

# How do I reset or update my password?

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*This article explains how to change your Big Think+ password or reset it if you've forgotten it.*

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## Before you start, check how you log in to Big Think+:

- If you use [SSO \(Single Sign-On\)](#) through your company:
  - Your login is managed by your organization. Reach out to your internal learning or IT team to reset your password.
- If you log in directly on [bigthink.com/plus](#) using your email and a password:
  - You can reset or update your password using the steps below.

## If you forgot your password

If you've forgotten your password or want to change it:

1. Go to the Big Think+ login page.
2. Click **Forgot your password?**
3. Enter the email address you use to log in.
4. Click the link sent to your inbox and follow the steps to create a new password. If you don't see the reset email, check your spam or junk folder.

Sign in to your account

Email address or User ID

Password

☐ Remember me [Forgot your password?](#)

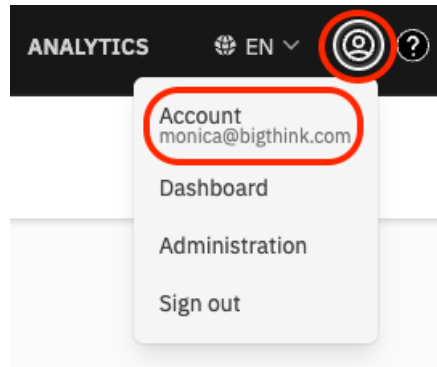
**Sign in** →

[Need help?](#)

**Don't have an account?**  
[\*Learn how Big Think+ can empower your team.\*](#)

## If you want to change your password

1. Click your **profile icon** in the top-right corner
2. Select **Account**
3. On the **Update your account** page, fill in:
  - Your new password (8 characters minimum)
  - Password confirmation
  - Your current password to confirm the change
4. Click **Update**



## Update your account

Email

monica@bigthink.com

Password

*8 characters minimum. Leave blank if you don't want to change it.*

Password confirmation

Current password

*We need your current password to confirm your changes.*

Update

