

Strong Password Checklist

One page. No fluff. Just what works.

Password Rules (Must-Follow)

- ❖ Use **one unique password per account**
- ❖ Make passwords **12–16+ characters long**
- ❖ Avoid **names, birthdays, phone numbers**
- ❖ No patterns like **1234**, **qwerty**, or repeats

Build Strong Passwords

- ❖ Use **passphrases** for accounts you type often
- ❖ Use **random strings** for critical accounts
- ❖ Skip fake complexity like **P@ssw0rd123**
- ❖ Avoid **dictionary words and simple swaps**

Extra Security (Do This)

- ❖ Enable **multi-factor authentication (MFA)**
- ❖ Use **passkeys** where available
- ❖ Secure your **email account first**

Storage & Sharing

- ❖ Store passwords in a **password manager**
- ❖ Don't save passwords in notes or screenshots
- ❖ Never share passwords over chat or email

Ongoing Hygiene

- ❖ Change passwords after **data breaches**
- ❖ Remove accounts you no longer use
- ❖ Review important passwords every few months
- ❖ Keep devices updated to prevent malware

Goal

If every box is checked, you've eliminated **most common password mistakes** and dramatically improved your **password security**.