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The Simplest Way to Manage Your Passwords (That You'll Actually Remember)

No more sticky notes. No more forgetting. Just a simple system that works.

Let's be honest:

Trying to keep track of all your passwords these days can feel like trying to remember every phone number you've ever dialed. And every website wants something different:

- A capital letter!
- A symbol!
- A number!
- Oh and you can't use a word you've already used!

It's enough to make you want to give up.

But don't worry. There's a way to keep your passwords safe and simple, without needing a photographic memory.

Let's walk through it.

First, What *Not* to Do

These might seem like good ideas, but they can get you into trouble:

- Don't use the **same password everywhere**



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- Don't write passwords on sticky notes or notepads
- Don't make passwords like “password123” or “grandkids2020”
- Don't let your browser “just remember everything” (not the safest!)

Instead, let's try something you *will* actually use.

The Simple System: Use a Password Book or Password Manager

Option 1: A Good Old-Fashioned Password Book (Yes, Really!)

A small notebook or password log that you **keep in a safe place** — like a drawer near your computer — can be a lifesaver.

Write down:

- The name of the website (e.g., “Amazon”)
- The web address (e.g., amazon.com)
- Your **username or email**
- Your **password**
- Any **extra info** (like security questions)

Just don't leave it out in the open. Treat it like your checkbook.

Bonus tip: You can buy password books online that are **alphabetized**, easy to use, and don't even say “password” on the cover (so they're safer).

Option 2: A Password Manager (The Safe Digital Option)

If you're a bit more comfortable with apps and want to go paper-free, you can try a **password manager**.

Think of it like a **vault** that stores all your passwords behind **one strong master password**.



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Great ones to try:

- [1Password](#)
- [Bitwarden](#) (free option!)
- [LastPass](#)

These apps are safe, encrypted, and will even help you create stronger passwords — ones you don't have to remember.

How to Make a Password You Can Actually Remember

If you're creating a new password, try this trick:

Pick 3 random words and add a number or symbol.

Example: CoffeeRabbitWindow!42

It's **long, strong, and memorable**. Much better than Fluffy1992.

Summer Cleaning Tip

Take 10 minutes this week to:

- Update your most used accounts with better passwords
- Write them down in your password book **or** save them in your password manager
- Toss any sticky notes you don't need anymore

You'll feel **more organized and more secure**, and that "password stress" will finally be off your back.

You've Got This



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Managing your passwords doesn't have to be a mystery.

Whether you go with a little black book or a digital manager, the key is **finding a system you'll actually stick with.**

And now? You've got one.



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