

Roam Research

Cheat Sheet

Survival commands

- / Your secret weapon: all the main commands
- [[]] Create internal link. Can also select text and hit [[
- # Create internal link
- /link Create external link [] ()
- / + enter Create check-box {{{[TODO]}}} / {{{[DONE]}}}
- Ctrl+shift+o Open link in sidebar

Markdown

****Bold****

__Italics__

~~~~Strikethrough~~~~

<sup>^^highlight^^</sup>

$$$mathematical formula$$$

``Code``

````Code Block````

[\[link\]\(https://www.example.com\)](https://www.example.com)

link ![image](www.fillmurray.com/50/50)

# Formatting

|               |                  |
|---------------|------------------|
| Cmd+Alt+1,2,3 | Heading          |
| Cmd+Enter     | Toggle todo/done |
| Cmd+b         | Bold             |
| Cmd+i         | Italics          |
| Cmd+y         | Strikethrough    |
| Cmd+h         | Highlight        |

# Navigation

|                |                         |
|----------------|-------------------------|
| Cmd+shift+d    | Go to your daily notes  |
| Cmd+u          | Activate the search bar |
| Tab            | Indent current block    |
| Shift+tab      | Unindent current block  |
| Cmd+shift+up   | Move current block up   |
| Cmd+shift+down | Move current block down |

# Additional reading

- [How to use Roam Research: a tool for metacognition](#)
- [A beginner's guide to Roam Research: getting started in 5 easy steps](#)
- [10 ways to speed up your Roam Research workflow](#)
- [Interstitial journaling: combining notes, to-do and time tracking](#)
- [Roam Research: a simple input to output flow](#)

# Found this useful?

Subscribe at [nesslabs.com/newsletter](https://nesslabs.com/newsletter) for more metacognitive strategies.