Spri	ing Clean Your Tech
	Your Tech
	Delete unused programs or apps
	Clean up and remove temporary files, particularly downloads folder and desktop/homescreen
	Clear history and cache on Internet browsers
	Clean up pictures folder by removing old screenshots, temporary pictures, etc
	Organize your files in your main folders Desktop Downloads Pictures Documents
	Go through your email inbox and sort or remove emails that aren't urgent
	If you have an older computer without a solid state hard drive (SSD), defrag your hard drive
	Run all updates. Start with your operating system, then update browsers, programs, and apps. Don't forget to update background programs like Java!
	Empty recycle bin Do this last to make sure you're cleaning up files you've removed in this process.
	Backup your device to an external drive or a cloud service.
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