**PASSWORDS**

It goes without saying that using strong passwords is absolutely essential to protecting your WordPress website. Unfortunately too many people tend to be lazy about the strength of the passwords they create and instead use passwords that are very straightforward and easy to crack such as 'qwerty', '1234567', 'swordfish' and my personal favorite 'password'.

Creating a sophisticated password can be a little tricky but the enhanced security you get in return is well worth the time it takes to create one.

 Below are the 4 main requirements for creating a strong password

* A minimum of 7 characters
* A combination of letters and figures
* At least one capital letter
* At least one symbol (@,#,$ etc)

If you create a password that satisfies all the above, you will have a very strong password that could practically take months to crack.

Note: If you are running a membership site or any type of site where others will have access to the backend, you can make sure every user creates and uses a strong password by making use of a plugin like the [Force Strong Passwords](https://wordpress.org/plugins/force-strong-passwords/) plugin.