

Step 1

Write a phrase that has meaning to you and others would have difficulty remembering:

Step 2

Enter this same phrase one word per line, one letter per box:

Step 3

Replace o with 0, i with 1, e with 3, s with \$ and copy rest																			

Step 4

Reinsert all punctuation:

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Step 5

Memorize your new password.

Step 6

This is the most important part of this whole process. ***Shred this document immediately!***

Example

Step 1

Write a phrase that has meaning to you and others would have difficulty remembering:

Life moves pretty fast. You don't stop and look around once in a while, you could miss it.

Step 2

Enter this same phrase one word per line, one letter per box:

L	i	f	e		
m	o	v	e	s	
p	e	t	t	y	
f	a	s	t	.	
Y	o	u			
d	o	n	'	t	
s	t	o	p		
a	n	d			
l	o	o	k		

a	r	o	u	n	d
o	n	c	e		
i	n				
a					
w	h	i	l	e	,
y	o	u			
c	o	u	l	d	
m	i	s	s		
i	t	.			

Step 3

L	m	p	f	Y	d	s	a	l	a	o	i	a	w	y	c	m	i
Replace o with 0, i with 1, e with 3, s with \$ and copy rest																	
L	m	p	f	Y	d	\$	a	l	a	0	1	a	w	y	c	m	1

Step 4

Reinsert all punctuation:

L	m	p	f	.	Y	d	\$	a	l	a	0	1	a	w	,	y	c	m	1	.
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Step 5

Memorize your new password.

Lmpf.Yd\$ala01aw,ycm1.

Step 6

This is the most important part of this whole process. ***Shred this document immediately!***