



We have the right prescription to manage your network, so you can manage your business!

You CAN Create Strong Passwords

Are you a sticky note password saver? I won't tell but, you may be giving away access to more than your work information if you use the same passwords for personal accounts. Try the CAN password process and strengthen your passwords.

"I think I can, I think I can..." says Thomas the train as he embarks on his adventures. I know you CAN **Just remember**, use Character, Alpha and Numeric (CAN) values in every password.

A survey by Symantic shows that over 60% of us use the same passwords for **everything** and almost 4% of all users use a single common word found in a dictionary. These habits are *very* dangerous and can leave you vulnerable to attack.

Here are just a few things to avoid:

- ✂ Administration - any form of this word is easy to guess.
- ✂ 1234 or abc123 - or any other sequence of letters or numbers in order on your keyboard are too easily guessed.
- ✂ Susan or John - avoid common personal names, they are too common.
- ✂ Password or Password1 - trivially guessed and very often used, who would have thought?
- ✂ P@\$W0rd - simple letter substitutions are actually pre-programmed into cracking tools.
- ✂ Rover or Lucky - avoid common pet names even though Rover is your best friend.
- ✂ 09/15/02 - avoid dates especially of significant importance that you have written in an email.
- ✂ September30 - avoid using the date of a forced password change, this is also very common.
- ✂ nbusr123 - initials followed by "user" or "usr" and a sequence of numbers. Used often and very easily guessed.
- ✂ asdf or qwerty - while these were great memory devices for typing class in high school any sequence of letters adjacent on a key board are out of the question.

- ✂ aaaa or bbbb - yyyy not? Repeated letters can be guessed and easily observed by onlookers leaving you completely unprotected.

Don't suffer expensive losses from fraud simply because your password was too weak and vulnerable. Protect yourself with a CAN do attitude and create strong passwords off the top of your head.

Intimidated? Don't Be!

Character, Alpha and Numeric (CAN) created passwords that are long and random to others don't have to be difficult to remember. Create your own personal Mnemonic phrases to help you generate seemingly random passwords.

For example:

1. IhLEsIw4yo! = I have Loved Elephants since I was 4 years old!
2. M&IgmwwwJ18. = Matt & I got married when we were Just 18.
3. BAjwliH\$! = Barbara And james were lovers in High School!.

Good Luck and remember you *CAN* create strong passwords just like a password generator!.

©2007-2009 The Network Doctor Inc.
This document MAY be freely distributed.

The Network Doctor, Inc. 28245 Avenue Crocker #105 Valencia, CA 91355 (888)-638-3621 sales@tndi.net