

Make sure you don't use the same password for every account. Make several different strong passwords that you can remember using the following tips.

General Password Requirements			
<ul style="list-style-type: none"> • contain one capital letter • contain one letter • contain at least eight characters • contain one number 		<ul style="list-style-type: none"> • have no multiple identical characters • not be a common password • not have been used in the past year 	
Helpful Methods for creating secure, phonetic passwords			
The Sentence Method	Example Phrase	Use the first letter of the words in the phrase	Mix it up a little by substituting numbers or letters and case and add special characters
Think of a phrase or title	The Lord of the Rings is My Favorite Movie	TLOTRIMFM	tL0Tr1MfM!
Another Example	Star Trek: The Next Generation	ST:TNG	*Tr3k:TNG3N

The Random Words Method:	Pick a few words that do not relate to each other	Frog Car Needle	Fr0GC@rN3EdLe
Another Example		Plot mat dog	PL0tM@tD0G

PAO(Person Action Object) Random Method	Pick and interesting place	Pick a person	Pick a random activity	Put it together
Person	Disney	Lincoln	Frying	DISLINFRY or D15L1NfrY
Another Example	Aruba	Jefferson	sailing	ARUJEFSAI or @rUJ3\$A1

Simple Personal Method	Start with an important date(try to avoid birthdays)	Pick a favorite animal or place	Pick a food	Put it together
Person	10212015	dog	Bean	10212015D0GB3 aN
Another Example	Aruba	Jefferson	sailing	ARUJEFSAI or @rUJ3\$A1