

Getting Started

P A S S W O R D W O R K S H E E T

First let me say...don't freak out! This is an extensive list and it will seem intimidating.

Due to my own breach, a few years ago, read my story, I started down the path of Password Management. I want to share and give you the starting point that I didn't have. Below are the sites that I have credentials available to bad guys out in the world, and I find new sites all the time that I have missed. Password Management is ongoing and now is as good a time as any to start protecting yourself. So, let's give it a try. :)

I would recommend not trying to tackle all of these at once but to prioritize and conquer a little at a time. This activity today is to get you thinking and making your list. The 28-day challenge will help conquer the task of changing all you passwords in manageable doses.

1. Start with the Majors...basically the ones that would mean financial loss.

- Your Bank accounts.
- Your Social Security account. <https://www.ssa.gov/myaccount/> Open your account NOW. If you create your online account, then you have control over it. If you wait until you are of age, the bad guys may have taken control without you knowing.
- Do you process online payments? [paypal.com](https://www.paypal.com), [venmo.com](https://www.venmo.com), [stipe.com](https://www.stripe.com), squareup.com etc.
- Any online sites that handle your customer's personal information like Quickbooks online or DocuSign?
- Do you have any website that you use in the government? [irs.com](https://www.irs.com), [utah.gov](https://www.utah.gov) etc.
- Do you pay bills online? credit card payments? cell phone bill?
- Everything is done online now through a portal it seems... what about your 401K, your health insurance, your investment portfolio, kids college funds etc.

Business operations...everything is cloud based these days. Think about what you do on the daily, on the weekly, on the quarterly, where do you log in to do business?

- Email provider...gmail, yahoo, don't forget about old accounts.
- Office 365
- Website? [godaddy.com](https://www.godaddy.com), [networksolutions.com](https://www.networksolutions.com), [wix.com](https://www.wix.com), [squarespace.com](https://www.squarespace.com) etc
- What about those apps that really just make life easier...like [Calendly.com](https://www.calendly.com), [Canva.com](https://www.canva.com), [stamps.com](https://www.stamps.com) etc.
- Do you use a graphics or photo site? [Biteable.com](https://www.biteable.com), [shutterstock](https://www.shutterstock.com), [vistaprint.com](https://www.vistaprint.com) etc?
- Do you use an online crm, email marketing or campaign automation program like [mailchimp.com](https://www.mailchimp.com), [activecampaigns.com](https://www.activecampaigns.com), [clickfunnels.com](https://www.clickfunnels.com) etc.
- Freelance on the side or subcontract out work? [upworks.com](https://www.upworks.com), [thumbtack.com](https://www.thumbtack.com), [angieslist.com](https://www.angieslist.com), [yellowpages.com](https://www.yellowpages.com)
- Is business conducted remotely? [gotomeeting.com](https://www.gotomeeting.com), [zoom.us](https://www.zoom.us), [teamview.com](https://www.teamview.com) etc.
- How about sharing files? [dropbox.com](https://www.dropbox.com), [egnyte.com](https://www.egnyte.com)
- How do you find new employees? [monster.com](https://www.monster.com), [indeed.com](https://www.indeed.com) etc.
- Managing a project can be way easier with these apps... [evernote.com](https://www.evernote.com), [basecamp.com](https://www.basecamp.com), [signugenius.com](https://www.signugenius.com) etc

Getting Started Continued

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Social Sites - Nothing is more attractive than you social sites. The bad guys want to become you, that way you don't notice right away. Ever bought a Facebook Ad or Intsagram promotional product? Your credit card is now connected to your account.

- Facebook
- Instagram
- Snapchat
- Twitter
- LinkedIN
- buffer.com
- Pinterest.com
- I am positive that there are more that this middle aged lady uses. :)

Personal Apps AKA lifestyle apps. Think about what makes you, you. Most of these accounts have saved financial accounts connected and ready to make purchases.

- Do you order pizza online? Are you a Grubhub user?
- Do you make online photo books? snapfish.com, photofly.com, shutterfly.com, mysocialbook.com etc.
- What about the deals? Do you like getting deals?groupon.com, coupons.com
- Do you online shop? Amazon.com, walmart.com, smithsfoodanddrug.com, ebay.com, poskmark.com, costco.com kohls.com, target.com etc.
- What about local news or classified sites? nytimes.com, ksl.com, craigslist.com
- How about online personal classified sites? yardsale.com, nextdoor.com, moodle.com
- How do you track your fitness and health? An online app? myfitnesspal.com, noom.com, healthywage.com, etc
- Are you a food critic on the side? yelp.com, tripadvisor.com etc
- Do you use the internet to book travel? It's so much quicker to have an account, right? airbnb.com, booking.com, expedia.com, orbitz.com, travelocity.com etc
- Have you ever joined an MLM and set up autoship? You have a credential out there. I love their
- Do you take online courses? lynda.com, udemy.com, litmos.com
- What about entertainment? starz.com, netflix.com, vudu.com, pandora.com etc.
- Do you listen to podcasts? follow a blog? ever download a white paper?

notes

