



PRIVATE ACCOUNT RECOVERY NOTEBOOK

My Digital Notebook

A discreet place for password hints, recovery paths and review dates - designed to help you remember without turning the notebook into a list of full passwords.

Store this notebook securely. It is one part of a recovery plan, not a replacement for unique passwords and two-step verification.

What belongs here - and what does not.

Useful to record

Account name · sign-in email · a private memory hint · recovery phone/email · where backup codes are safely stored · review date

Keep out of the notebook

Full passwords · one-time verification codes · full security-answer responses · banking PINs

A hint should make sense to you, not to a stranger. If the hint practically reveals the answer, rewrite it.

HINT TEST

- ☐ Would a stranger understand the answer from this hint?
- ☐ Does the hint contain an obvious birthday, address or pet name?
- ☐ Could I make it more private but still memorable?

Help future-me remember.

SERVICE / WEBSITE / APP

I USUALLY SIGN IN WITH

MY PRIVATE HINT

Good hint: something that reminds you without explaining the password to somebody else. Avoid birthdays, addresses, pet names or a formula that reveals how the password is built.

RECOVERY

RECOVERY EMAIL / PHONE

TWO-STEP VERIFICATION

☐ On ☐ Not yet ☐ Not available

VERIFICATION USUALLY GOES TO

BACKUP CODES ARE STORED

LAST REVIEWED

Do not write your full password, one-time verification codes or security-answer responses in this book.

Help future-me remember.

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Cut these cards out if you prefer keeping individual account hints in a separate locked location.

HINT CARD 1

ACCOUNT

MEMORY CATEGORY

☐ Place ☐ Phrase ☐ Object ☐ Event ☐ Other

PRIVATE REMINDER

WHERE I RECOVER THIS ACCOUNT

HINT CARD 2

ACCOUNT

MEMORY CATEGORY

☐ Place ☐ Phrase ☐ Object ☐ Event ☐ Other

PRIVATE REMINDER

WHERE I RECOVER THIS ACCOUNT
