Passwords are often insecure and difficult to remember.
The solution is...

PASSPHRASES

Choose two decent size, easy to remember words
jumpingfrogs

Step 01

Capitalise some of the characters
JumpingFrogs

Step 02

Include special characters
Jumping#Frogs

Step 03

Add a number
2Jumping#Frogs

Step 04

Add spaces to finish it off
2 Jumping#Frogs

Step 05

Your passphrase should be 12 characters or more to be truly secure