

# SECURE PASSWORD FORMULA

by Roy Randolph

It's vitally important to have a **STRONG** password (at least 9+ characters or longer according to a recent FBI Cybercrime speaker), but you feel that you cannot remember a password that has **lower case**, **upper case** letters, **numerals** and **special characters** like # \* \$ ! + & ~ ^ ) ( etc. **And if someone issued a strong 14 character password like the one below and told you to remember it, you're thinking NO WAY can you remember this password:**

**38\$ab!ou%ND#51**

**Yes, you can remember it!** Let me show you. You can create a very strong password like the one above and it will be easily remembered by you (without sticky notes on your computer) 😊.

**Step 1)** Come up with a 6 letter (or longer) word that you can easily remember (**do not** use 'password' as your word!). So my word for this example will be:

**abound**

**Step 2)** Let's think a "layered sandwich" concept here. We will take either two (or more) numbers and/or special characters and use them as the "bread" of our sandwich. In this case, I will use 38 on the left (and the "\$" special character) and 51 on the right with the special character "#" in front as shown below (think of the \$ and the # as the mustard and mayo 😊)

**38\$abound#51**

**Step 3)** Now let's stack up the middle of our "sandwich" with some special "ingredients" characters, in this case I will use the special character "!" and "%" and use those two special characters to break up my word. You can decide where to make the break, to keep things random. (you could use a number here instead)

**38\$ab!ou%nd#51**

**Step 4)** Now I need some capital letters so I will pick some at random, it can be one, or more, but leave at least 1 letter lower case. So, let's make the **N** and the **D** capitals.

**38\$ab!ou%ND#51**

Now my sandwich password is really tasty, its 14 characters in length and Now I have a very strong password! In fact, How Secure is my Password says it would take 204 Million Years to crack with a computer.

To check a form of your passwords strength at <https://howsecureismypassword.net/>

**WARNING: Do not use the above password for your own use! Everyone knows it. Also never use numbers in sequence, like 123, or 4567, or 789 etc, always mix up the numbers.**

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