

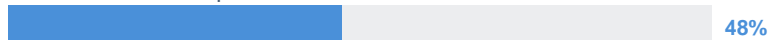
34 /100

Starting Fresh

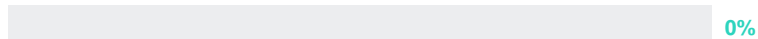
No worries — this is exactly the right place to start.
Let's go.

Domain Breakdown

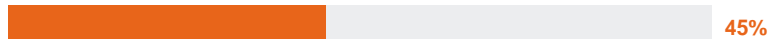
Access & Ownership



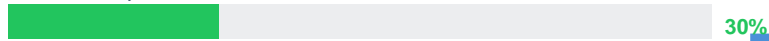
Data Loss



Platform

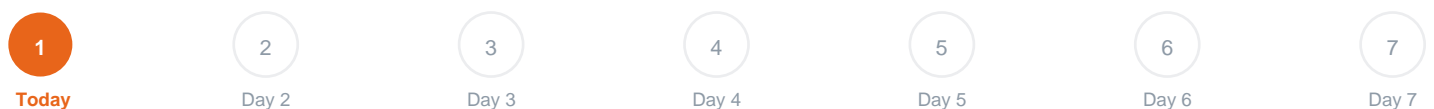


Stewardship



Access & Ownership Data Loss
Platform Stewardship

YOUR 7-DAY JOURNEY



Your 7-Day Digital Readiness Plan

Prepared for Niki · Starting Fresh



DAY 01

Write Three Things Down

Write Your Main Email Address and Password Right Now

On paper, your phone notes - anywhere. You've started.

Write Your Phone Passcode Next to It

Your phone unlocks your entire digital life for whoever holds it.

Write the Name of Your Primary Bank

Three lines. That's today's whole job - and it matters more than you know.

Day 1 done. You've started. Most people never get to this step. Tomorrow: choose your trusted person.

DAY 02

Choose Your Trusted Person

Decide Who You Trust Most With Your Digital Life

This is the person you'd want handling things in an emergency.

Send Them a Short Message Today

"I want to talk about something important soon" - you don't need to explain everything yet.

Just Open the Door

You don't need a plan today. You just need one conversation started.

Day 2 done. You have a person. Tomorrow: give your most important accounts a secure home.

DAY 03

Set Up a Free Password Manager

Go to bitwarden.com and Create a Free Account

Use your email address - it takes under 5 minutes.

Add Your Email Password as Your First Entry

One account in the vault is a complete success for today.

Watch Their 3-Minute Setup Video if You'd Like

Search "Bitwarden setup" on YouTube - it walks you through everything.

Day 3 done. Your most critical credential is now secured. Tomorrow: give someone your phone passcode.

DAY 04

Give Someone Your Phone Passcode

Write Your Passcode on a Piece of Paper and Seal It

Label it with your name and "Open only in an emergency."

Hand It to Your Trusted Person Today

This one act unlocks almost everything - photos, contacts, banking apps.

Tell Them Exactly When They're Allowed to Open It

"Only if you absolutely need to access things for me."

Day 4 done. Your most important person has a key. Tomorrow: find where your documents live.

DAY 05

Find Where Your Important Documents Are

Look Around Your Home for Key Papers

Insurance cards, bank statements, lease or mortgage info - find them.

Take a Clear Photo of Each Document

Your phone camera is enough - a photo is better than nothing at all.

Create a Folder Called "Important Docs" on Your Phone

Save the photos there so they're in one place.

Day 5 done. Your documents have been found and photographed. Tomorrow: protect your most important photos.

DAY 06

Turn On Automatic Photo Backup

Open Settings and Enable iCloud Photos or Google Photos

Automatic backup runs on Wi-Fi - you set it once.

Confirm at Least One Photo Has Uploaded

Check your cloud storage to verify backup is actually running.

This Protects Memories That Cannot Be Replaced

Two minutes of setup. Irreplaceable things stay safe.

Day 6 done. Your memories are backed up and protected. Tomorrow: tell your trusted person everything.

DAY 07

Tell Your Trusted Person What You've Done

Call or Text Them and Walk Them Through It

"I've been getting organized this week - can I walk you through it?"

Share Your Day 1 Paper and Tell Them Where the Envelope Is

Two pieces of information change everything for them.

That Conversation Is Your Whole Plan Working

You've done something most people never do. Be proud of that.

Day 7 complete. You started from zero and built something real. This plan protects the people you love.