Recover macbook pro password

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So, you're trying to use your Mac, but you can't get past the login screen because you don't remember your password. First, you should make sure that the Caps Lock isn't on, because passwords are case sensitive. Then, you should try using your password hint by clicking on the question mark in the password field. But if you still can't log in, don't contact Apple Support yet. Here's how to reset your admin password on a Mac, even if you forgot your admin password. How to Reset Admin Password on MacThe easiest way to reset your admin password is to enter recovery mode. Here's how to do that:Restart your Mac. You can only access the recovery mode while the laptop is booting up, which is why you need to restart it. While it is restarting, press and hold the Command + R keys until you see the Apple logo. If you see the login screen, you will have to restart and repeat this step again until you get to Recovery Mode.Go to the Apple Menu at the top and click Utilities. This will open a drop-down menu.Then click Terminal.Type "resetpassword" in the terminal window. Don't use any space in between the words.Then hit Enter. This will open the Reset Password Assistant screen. Type your password and a hint.Note: If you have several user accounts or an older Mac, you will have to select "forgot all passwords," then select the user account you want to reset the password for. Finally, you will have to click the Apple icon in the upper-left corner and select Restart from the drop-down menu.Finally, click Restart. Once you get to the Login screen, select the admin user you just reset the password for and type your new password. Click Enter. How to Reset your Password Using your Apple IDIf you try to log in several times, you will see a pop-up message asking if you want to reset your password with your Apple ID. Follow these steps to continue:Click the arrow to use your Apple ID.Enter your Apple ID and password.Then hit Enter. Right after this, you will be asked to restart your computer.Click Restart to continue. Log in with your new password. If you can get to your desktop, then you have successfully reset or changed your password. How to Reset your Password Using Another Admin AccountIf your Mac has more than one user, and you know the login credentials to another one of the accounts, you can use that account to log in and reset your password. Here's how:Log in to another admin account.Go to System Preferences. You can find this in your Applications folder.Next, click Users & Group.Click on the padlock in the bottom-left corner of the window. You will have to enter the username and password of that user again.Select the user you want to reset the password for, then click Reset Password. Fill in the necessary fields and hit Enter. Then log out of the current user account. This will bring you to the Login screen.Log in to the account you just changed the password for.If you're still having problems, and you want to install or reinstall macOS in your computer to wipe it clean and give it a fresh OS, check out our previous article here. Updated on December 23, 2021 Time Machine: Connect external drive > Apple menu > System Preferences > Time Machine > Select Disk > pick external drive.iCloud: Sign into your Apple ID > Apple menu > System Preferences > Apple ID > iCloud > iCloud Drive > Options.We recommend making two backups—one local and one in the cloud—for maximum safety. This article explains a couple of different ways to backup your MacBook's hard drive. The article applies to all versions of the MacBook and MacBook Pro. There are two kinds of backups you can choose from: local or cloud. Local backups are made to an external hard drive physically attached to your Mac. Cloud backups are made using a service that stores your data in the cloud. Local backups are usually quicker to make (since you don't have to upload data to the cloud) and require a hard drive with enough free space to store your data. If you need to restore from your backup, a local option is usually faster. Cloud backups often require a subscription fee and can be slower if you have a lot of data to upload. We recommend you use local and cloud backups at the same time. Why? If your local backup gets destroyed, say in a house fire or natural disaster, or the hard drive fails, having a cloud backup gives you a second layer of protection. The easiest way to create a local backup of your MacBook data is to use Time Machine, Apple's backup software included with macOS. There are plenty of other backup programs, but the basics of using them are roughly the same. To backup your MacBook data using Time Machine, follow these steps: Get an external hard drive with more storage capacity than the size of the hard drive you want to back up. Connect it to your Mac. Go to the Apple menu > System Preferences. Select Time Machine. Click Select Disk and select your external hard drive. The backup will begin automatically. We recommend checking the box next to Show Time Machine in menu bar. That adds an icon for Time Machine in the top right corner of the screen. Click it and then click Back Up Now to start a backup whenever you want. If you keep the hard drive connected to your Mac, Time Machine does all the work for you: It automatically backs up your hard drive every hour. It also manages your backups: it keeps hourly backups for one day, daily backups for a month, and then weekly backups for as long as you have storage space. If you run out of room, it automatically deletes the oldest backups. Like there are many programs to make local backups, there are many services for cloud backup. Each service offers different features, benefits, drawbacks, and pricing. For some people, the best option will be the one built into the macOS: iCloud. Apple offers iCloud Drive to back up your MacBook data to the cloud and keep your documents synced across devices. It means you can have up-to-date copies of your files on any device signed into your iCloud account, including iPhones and iPads. Follow these steps to back MacBook to iCloud: Make sure your MacBook is connected to the Internet and you're signed into iCloud. Go to Apple menu > System Preferences. Click Apple ID > iCloud. Check the box next to each program you want to back up. Make sure iCloud Drive is checked and select Options to choose your iCloud Drive settings. Check the box next to each type of data you want to backup to iCloud Drive. The most important is Desktop and Documents Folders. With this enabled, any files on your desktop or stored in your Documents folder will be automatically backed up. Finally, select Done and close the Apple ID window. Backups will occur automatically. There are significant drawbacks to using iCloud for backup. First off, for many data types, you have to use Apple's pre-installed apps. If you prefer other apps, iCloud can't back them up. Secondly, iCloud doesn't back up every file on your computers—such as programs, settings, and preferences—which many people prefer. So, while iCloud is great for syncing data across devices and can be a good backup for some people, you should understand the limitations. Even if you don't want to backup all of your data to iCloud, you can still backup selected data. Even better, that data can be synced to all of your Apple devices. To do this, go to the Apple menu > System Preferences > Apple ID > iCloud and check the box next to the types of data you want to back up (Contacts, Calendars, Notes, etc.). Use the same settings on all of your Apple devices, and they'll stay in sync every time you make a change. You can access this data from iCloud.com, too. FAQ How do I restore my Mac from a Time Machine backup? Restart your Mac and hold down Command+R while it boots up. When the Utilities menu appears, select Restore from Time Machine Backup. How do I know when Time Machine is finished backing up? To monitor Time Machine's progress, go to Apple menu > System Preferences > Time Machine. If there are no backups in progress, you should see the time for your last and next scheduled backups. Otherwise, you'll see a progress bar showing how far along it is. Can I close my Mac while it's backing up? Yes. If you close your computer during the middle of a backup, the backup will resume where it let off the next time you boot up. Thanks for letting us know! Get the Latest Tech News Delivered Every Day Subscribe Tell us why! Workable Solutions Step-by-step Troubleshooting 1. Reset Mac Password by Apple ID Restart your MacBook > Enter an incorrect password three times > Click "Reset it using your Apple ID."...Full steps 2. Reset Password by Recovery Key Activate the Recovery Mode > Go to Disk Utility > Continue > Utilities Terminal...Full steps "I have changed my Macbook Air password in the morning. Now, I am trying to log in, but the password does not match. I don't know what went wrong. I am not good with passwords and I think I have forgotten my MacBook Air password. I have to submit my class assignment and the deadline is today, I am too stressed, please help me to reset my Mac's password! Thanks." – User on the internet. Losing or forgetting your Mac password can be stressful for many. Your frustration is highly understandable if you have forgotten your Mac's password, just like the user above. But, there is nothing to panic about as you can reset your password in MacBook Pro/Air. Our article shows two simple methods that can help you reset your password. The first method uses your Apple ID and the second method uses your Recovery key. So, let's see each method in detail below without wasting any time. How to Reset MacBook Pro/Air Password You can reset your MacBook Pro/Air password using two simple ways. Below, you will see a step-by-step guide to using both methods to help you reset your MacBook's password. Method 1. Reset MacBook Pro/Air Password using Apple ID Using Apple ID is the most straightforward way to reset your MacBook Pro/Air password. Follow the steps below: Note: You have to enable the option to reset the password using Apple ID. You can do this from "System Preferences > Users & Groups > Allow user to reset the password using Apple ID." Step 1. Restart your MacBook. Step 2. After seeing the login screen, enter an incorrect password three times. You will see a message box after entering an invalid password. Here, you will see an option indicating that you can "Reset it using your Apple ID." Click on that option. Step 3. In the new pop-up, enter your Apple ID and password and hit the Reset Password button. After entering the correct Apple ID details, your system will reboot with a Recovery Assistant. You will be able to see a Window telling you to enter a new password for your Mac. Just enter your new password and hit the Next button. After using these simple steps, you will be able to reset your MacBook Pro/Air password. Method 2. Reset MacBook Pro/Air Password using Recovery Key Using Recovery Mode, you can also reset your MacBook's Pro/Air password. Follow the below steps: Step 1. Activate the Recovery Mode You can activate the recovery mode by restarting your Mac. It would help if you held the power button + Command Key + R. Keep holding until you see the loading bar on your Mac's screen. Step 2. Once your Mac boots to Recovery Mode, go to Disk Utility > Continue > Utilities Terminal. Step 3. Type the "resetpassword" command in the terminal and hit the Enter key. After hitting the enter key, you need to choose your Mac's hard drive. Now, you will be able to reset the password for your existing account. Then, you can restart your Mac and begin using it with your new password. Bonus tips: Avoid Losing Mac Password Again Follow the below essential tips to prevent losing your MacBook's password in the future. 1. Keep your passwords saved: Whenever you change your password, make sure to write it somewhere. It can be a document paper or even your phone notes. 2. Use password hints: Always create a hint for your MacBook's password. Using hints decreases the chances of forgetting your password. 3. Use long strings: Do not create random short numbers as your password. Always have a long, meaningful string that you can remember easily. 4. Use password manager software: if you keep forgetting your password, you can use password manager software. They keep and organize your passwords for easy usage. 5. Constant password across multiple accounts: Try using a common password for multiple accounts instead of having a different password for each account. These are methods that you can try to prevent losing your password in the future. (Important Note: It is suggested that you try to keep your passwords saved in a particular file, so next time you can't remember the password, you can open the file and find the Mac password. In addition, even if the file saving your password is accidentally or mistakenly deleted or lost, you can try EaseUS Data Recovery Wizard for Mac to restore it.) Conclusion There are a lot of users that lose their MacBook's password. Mostly, people forget their passwords when they change it frequently. Someone can always forget or lose their MacBook's Pro/Air password. If you forgot your MacBook's Pro/Air password, you could reset it using two simple methods. First, use your Apple ID to reset your laptop's password. The second is to use Recovery mode to reset your account's password. You can remove the password from your MacBook to avoid such a scenario entirely. But, due to confidential and personal data, you'd better set a MacBook password. If you do forget your password frequently, you can try the methods mentioned above to prevent losing your MacBook's password in the future.

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