

Process: Creating Strong and Memorable Passwords

Step 1: Identify Favourite Things

- **Action:** Ask the individual to name a few of their **favourite things**, such as:
 - Pet's name
 - Favourite food
 - Car make/model
 - Hobby or TV character

Step 2: Determine Favourite Number

- **Action:** Find out their **favourite number** (e.g., birthday number, lucky number, sports jersey number).

Step 3: Choose Special Characters

- **Action:** Ask which **special characters** they prefer (e.g., @, \$, %, !, &).

Step 4: Combine Elements to Form a Password

- **Action:** Build a password using the structure:
 - [Favourite Thing] + [Special Character] + [Favourite Number]
 - Optional: Add leading zeros for complexity (e.g., "07" instead of "7")

Step 5: Example Password

- **Scenario:**
 - Favourite Pet: Buddy
 - Favourite Number: 7
 - Preferred Special Character: \$
- **Generated Password:** Buddy\$07

Tips for Security:

- Use **mixed case** letters (e.g., BuDdY\$07)
 - Avoid using real full names or obvious info in passwords for shared or critical accounts
 - Encourage the use of **password managers** for storage if multiple accounts are used
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