



Resetting your password

Tags: [Skills](#) [Flow](#)

Whether you've forgotten your credentials or just want to make your Pluralsight account more secure, there are a few ways you can change your password.

Note: If you're on a plan with single sign-on (SSO) enabled, you may not have a password that can be reset.

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Forgot password

To request a password reset, click the **Forgot password?** link on the [Skills login page \(opens in new tab\)](#) or the [Flow login page \(opens in new tab\)](#). After submitting your email address, you should receive an email within 10-15 minutes. Your new password must be at least 8 characters long.

Important: If you don't see an email in your inbox or spam/junk folder within 10-15 minutes, please contact [Pluralsight Support \(opens email form\)](#) to request a password reset.

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Update password

If you're already logged into your Pluralsight account and don't know your password, you can update your password through your [account page \(opens in new tab\)](#) using these steps.

Note: This option may not be available if you're on a plan with single sign-on (SSO) enabled.

1. Click your avatar in the top right corner, then click **Account settings**.
2. Scroll to the **Password** section.
3. Click **Forgot password?** under **Current password**.
4. Enter your email address on the next page.
5. Check your email inbox for a link to reset your password.

If you **do** know your current password and you're signed in to your Pluralsight account, here's how to change your password:

1. Click your avatar in the top right corner, then click **Account settings**.
2. Scroll to the **Password** section.
3. Enter your current password and your new password. This must be at least 8 characters long.
4. Click **Update**.

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Forgot email address

If you've forgotten the email address used to create your account, please contact [Pluralsight Support \(opens email form\)](#) with the following details (if applicable):

- Your first and last name
- How you signed up for the account
- The last 4 digits of the credit card registered to your account

If you need help, please email support@pluralsight.com for 24/7 assistance.