

THE PASSWORD SENTENCE BUILDER

STOP MAKING PASSWORDS. START MAKING SENTENCES.

`P@ssw0rd1!` takes a cracking rig minutes. `my-neighbor-mows-at-7am-in-July` takes centuries, and you'll actually remember it.

THE RECIPE: true-ish statement + a number + small weirdness.

- Something you'd never post: `the-basement-smells-like-1997`
- A complaint: `why-does-toast-cost-9-dollars-now`
- A family joke: `dad-lost-the-camry-again-3x`

THE RULES:

1. Six words or more.
2. Include one number, anywhere.
3. Never a quote, lyric, or anything printed on a mug.
4. One sentence per account that matters. Your password manager invents the rest.

BUILD YOURS *(then never write it here again):*

Practice line: _____

This sheet is for practicing the method. The real one lives in your head and your password manager. Nowhere else.

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