



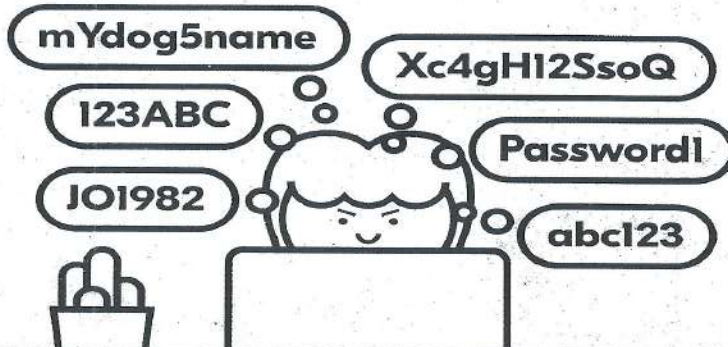
By Minoo Jokhi

Kevin Mitnick has rightly said: "Choosing a hard to guess but easy to remember password is important!" Today, with all the websites as well as social media accounts and online e-commerce sites, it is very imperative we remember our passwords effectively and properly.

Besides, we have credit and debit cards and more than one email account. Many people who believe in short-cuts make a common mistake and keep the same password for everything. An individual must never keep the same password for all email accounts, social media and financial transaction as, ironically, at times we forget that one common password and then face real trouble!

However, your memory can be trained at any age so forget the misconception that you have a bad memory and that you can't remember passwords. Writing down passwords in a diary is always an option but, at times, you tend to only rely on the written stuff and tend to avoid learning the passwords. Not a good idea, as if the

How to Learn Your Passwords Effectively



diary gets misplaced you are finished!

MEMORY AIDS

Let us see 9 interesting ways to memorize passwords:

1) Associate the password somewhere. e.g. if the password is appl322n; VIZUALIZE you are buying an apple watch from N and you are paying N 322 euros.

2) Do change your password once in a while; get a new association and make your mind mentally attuned to learning and grasping new things.

3) Anil's grandson is 12 and fat and eats junk. Now take the first letter of each word and we have agi12afaej, which becomes

a real unique password. Repeat the sentence many times to recollect it always.

4) Avoid making the password very simple like a popular name or title of a movie as we know the dangers of hacking. Mentally challenge yourself to remember tough passwords.

5) If you are a math lover just as I am, involve some number in the password but avoid something like your current age or your vehicle or house number.

6) Write your password down; then disguise it. It can be the first or the second letter of the password followed by a quick hint of what the rest is. It could be an acronym that

can aid your memory.

7) Create your own code; replace a few letters with numbers or deliberately misspell words and also use abbreviations.

8) Choose some random 5-6 words; create some phrase of these words; make it look odd and weird, it will help.

9) Make your password from some songs or movies that you love; it will be tough to forget.

RESCUE REMEDY

At times you may be in real tension and try your best but the needed password has been forgotten; then please don't get insecure. As the well known proverb says: "Confidence is silent,

Insecurities are loud." In such problem these tips can help:

1) Think of your other passwords and the key link you use for them. It could help you to remember your needed password.

2) Recollect your life at the time you made the password. In a lot of cases, people will find inspiration for their passwords from their life and surroundings.

3) Stressing yourself out while trying to remember will have the opposite effect. The human brain has a much harder time retrieving information while under stress, so make sure to relax, breathe and remind yourself that you can and will recollect the password.

MUST MEDITATE

In today's digital techno savvy age, where we consider Facebook, Twitter, LinkedIn etc., a part of life, please spend some time to meditate.

Meditation can be a super powerful tool for memory retrieval. Take a deep breath and gradually release the frustration from your body; being anxious or angry isn't getting you any closer towards finding your password, so you should instead focus on becoming as calm and peaceful as possible always.

Then you will see how your memory returns!

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