

Build A Personal Security Operations Routine — Worksheet

Customize your personal SecOps routine. Print, post visibly, run.

Date completed: _____

Re-run this quarterly. Each pass takes about 12 minutes.

Per-child setup

<input type="checkbox"/>	Daily check time (30 sec) _____
<input type="checkbox"/>	Weekly check day + time (5 min) _____
<input type="checkbox"/>	Monthly check date + time (20 min) _____
<input type="checkbox"/>	Quarterly check date + time (1 hour) _____
<input type="checkbox"/>	Annual check date (2-3 hours) _____
<input type="checkbox"/>	Personal dashboard / playbook location _____
<input type="checkbox"/>	Identity monitoring service active _____
<input type="checkbox"/>	Tabletop scenario for next exercise _____
<input type="checkbox"/>	Emergency contacts list location _____

Advanced — if you want to go further

<input type="checkbox"/>	Personal log aggregator (Wazuh / Plausible)
<input type="checkbox"/>	Phishing-pattern RSS feeds skimmed weekly
<input type="checkbox"/>	Tabletop quarterly instead of annually
<input type="checkbox"/>	Threat-intel feed subscribed
<input type="checkbox"/>	Annual 'pen test yourself' exercise
<input type="checkbox"/>	Family-level adaptation of routine