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It's said each of us has 25 online accounts on average. And for security, the password for each account should be unique and strong enough. It's no wonder that many of us are troubled by a forgotten password. To avoid this or similar problem, you'd better to make some preventive measures. When it comes to Windows password, you can, in fact, create a Windows password reset disk in advance to in case that you forget this password one day. If you are running a Windows 7, Vista or XP computer, you can follow the directions below.

How to Create a Windows password reset disk?

1. Log into your computer through the user account that you want to create the Windows password reset disk for.
2. Insert a USB flash drive in the computer.
3. Go to Start button → Control Panel → Family Safety and User Accounts → User Accounts.
4. On the left pane, click the →Create a password reset disk→ link.
5. When the Forgotten Password Wizard appears, click →Next→ on it.
6. Choose the target USB drive, and then click →Next→.
7. Enter the password of the current user account, click →Next→.
8. Wait while Windows starts to create the password reset disk.
9. Click →Next→ When the progress indicator shows 100% complete.
10. Click →Finish→ to finish your operations.

4 Things to consider when you create a Windows password reset disk

1. The password reset disk must be created before the password is forgotten.
2. You cannot use a password reset disk to reset the password for another computer.
3. Please store the password reset disk in a safe place since everyone can change your compute password through it if he can get physical access to it and your computer.
4. The above directions are based on Windows 7; the steps for Vista and Windows XP are similar.

How to reset Windows password with the disk?

Once you forgot Windows password, you can reset the password as follows by using the Windows password reset disk:

1. Start your computer and insert the Windows password reset USB in the computer.

2. On the logon window, click your user account name, enter a wrong password, and hit Enter.
3. Click OK when an error message that your password or user name is incorrect appears.
4. The "Reset password" link will appear under the password box, click on it.
5. When the Password Reset Wizard comes up, follow its instructions to reset forgotten Windows password.

Forgot password without a Windows password reset disk?

Many users failed to create a Windows password reset disk in advance. If you forgot Windows password with such a disk, you can try the following methods:

1. Check if there other admin accounts that you can still log into. If you can, access that account and reset the password of the target user account.
2. Turn to Windows Password Unlocker or Windows Password Breaker and reset your forgotten Windows password in minutes with a CD/DVD or USB flash drive by yourself.
3. Reinstall Windows or resort to computer experts.

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