

Which Password Should be the Strongest?



Written by Roy Randolph, KartHost

Hacker's Programs Find Weak Passwords!

When you think of password security and which one you consider to be the most dangerous for a hacker to find? You most likely think my online banking account, or my 401K retirement accounts or even my credit card accounts.

But the password you should be the most diligent at protecting and making sure it is very strong is none of those. In fact you may be a little surprised to hear our answer. It is your Email password. So, if you really stop to think about it, once someone gets a hold of your email password they have easy access to all your other critical personal sites.

Why? Because most password retrieval systems are email based. Once you click "forgot my password", what happens? A link is sent to your inbox. If a hacker can get into your mailbox, they have access to a lot more than "non-sensitive emails". They can easily take over your personal accounts. Take a moment to think of just some of the serious situations that can occur once a hacker gets into your email:

- They can change your password and lock you out of your own email account
- They can reset your passwords to financial and shopping websites
- They can send emails out to your contacts, such as sensitive business information or solicitations
- They can send spam and malware from your email

Which of Your Passwords should be the Strongest and Securest? – KartHost.com

Now think for a moment about the increase in cell phone hacking we've been witnessing over the years. Just imagine what happens when hackers gain control of your passwords and your cell phone. While some service providers, like banks, have a two step verification process for security purposes – email and text to your phone – if a hacker gains access to both this is now obviously a recipe for disaster. Additionally, most cell phones leave your emails open for easy access to it each day, therefore it is open for anyone to peruse if they should get a hold of your device. It is critical to change your email password the moment you know your phone has been lost or stolen, especially since this is the account where all the other password changes usually have to be confirmed.

We want you to be able to create that 14 character password and remember it easily. So we have created this eBook for you with an easy to follow guide on how to create your own formula.

Secure Password Formula

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

Secure Password Formula

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. Everyone knows it. Also never use numbers in sequence, like 123, or 4567, or 789 etc, always mix up the numbers.

Now Go and make up your own formula.