

Build A Personal Security Operations Routine

Plain-English how-to. ~2 hours setup. Run your personal security like a tiny SOC.

Build a daily / weekly / monthly / quarterly / annual personal security routine.

Print, share, and re-run quarterly.

Do This Right Now

#	STEP
1.	Daily: 30 seconds — check security alerts.
2.	Weekly: 5 minutes — bank statements + DNS dashboard.
3.	Monthly: 20 minutes — backups, password health, MFA, updates.
4.	Quarterly: 1 hour — linked apps, restore test, identity alerts.
5.	Annual: 2-3 hours — credit reports, full audit, tabletop.
6.	Build a single dashboard / playbook page.
7.	Automate what you can; calendar reminds you of the rest.
8.	Adapt the routine annually as life changes.

Why This Matters

- Security is a perishable good. MFA gets disabled when you swap phones. Backups silently stop running. Browser extensions get installed.
- A personal SecOps routine catches that drift. Once a month you spend 20 minutes confirming everything still works. Once a quarter you spend 1 hour.
- The investment is small and the payoff is large: you're rarely surprised. When something does go wrong, you find it within weeks instead of months.