10-Minute Security Health Check
Is Your Business Cyber-Ready?

AwareSecureCo

Instructions:
Mark the checkbox if your business meets each cybersecurity requirement. The total number of checkmarks will indicate your overall security readiness.

Basic Cyber Hygiene

1. Do you use unique, strong passwords for all accounts (not reusing the same one)? ☐

2. Do you have multi-factor authentication (MFA) enabled on important accounts (email, banking, admin systems)? ☐

3. Are all your business devices (computers, phones, tablets) protected with the latest security updates? ☐

Employee Awareness & Training

4. Have all employees received cybersecurity awareness training in the past 12 months? ☐

5. Do employees know how to identify phishing emails and social engineering attacks? ☐

Data Protection & Access Control

6. Do you back up your critical business data at least weekly and store a copy securely offline? ☐

7. Are access controls in place to ensure only authorised employees can access sensitive data? ☐

Incident Response & Risk Management

8. Do you have a plan in place for how to respond to a cyberattack or data breach? ☐

9. Have you tested your incident response plan in the past year? ☐

10. Do you have cyber insurance or financial protection in case of a cyberattack? ☐

Scoring & Results:
8 - 10: Your business is in great shape, but there's always room for improvement!
5 - 7: You're on the right path, but some key areas need improvement.
0 - 4: Your business is at high risk—take immediate action!