



- 📖 **Stop Helping the Hackers break into your accounts online.**
- 📖 **You will Learn to Create a Very Strong Password that You will find Easy to Remember.**
- 📖 **If you can make a sandwich, you can create a Strong Password that's Easy to Remember!**

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Let's Get Started

As you see below here are the 4 parts of a Basic Sandwich and we will use this to Create our Password.

Here are the rules to create our password sandwich...



The Bread - will symbolize the beginning of our password. Use a set of numbers NOT in sequence, meaning 123 or 4567, etc.



The vegetable - is our special character which can be on both sides of the meat or just one, you can decide were.



The Meat - (if you are a vegetarian, I give you permission to pretend here) will act as your unrelated series of words. If you have to say small words use at least 3 to 4 or if long (big) words use at least two of them.

TIP: if typing on a phone use upper case for one word, lower case for the other, and a combination of upper and lower case letters for the other word.

And remember they must not relate to each other.



The other slice of bread - This will be another set of numbers to "lock" the sandwich ingredients together. Even if the hackers can guess your unrelated words, they will need to know your combination of numbers on the front and back.

And remember we want no less than 2 numbers, I would at least shoot for 3 numbers front and back.

So here is an example of a strong password easy to remember.



Bread - **842**



Vegetable - **\$**



Meat - **song TIDE EVERest**



OPTIONAL more Veggies - **^**



Bread- **905**

Make some of the letters uppercase, others lower case you come up with the pattern. DO NOT just place the upper case for the first letter of each word. Mix it up.

Let's put it all together with our SAMPLE Password (NEVER USE THIS PASSWORD):



842\$songTIDEEVERest^905

This turned out to be a 23-character password! Using this same example, I had an 81-year-old young built a password using this formula and they have NO problem remembering it.

See the next page for an example to test how long it would take to crack this password.

Online Tools you can trust....

After you build your password, here is a safe website to test how long it would take to crack your password. Your goal is a minimum of hundreds of years as a minimum. But higher is always better.

I tested our example password and here is the result placed in the Online Password test.



To Test Your Password Visit

<https://www.security.org/how-secure-is-my-password/>

