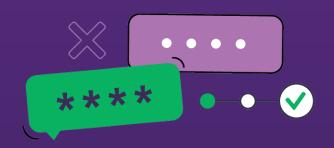# How to Make a Strong and Secure Password

The Best Way to Make your Password Less Appetizing

The fundamental rule of password cracking is that the longer the password, the longer it takes to crack. Change the password often – at least once every 90 days.

Never Use Dictionary Words

You might think your password is rather unique and obscure, but it doesn't take a hacker very long to test every word and word combination in the dictionary. Consider creating a password in an obscure language. Only 5 million people in the world speak Slovak, for instance.

Use All of the Allowable Character Types

To slow down threat actors, make sure your password is at least 8 characters (preferably more) and uses at least one of every character type. This means using at least one lowercase, one uppercase, one number, and one special character.

Use a Password Manager

This goes in tandem with another piece of advice: "Don't re-use passwords!" Look we've all done it, but once your login credentials are (inevitably) posted to the Dark Web, it's open season on the rest of your accounts. Instead, use an encrypted password manager like Last Pass or 1Password where you only need to remember one strong password.

Never Use Just Numbers

Compared with the 8-character all lowercase password, it would be 20 times easier to crack your 10-digit number password than the 8-character lowercase one.

Create a Passphrase

Create a phrase that is meaningful to you. In this way, it's easy to remember. For instance, "I love mountain biking and hiking." Now, take that phrase and convert it into a string of uppercase, lowercase, numbers, and special characters, like this: I<3mtnb1King&H1king