NEXTLEVEL MEMORY

HOW TO REMEMBER COMPLEX PASSWORDS WITH EASE

WHAT YOU'LL LEARN IN THIS MODULE

- How to Memorize Any Complex Password

- How to Create Your Own Complex Password

- How to Mentally "Link" Your Password to a Website

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MEMORIZE ANY COMPLEX PASSWORD

- After this module, you will have the confidence have to use and remember complex passwords so you don't get hacked.

$XcFv3PJMY

@Ykk6hkz5U

7ye^#B$PtD

MEMORIZE ANY COMPLEX PASSWORD

- To memorize a complex password, you will create a **bizarre story** using the characters (letters, numbers, symbols) of the password.

- If you use or create complex passwords. Here's how to memorize it:

Example: H&nPX4ar^

*I generated this password at
passwordsgenerator.net

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MEMORIZE ANY COMPLEX PASSWORD

Break it down into chunks and create a story with the characters

H&nPX4ar^

H&n	**H**arry (Potter) **&** a **n**arwhal	
PX	flew a giant **P**lane that crossed (**X**'d) over	
4ar^	**4 a**lligators in the **r**iver, eating carrots (**^**)	

MEMORIZE ANY COMPLEX PASSWORD

- H&nPX4ar^

- = **H**arry Potter **&** a **n**arwhal flew in a giant **P**lane that **X**'d over **4** **a**lligators in the **r**iver eating carrots (**^**)

- Break it down into parts, write down whatever comes to your mind.

- Story doesn't have to make any sense. The more bizarre the story, the more it will stick in your mind.

MEMORIZE ANY COMPLEX PASSWORD

- Tips:

- Capital Letters can be proper nouns (names, locations, etc.). Examples: Chicago, Michael, Adele

- Special characters

  ! = yelling, anger, excitement

  ? = confusion, questionable decision

  * = star

  # = tweeting (hashtag) or phone (pound sign)

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MEMORIZE ANY COMPLEX PASSWORD

- You don't need to attach these images to a Journey

- Towards the end of the module, I will teach you how to memorize it using the linking method

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CREATE YOUR OWN COMPLEX PASSWORD

- You're going to use a personal memory that's special to you. **A memory that other people won't know about or think of.**

- Think of:

  - An embarrassing moment

  - An accomplishment

  - A memory of someone

- Once you have a memory, abbreviate it into a password...

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CREATE YOUR OWN COMPLEX PASSWORD

- Example of a memory: I caught a 6 lb. smallmouth bass at Willow Lake in 2007

  6 lb = **6#**

  smallmouth bass = **sb**

  at = **@**

  Willow Lake = **WL**

  2007 = **07**

- Password: **6#sb@WL07**

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LINK PASSWORD TO THE SITE

- To remember your password with the website it's used for, you need to create a link (the linking method)

- First, create a trigger image.

  - What do you associate with the website you're logging in to? (facebook, twitter, bank…)

- Whenever you see that website login you want your memory to think of that trigger image.

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LINK PASSWORD TO THE SITE

- Example:

- The Chase Bank website.

- Password: 6#sb@WL07 (6 lb smallmouth bass at Willow Lake in 2007)

LINK PASSWORD TO THE SITE

- What do you think of when you hear Chase Bank?

    - bank vault / bags of money

    - the blue Chase logo

    - your friend Chase

- Choose one of these to be your "trigger"

    - I choose the **blue logo.**

    - This logo is unique to Chase, so you won't confuse it with other logins.

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LINK PASSWORD TO THE SITE

- Link your "trigger" image to your password.

- Trigger image = Chase logo

- Password = 6#sb@WL07 (6 lb bass)

- Link = When you see the Chase logo, imagine you are catching your bass from the blue logo.

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LINK PASSWORD TO THE SITE

- Another example:

- Password = **H&nPX4ar^** (Harry & narwhal)

- Trigger = Chase logo

- LINK = Harry Potter & narwhal are flying thru the hole in the Chase logo.

LINK PASSWORD TO THE SITE

- Look at your trigger image and imagine the link. Review it a few times.

- Every time you login to Chase Bank, you'll think of the "trigger image" which is linked to your password story.

- The linking method doesn't require you to use a Journey to memorize passwords (unless you want to).

- Instead of attaching to a Journey checkpoint, you are linking the images of your password story to the trigger.

UPDATING PASSWORDS

- If/when you're required to update a password, here are a few ideas on how:

  - Add or change a character: H&nPX4ar^ becomes   H&nPX4dr^

                                                    or   HP&nPX4ar^

  - Rearrange order of the story: H&nPX4ar^   becomes   4ar^PXH&n

  - Create a new password & trigger

- It's important to review new changes in your head a few times so they stick
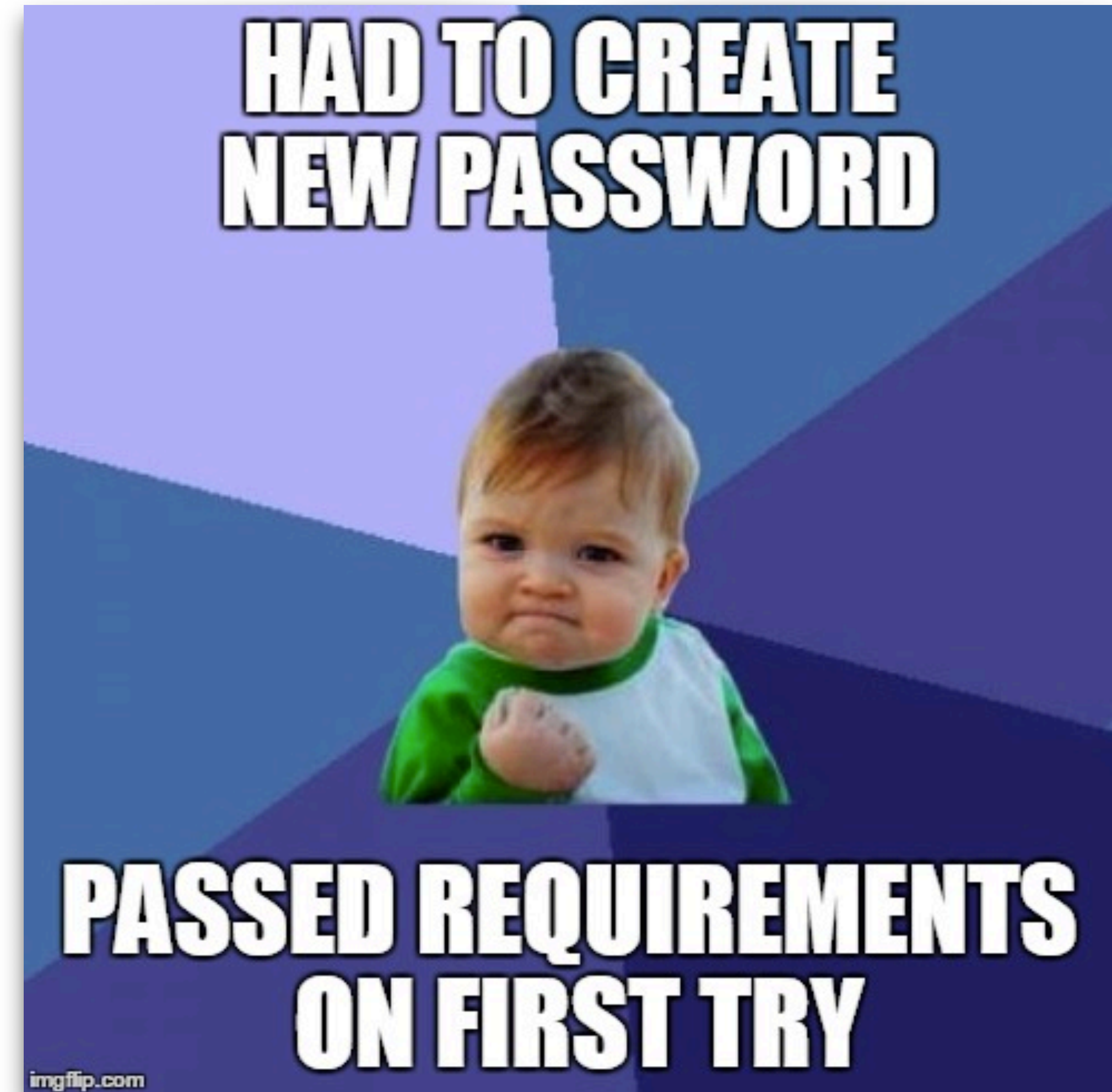
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KEY TAKEAWAYS

- Create a bizarre story based on the characters of the complex password

- or Create your own complex password from a personal story

- Link your password story to a website "trigger image"

- The "trigger image" is something you think of/notice about the website

- The Journey method is not required. Simply link the "trigger image" to your password story

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ACTION ITEM

- Transition to using complex passwords for <u>all</u> of your logins.

  - Never use "password123" again

- Your mind is a vault now, ready to safely store all of your personal complex passwords in your memory

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