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The Anatomy of a Strong Password

Source:
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Create a password that is hard to crack:

- **Mix characters**
The more you mix up upper-case and lower-case letters, numbers and symbols, the harder your password is to crack.
- **Make it long**
This is the most critical factor. Use at least 12 characters, more if possible.
- **Use unique passwords**
Don't use the same password for several accounts. Once one password is cracked, you will lose all accounts sharing the password.
- **Avoid common substitutions**
Although character substitutions make passwords stronger, avoid the most common character substitutions. D00RB3LL is not a huge improvement over DOORBELL. Include random characters instead.
- **Don't use memorable keyboard paths**
Passwords like *qwerty*, *12345678* and *password123* are easiest to crack.
- **Don't use personal information**
If you are at risk of being specifically targeted for a password hack, the hacker will put everything they know about you in their guess attempts.

Protect your passwords:

- Never share your passwords
- Cover up the keyboard when you type the password
- Check the URL to make sure the website requesting a password is not fake
- Change passwords every 90 days for any site storing your personal details.