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Your password should be hard to guess. It should not contain personal information like your: A strong password protects your Google Account. Add recovery info in case you get locked out. Step 1: Create a strong password A strong password helps you: Keep your personal info safe Protect your emails, files, and other content Prevent someone else from getting in to your account Meet password requirements Your password can be any combination of letters, numbers, and symbols (ASCII-standard characters only). Accents and accented characters aren't supported. You can't use a password that: Is particularly weak. Example: "password123" You've used before on your account Starts or ends with a blank space Follow tips for a good password A strong password can be memorable to you but nearly impossible for someone else to guess. Learn what makes a good password, then follow these tips to create your own. Make your password unique Use a different password for each of your important accounts, like your email and online banking. Reusing passwords for important accounts is risky. If someone gets your password for one account, they could access your email, address, and even your money. Tip: If you have trouble remembering multiple passwords, learn how to use a tool to manage your saved passwords. Make your password longer & more memorable Long passwords are stronger, so make your password at least 12 characters long. These tips can help you create longer passwords that are easier to remember. Try to use: A lyric from a song or poem A meaningful quote from a movie or speech A passage from a book A series of words that are meaningful to you An abbreviation: Make a password from the first letter of each word in a sentence Avoid choosing passwords that could be guessed by: People who know you People looking at easily accessible info (like your social media profile) Avoid personal info & common words Avoid creating passwords from info that others might know or could easily find out. Examples: Your nickname or initials The name of your child or pet Important birthdays or years The name of your street Numbers from your address Your phone number Dont use common words & patterns Avoid simple words, phrases, and patterns that are easy to guess. Examples: Obvious words and phrases like "password" or "letmein" Sequences like "abcd" or "1234" Keyboard patterns like "qwerty" or "qazwsx" After you create a strong password, take steps to keep it safe. Step 2: Be prepared if someone gets your password Your recovery info is used to help you in case we detect unusual activity in your account. Add a recovery email address Go to your Google Account. On the left navigation panel, click Personal info. On the Contact info panel, click Email. Click Add Recovery Email. Add recovery email Add a recovery phone number Go to your Google Account. On the left navigation panel, click Personal info. On the Contact info panel, click Phone. Click Add Recovery Phone. Recovery info can be used to help you: Find out if someone else is using your account Take back your account if someone else knows your password Get in to your account if you forget your password or cant sign in for another reason Add recovery phone What if I forget my password? If you lose or forget your password to a Google Account, you can recover your Google Account. Make your account more secure Get personalized advice to improve your accounts security. Sign in with a passkey instead of a password Make your account more secure Post to the help community Get answers from community members If you forget you password, you can easily reset it:Go to the password assistance page.Enter your Google Account email addressType the the words in the distorted picture.Choose how to get back into your account.In order to keep your account secure, you can't change your password to a password that's previously been used with your account.

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