

CYBERSECURITY STARTS HERE: FIXING THE WEAKEST LINK—YOUR PASSWORD

WHY PASSWORD HYGIENE MATTERS

Weak passwords remain a leading cause of data breaches. Common choices like “123456” or “password” are easily compromised.

KEY RISKS OF POOR PASSWORD PRACTICES:

- **Credential Stuffing:** Attackers use leaked credentials to access multiple accounts.
- **Phishing Attacks:** Deceptive emails trick users into revealing passwords.
- **Data Breaches:** Compromised passwords can lead to unauthorized access to sensitive information.



BEST PRACTICES FOR STRONG PASSWORDS

- **Use Unique Passwords:** Never reuse passwords across different sites.
- **Opt for Complexity:** Combine uppercase letters, lowercase letters, numbers, and symbols.
- **Avoid Personal Information:** Steer clear of using birthdays, names, or common words.
- **Enable Two-Factor Authentication (2FA):** Adds an extra layer of security beyond just the password.



RECOMMENDED PASSWORD MANAGERS FOR 2025

To manage and generate strong passwords efficiently, consider using a **reputable password manager**. Here are some top choices:

1 NordPass Best Overall Password Manager

- **Features:** User-friendly interface, XChaCha20 encryption, data breach scanner, passkey support.
- **Platforms:** Windows, macOS, Linux, Android, iOS, major browsers.
- **Free Tier:** Yes, with premium options available.



3 Bitwarden Best Free and Open-Source Option

- **Features:** Unlimited password storage, cross-device sync, 2FA support.
- **Platforms:** Windows, macOS, Linux, Android, iOS, major browsers.
- **Free Tier:** Yes; premium adds advanced features.



2 Dashlane Best for Security Features

- **Features:** Real-time phishing alerts, VPN integration, dark web monitoring.
- **Platforms:** Windows, macOS, Android, iOS, major browsers.
- **Free Tier:** Limited; premium offers full features.



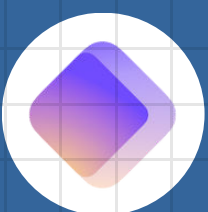
4 1Password Best for Families and Teams

- **Features:** Shared vaults, travel mode, biometric login.
- **Platforms:** Windows, macOS, Linux, Android, iOS, major browsers.
- **Free Tier:** No; offers a free trial period.



5 Proton Pass Best for Privacy Enthusiasts

- **Features:** End-to-end encryption, email aliasing, open-source transparency.
- **Platforms:** Windows, Android, iOS, major browsers.
- **Free Tier:** Yes; premium adds additional features.



Take Action Today

- **Assess Your Current Passwords:** Identify and update weak or reused passwords.
- **Choose a Password Manager:** Select one that fits your needs and start migrating your credentials.
- **Educate Yourself and Others:** Stay informed about best practices and share knowledge with peers.

For more information or assistance, contact
GlobalQuest Solutions at
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website at WWW.Globalquestinc.com.

TIME IT TAKES A HACKER TO GUESS YOUR PASSWORD

NUMBER OF CHARACTERS	NUMBERS ONLY	LOWERCASE LETTERS	UPPERCASE & LOWERCASE LETTERS	NUMBERS, UPPER & LOWERCASE LETTERS	NUMBERS, UPPER & LOWERCASE LETTERS, SYMBOLS
4	INSTANTLY	INSTANTLY	INSTANTLY	INSTANTLY	INSTANTLY
5	INSTANTLY	INSTANTLY	INSTANTLY	INSTANTLY	INSTANTLY
6	INSTANTLY	INSTANTLY	INSTANTLY	1 SECOND	5 SECONDS
7	INSTANTLY	INSTANTLY	25 SECONDS	1 MINUTE	6 MINUTES
8	INSTANTLY	5 SECONDS	22 MINUTES	1 HOUR	8 HOURS
9	INSTANTLY	2 MINUTES	19 HOURS	3 DAYS	3 WEEKS
10	INSTANTLY	58 MINUTES	1 MONTH	7 MONTHS	5 YEARS
11	2 SECONDS	1 DAY	5 YEARS	41 YEARS	400 YEARS
12	25 SECONDS	3 WEEKS	300 YEARS	2K YEARS	34K YEARS
13	4 MINUTES	1 YEAR	16K YEARS	100K YEARS	2M YEARS
14	41 MINUTES	51 YEARS	800K YEARS	8M YEARS	200M YEARS
15	6 HOURS	1K YEARS	43M YEARS	600M YEARS	15BN YEARS
16	2 DAYS	34K YEARS	2BN YEARS	37BN YEARS	1TN YEARS
17	2 WEEKS	800K YEARS	100BN YEARS	2TN YEARS	93TN YEARS
18	9 MONTHS	23M YEARS	6TN YEARS	100TN YEARS	7QD YEARS