor authentication on each one today. It takes about five minutes per account and adds a powerful layer of protection.

## **Day 4: Set Up a Legacy Contact on Your Phone**

Right now, if something happened to you, your loved ones couldn't get into your phone. On iPhone, go to Settings, then your Apple ID, then Legacy Contact - on Android, look for the same option in your Google account settings. Add one trusted person today so they would have a clear path forward if they ever needed it.

## **Day 5: Learn What Happens to Your Social Media**

Most people have no idea their social media accounts can just float around after they're gone - or that platforms like Facebook and Instagram have memorialization settings you can set up now. Spend 20 minutes today visiting the settings on your most-used platforms and look for legacy or memorialization options. Just knowing what's available puts you ahead of most people.

## **Day 6: Tell One Person What You'd Want**

Your family currently has no idea what you'd want done with your accounts or files, and that creates real stress for the people who love you. Today, have a simple five-minute conversation or send a quick message to one trusted person sharing even just the basics - which accounts matter, what you'd want kept or deleted. It doesn't have to be perfect, it just has to start.

## **Day 7: Assign Your Digital Legacy**

You've built real momentum this week and now it's time to pull it together. Spend today writing down or recording a simple note that names who should handle your digital life, where your important files are, and how to find your passwords. Store it somewhere that trusted person could actually find - even a shared note or a document in your now-backed-up cloud storage works perfectly.