

# 1. Cybersecurity Forms Explained & Checklist

Date completed or updated \_\_\_\_\_

Doing an asset inventory and using my forms is an important part of securing yourself and improving your efficiency. Here are the steps.

**1. Print forms** from [JohnBandler.com](http://JohnBandler.com), at the [forms page](#).

(The forms page URL is: <https://johnbandler.com/cybersecurity-asset-inventory-forms-for-the-home/>)

**Forms to print to paper:**

- ✓ 1 Cybersecurity Forms Explained and Checklist (This form)
- 2 Personal Primary Device and Data Account Summary
- 3 Personal Data summary
- 4 Home Device (computer) Inventory
- 5 Personal Email & Internet Account Inventory
- 6 Network and Internet Summary

**2. Complete the forms, filling in relevant information, to the best of your ability.**

Remember that you don't need to get it perfect the first time, and you can choose the amount of time to devote to this, and the level of detail.

**3. Store the forms in a safe place**

These forms have sensitive information on them. Passwords need to be stored securely.

**4. Improve your knowledge** in important areas, implement Bandler's Four Pillars of Cybersecurity, and set your "cybersecurity dial". Information is available on my website and in my books.



**Protect against:**

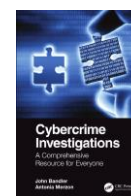
- Email based funds transfer frauds (such as business email compromise (BEC) and CEO fraud) <https://johnbandler.com/email-based-funds-transfer-frauds/>
- Data Breach <https://johnbandler.com/data-breach/>
- Ransomware <https://johnbandler.com/ransomware/>

**My one page tip sheet:**

- Cybersecurity Tips from John Bandler <https://johnbandler.com/cybersecurity-tips-from-john-bandler>

**My two books:**

- *Cybersecurity for the Home and Office* (American Bar Association, 2017) by John Bandler
- *Cybercrime Investigations* (CRC Press, 2020) by John Bandler and Antonia Merzon



**5. Repeat periodically. Continually improve your inventory and knowledge.**