

www.natasjaking.com

5 WAYS TO TURN PASSWORDS INTO AFFIRMATIONS

According to McAfee the average consumer has 23 passwords to remember and that's not even counting the passwords you need to do your job.

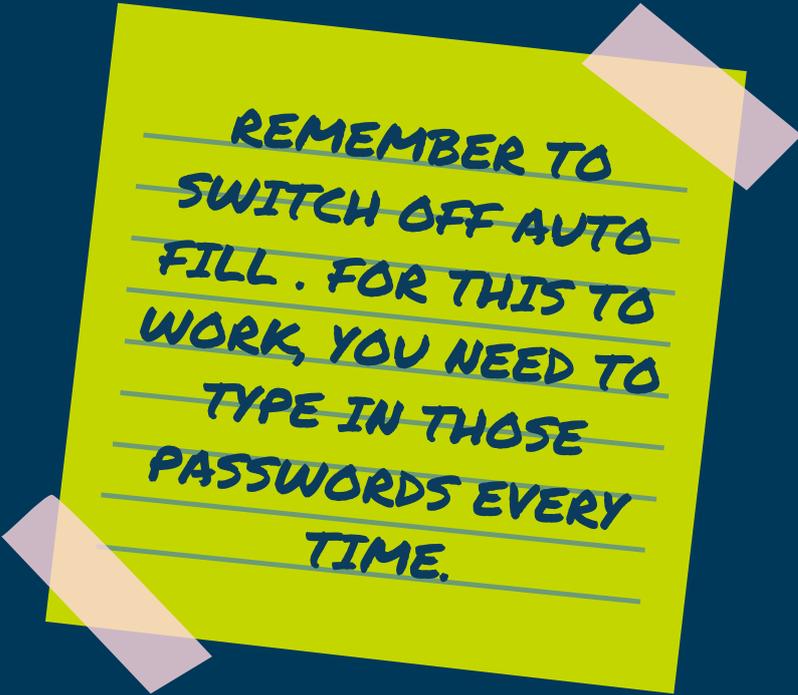
**YOU'RE TYPING PASSWORDS EVERY
DAY, WHY NOT USE THEM TO
MAKE YOURSELF HAPPIER AND FEEL
MOTIVATED?**



WHY AFFIRMATIONS?

Affirmations work because when you repeatedly see, say or type (as in the case of a password) a positive phrase, it starts to challenge negative thoughts and old, unhelpful beliefs.

Turn your passwords into affirmations and hey presto, your passwords are helping you be more optimistic!



REMEMBER TO
SWITCH OFF AUTO
FILL . FOR THIS TO
WORK, YOU NEED TO
TYPE IN THOSE
PASSWORDS EVERY
TIME.

1. PICK A POSITIVE STATEMENT

Here are a few affirmations you can turn into passwords by replacing letters with numbers, adding special characters, and switching round lower and capital letters.

- Everything is awesome
- I am healthy
- Thank you
- I am happy
- Abundance
- Life is good
- I love me
- Success

2. MAKE IT RANDOM

The National Cyber Security Centre recommend combining three random words in your password.

You can have a lot of fun creating a feel-good password.

In fact, feelgood is a great example. Now add one more random word and mix things up with a letter and special character.

Like this: MefeelGoo0d!2dAy

3. MAKE IT DIFFICULT TO GUESS

Misspell words on purpose. Password fields don't have spellcheck.

Habby in stead of Happy will surely make you smile when you log into your email accout.

4. MAKE IT STRONG

Try not to substitute obvious numbers for letters like 5 for s, 3 for E, or \$ for S. That's easy for cybercriminals to guess.

The affirmation "I am blessed" can be made into a strong password by changing it to "7*mB)essed"

The number 1 would have been an obvious choice for l, @ for a, and ! for the l. Instead, I chose 7 *).

You've got to mix it up people!

5. MAKE IT EASY TO REMEMBER

If we have more than one password – as the NCSC recommends – and ideally a different one for each website, it has to be easy for you to remember but difficult for someone else to guess.

Make your affirmation relevant to the website, or use it as a way of telling your subconscious what you want to get out of the interaction with that website.

- Banking passwords could use words like abundance or wealth.
- Passwords for beauty retailers could be self-esteem building affirmations.
- Passwords for online supermarket could encourage you to make healthy food choices.

FORGET THE PASSWORD

When your passwords are positive affirmations, it's not a bad thing when you forget the password. In fact, it becomes a very uplifting experience because you'll have to go through a whole list of positive affirmations to find the right password.

Next time you're locked out of a website, the conversation could go something like this:

"I am healthy". Nope that wasn't it.

"Abundance". Nope, not it either. One last try. "Thank you". Ah yes, that's it. Gratitude is always the answer.

