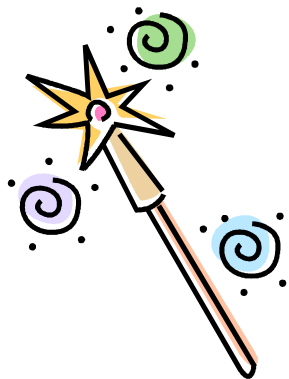


Password Affirmations



From work accounts to the multitude of personal accounts we have that require passwords, we spend a fair amount of the day entering those passwords. Put that time to work for YOU.

By this time, you've probably read or heard advice telling you to create affirmations and speak them out loud or read them at least once a day. Affirmations work because of the principle of "what you put in is what you get out". Use this password process to reinforce your list of affirmations. Or if you don't use affirmations otherwise, start by using your password as an affirmation.

Work passwords, especially, benefit from being set up as affirmation passwords. After all, you're entering the password at least once a day, 5 days or more a week. That's a lot of mental time that could be used to improve whatever aspect you are currently interested in.

As a side benefit, password affirmations are frequently harder for "the bad guys" to crack, but they are typically easier to remember than other passwords. (Think back to school when we were given a word or a phrase as a memory device for certain things – like HOMES to remember the names of the Great Lakes; or "Every Good Boy Does Fine" for the lines of the treble musical staff.)

There are two different ways to create affirmation passwords – based on an affirmation word or based on an affirmation phrase.

Affirmation Word

To create your password affirmation (based on a word), think of a word that positively represents something that you want to bring into your life, something that you want to increase in your life, or something that you want to otherwise change in your life. Using at least one number, create variations using the base word. For now, keep all the letters lower case.

For example – any of the following can be created based on the affirmation word "improve":

improving1
2improve
4improving

Affirmation Phrase

To create your password affirmation (based on a phrase), think of a positive phrase that represents something that you want to bring into your life, something that you want to increase in your life, or something that you want to otherwise change in your life. Use

the first letters of the words to create your password. If any of the words can be replaced by a number, replace the letter representing the word with the number – such as replacing the words “for” or “four” with the number 4; or replacing the words “to”, “too”, or “two” with the number 2. You can also consider replacing an “i” or an “l” with the number 1 or replacing an “e” with the number 3. If you otherwise do not have any numbers in the password, add at least one number at the beginning or the end. For now, keep all the letters lower case.

If one of your goals is to eat together more often as a family or to add more healthy foods into your family meals, your affirmation phrase might be “I enjoy creating nutritious meals for my family”.

The resulting password would be:
iecnm4mf

The Final Touch

One last final touch needs to be added before you begin using your new password. Strong passwords include a combination of numbers, lower case letters, and upper case letters. So far, the creation steps have all been done in lower case letters to help decrease confusion.

Decide at least one letter to change to an upper case letter. You can decide to make the first letter upper case. Or make the last letter upper case. Or make multiple letters upper case, as long as there is at least one lower case letter.

Final password examples using the affirmation phrase password from above:

iecnm4mf

OR

iecnm4mF

OR

leCnM4mF

This password NEVER gets written down and does not get stored in any file on your computer. Otherwise, you negate the purpose of having a password.

Further Use

Affirmation passwords should be reviewed and changed periodically to reflect the changes in your life and what you want to work on next. This makes another great reason why affirmation passwords work well as a work password. Most company

computer systems require that you change your password at specific intervals. The most common interval appears to be about every 3 months, which is a pretty good time-frame for each concept to sink in and solidify.

Read our Effective Passwords article, and consider using your new affirmation password as a password base.

May your passwords be easier to remember and provide additional joy to your life.

About The Author

Marie Rice is the founder and editor of PartOfTheWhole.com - wellness for body, mind, and spirit. She enjoys helping others reach their goals. When she's not online, Marie's spending time with her family, gardening, doing crafts, or **most likely** – reading a book!

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