# 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 | |
| --- | --- |
|  | 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. |