

Passphrase Creation Worksheet

The Story Method for Creating Strong Passphrases

What Makes a Strong Passphrase?

- **Length:** At least 16 characters (longer is stronger)
- **Complexity:** Mix of uppercase, lowercase, numbers, and symbols
- **Memorability:** Based on personal stories or memories
- **Uniqueness:** Different for each important account

Step 1: Choose a Personal Memory

Think of a specific memory, event, or object that is meaningful to you but not widely known: - First car you owned - Memorable vacation - Childhood home - Special gift you received - Favorite meal or recipe

My memory (write brief notes only): _____

Step 2: Include Specific Details

Add specific details that only you would remember: - Year it happened - Colors involved - Names of people or places - Amounts or measurements - Unique characteristics

Important details: _____

Step 3: Transform into a Passphrase

Convert your memory into a passphrase by: - Combining the key elements - Removing spaces - Adding capital letters - Including numbers - Adding symbols (!, @, #, \$, %, etc.)

Example Transformation: - Memory: "I bought my first car in 1975, a blue Ford that cost \$750" - Passphrase: "1stCar1975BlueFord!\$750"

Step 4: Test Your Passphrase

A strong passphrase should: - Be easy for you to remember - Be difficult for others to guess - Include at least 16 characters - Contain uppercase and lowercase letters - Include numbers and symbols

Passphrase strength checklist: - [] At least 16 characters long - [] Contains uppercase letters - [] Contains lowercase letters - [] Contains numbers - [] Contains symbols - [] Based on personal memory - [] Not used for any other account

Step 5: Create Account-Specific Variations

For different accounts, modify your base passphrase: - Add the service name:

"1stCar1975BlueFord!\$750_Email" - Change specific elements: "1stCar1975BlueFord!\$750" → "1stHouse1982Green!\$120K" - Develop a pattern only you know

Remember:

- Never share your passphrase with anyone
- Don't write it down where others can find it
- Consider using a password manager to store your passphrases
- Change passphrases if you suspect they've been compromised

Note: This worksheet is for practice only. Do not write down your actual passphrases.