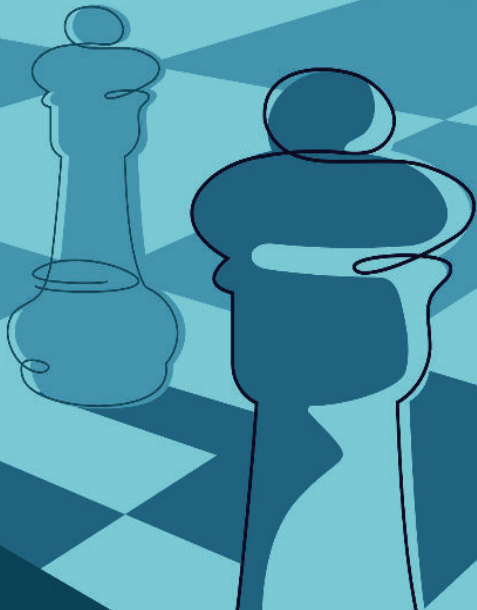


# 10 tips for Choosing a Strong Digital Password



## Checkmate: **PASSWORD** WINS

### The first objective

is to ensure one's password is brute force-proof. A brute force attack is a trial-and-error method where hackers run through one combination of characters after another to gain unauthorized access to a system. The second objective is to create a password which is dictionary attack proof - if the password only contains one word or a predefined set of words it loses in strength. **Do not use the word "Password" in your password. Hackers have become very sophisticated. Fight back.**

### 1. 16 Characters Minimum

The longer the password, the better.

### 2. Mix It Up

**Use multiple characters.**

Use uppercase and lowercase letters at random in the middle of words. Use numbers. Use special symbols. Creating a password consisting of a set of mixed characters means the password is harder to crack.

### 3. Avoid Sequences

**And avoid strings.**

Repeated character use like "zzzzzz" or "888888" needs to be avoided. Sequences like "12345" or "abcde" are equally weak.

### 4. Avoid the Familiar

**Never use personal information.**

Avoid references to names of loved ones, birthdays, phone numbers and addresses.

### 5. Minimize Real Words

**Or use uncommon terms: Mix in foreign language, archaic words and historic figures.**

Hackers can use malicious programs which run every word in the dictionary. Remedy: break up common words with random characters.

### 6. Avoid Duplication

Never use a password twice. Create unique passwords for all of your accounts.

### 7. Increase disorder

**Avoid common character substitution.**

Unfortunately, swapping 1 for l and 5 for s is not as effective as it used to be. Hackers can now program their software for typical character swaps. Randomizing words.

### 8. Avoid Keyboard Paths

Using "Qwerty" is outdated. This because hackers can now program their software for memorable keyboard paths. In contrast however, using the muscle memory method where a user selects passwords they feel comfortable typing tends to work well.

### 9. Extra -long passphrases

**Use words without connection**

Make sure words have no obvious connection to each other and use uncommon words like words in multiple languages or archaic words.

### 10. The ideal format:

