

## HOW TO REMEMBER STRONG, UNIQUE PASSWORDS (3 EASY TRICKS)

Strong passwords keep you safe online. But remembering them can be hard.

Here are 3 simple tricks that make it easy to create and remember strong, unique passwords for every account.

### Trick 1: Use Mnemonic Devices

#### EXAMPLE:

"I love to play basketball in 2023!"  
Becomes > Il2pBi#2023!  
Short. Personal. Hard to guess.

#### Turn a sentence into a password

Pick a line you already know.

#### EXAMPLE:

"Master Yoda dropping a microphone."  
Use the first letters or mix them creatively. This makes the password stick in your mind.

#### Create a story (PAO method)

Person > Action > Object.

#### EXAMPLE:

"My dog has fleas."  
Becomes > Mdhf  
Easy to recall because the story is yours.

#### Use the first letters of a sentence

....

### Trick 2: Create One Base Password + Small Variations

1

STEP

#### Build your base

Start with a phrase.

##### Example:

"I love to eat pizza on Fridays."  
Turn it into something stronger:  
Il0v3t034tp1zz@Fr1d@ys!

2

STEP

#### Add a tiny change for each account

##### Example:

For Instagram > add IG  
For Gmail > add GM  
So your base password stays strong, and each account stays unique.

3

STEP

#### Keep it long

##### Example:

Aim for 12–14 characters or more. Mix letters, numbers, and symbols.

### Trick 3: Use Passphrases Instead of Passwords

#### Pick 4–5 random words

##### Example:

Purple Elephant Pizza Is Delicious!  
It's long, fun, and very hard to crack.

##### Make it stronger

Add symbols or numbers:  
PurpI3ElephantPizza!sD3I!icious

*Easy for you to remember. Hard for anyone else to guess.*

### Quick Tips

Use a different passphrase for every login.

Don't use personal info like your birthday.

The longer the phrase, the safer it is.

### Final Reminder

You don't need to remember dozens of passwords. Just remember one strong master password.