

The 10 commandments of secure passwords

- 1 Use a password manager like Bitwarden or 1Password, never browser storage.
- 2 Never reuse passwords; generate a unique one for every account.
- 3 Memorize one strong master passphrase with 16+ characters and random words. (Blank-dolphin-quarter-window)
- 4 Length beats complexity; use multi-word passphrases.
- 5 Avoid personal info such as names, birthdays, or pet details.
- 6 Enable 2FA; prefer security keys or authenticator apps over SMS.
- 7 Only change passwords if breached, not on a schedule.
- 8 Disable password hints and security questions; use 2FA instead.
- 9 Never store passwords in browsers; use a dedicated manager.
- 10 Check URLs before logging in to avoid phishing scams.