

1. VPN

Use a VPN to make it hard for websites to spy on you.

2. DNS

Set a custom DNS server that respects your privacy.

3. DEGOOGLE

Ditch all Google products: Search, Docs, Drive, Maps, Authenticator, Chrome, and Gmail. Don't sign in to Youtube.

4. CASH

As much as possible use physical cash to buy things. Buy gift cards for online purchases.

5. SOCIALS = CLOSE FRIENDS ONLY!

Change the settings in all your social media so that posts are not accessible by the public. Remove any friends you don't trust 100%.