# **Bear App Cheatsheet**

Master Bear for macOS with this handy cheat sheet covering essential keyboard shortcuts, markdown syntax, and productivity tips for efficient writing and note-taking.



# **Text Formatting**

CHEAT

SHEETS

Headings

Heading 1

Heading 2

Heading 3

Heading 4

Heading 5

Heading 6

## **Basic Text Styles**

Bold	<pre>%B or **text**</pre>
Italic	#l or *text*
Underline	жU
Strikethrough	ע#U or ~~text~~
Link	<pre>%K or [Text](url)</pre>
Inline Code	<pre>Cor `code`</pre>

#1 or # Heading

#2 or ## Heading

#3 or ### Heading

#4 or #### Heading

#5 or ##### Heading

#6 or ###### Heading

Bulleted List	<pre>rmU or - list item or * list item</pre>
Numbered List	THO or 1. list item
Task List	î%Lor - [ ] task item
Toggle Task Status	₩D
List Nesting	Tab (Indent) / 1 Tab (Outdent)
Blockquote	T#Q or > quote
Multiline Blockquote	> > quote

Lists & Blockquotes

### Other Formatting Elements

Horizontal Rule	τ⊯H or or ***
Code Block	⊂æK or <sup>™</sup> code
Highlight	<pre>::highlighted text::</pre>
Footnote	Footnote[^1] [^1]: Footnote definition
Insert Date	Τж۳
Insert Time	ר≍# û T

## Note Management & Navigation

#### **Creating & Opening Notes**

New Note	жN
New Note in New Window	て第 <b>N</b>
Quick Open	೫∎O (Type note title to open)
New Scratchpad Note	^жN
Open Selected Note	жO
Close Window	жW
Close All Windows	₩ <i>w</i>

### Searching & Filtering

Find in Note #F	
Find Next #G	Bear will suggest titles
Find Previous RIG Internal Link by Heading	[[Note Title#Headi
Global Search #1 F (Search all notes) Create Link to Current Ri Heading	Right-click heading > (
Search with Tags Type #tag in search bar Create Link to Note Ri	Right-click note > Cop
Exclude Tag from Search Type #-tag in search bar	
Combine Tags in Search     Type #tag1 #tag2 (AND)     Link     link	ype [[New Note Tit ink.
Type #tag1 #tag2 (OR - comma separated) Show Backlinks C	Click the link count at
Search for ToDos Type @todo in search bar th	he Info Panel (ᠧജI).

#### Tagging & Organization

Add Tag	Type (#tagname) anywhere in the note
Nested Tag	<pre>#parent/child/grandchild</pre>
Pin Note	Right-click note > Pin Note or drag to Pinned section
Show Tag Info	Right-click tag in sidebar > Show Info
Rename Tag	Right-click tag in sidebar > Rename Tag
Delete Tag	Right-click tag in sidebar > Delete Tag

#### Linking Notes

	Internal Link by Title	[[Note Title]]
		Bear will suggest titles as you type.
	Internal Link by Heading	[[Note Title#Heading]]
	Create Link to Current Heading	Right-click heading > Copy Link to Heading
arch bar	Create Link to Note	Right-click note > Copy Link to Note
earch bar	Create New Note from	Type [[New Note Title]] then click the red
g2 (AND)	Link	link.
g2(OR - comma separated)	Show Backlinks	Click the link count at the top of the note or use
earch bar		the Info Panel (੮ਃI).

## **Advanced & General Tips**

#### **Exporting Notes**

Export Note	1 #S
Export Options	Select format (Markdown, HTML, DOCX, PDF, JPG, RTF, TXT, TextBundle, ePub)
Export Multiple Notes	Select notes in the list > 1985
Copy as Markdown	τι#C
Copy as HTML	T1%H
Copy as Rich Text	™®R

### Focusing & Editing Modes

Focus Mode	೫D (Hides sidebar and note list)
Typewriter Mode	View > Typewriter Mode (Keeps current line centered)
Hide Sidebar	7.#S
Hide Note List	7.28L
Toggle Dark Mode	z₩N
Toggle Editor Width	೮೫E (Cycles through widths: narrow, medium, wide)
Show Word Count/Info	र्भ। (Opens the Info Panel)

#### Markdown Syntax Quick Reference

Bold: **text**
Italic: *text*
Strikethrough: ~~text~~
Inline Code: `code`
Code Block: ```language code
Blockquote: > quote
Link: [Text](url)
<pre>Image: [[Alt text](url)</pre>
Bulleted List: - item or * item
Numbered List: 1. item
Task List: - [] item
Horizontal Rule:

#### Useful Tips & Tricks

Info Panel: Use (THI) to see word count, creation date, backlinks, and add tags easily.

**Quick Open:** Hit  $\mathfrak{F0}$  to quickly find and open any note by typing part of its title.

Scratchpad: Use (\*\*\*) for a temporary note (not saved unless you add a tag).

**Customizing Theme:** Go to Bear > Preferences > Themes to change the look of the editor.

**Pin Notes:** Drag important notes to the 'Pinned' section in the sidebar for quick access.

Handoff: If you use Bear on multiple Apple devices, Handoff lets you switch seamlessly between them.