# Directions

Follow the steps to create your own strong password.

Practice Round

| 1. Start with a **phrase**. Think of a quote or group of words that will be easy to remember.
 | Example: *There's no way I'm* *kissing a frog.* |
| --- | --- |
| 1. Write down just the **first letter of each word** in the phrase.
 |  |
| 1. **Capitalize** some of the letters.
 |  |
| 1. Add one or two **memorable numbers**.
 |  |
| 1. **Memorize** it.Repeat your new password in your head so it sticks.
 |  |

Your Turn

| 1. Start with a **phrase**. Think of a quote or group of words that will be easy to remember.
 |  |
| --- | --- |
| 1. Write down just the **first letter of each word** in the phrase.
 |  |
| 1. **Capitalize** some of the letters.
 |  |
| 1. Add one or two **memorable numbers**.
 |  |
| 1. **Memorize** it.Repeat your new password in your head so it sticks.
 |  |

| Password Tips to Remember |
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|  | Start with a memorable \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. |
|  | Only your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ should know your password.  |
|  | Never use any \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ identity information in your password.  |
|  | Create passwords with at least \_\_\_\_\_\_\_\_\_\_\_\_\_ characters. |
|  | Use letters, numbers, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in your password. |