macOS Enhanced Dictation Cheat Sheet

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SELECTION & NAVIGATION

Command	Description	Example
Select <text>	Find and select the spoken text	Select the quick brown fox
Select all	Select all text	
Select [word	sentence	paragraph]	Select the current segment of text	Select sentence
Select [previous	next]	Add the next/previous segment of text	Select next
Select [previous	next] [word	sentence	paragraph]	Select the next/previous segment of text	Select next word
Deselect that	Deselect all selected text	
Find the text <text>	Search for the next occurrence of the spoken text	Find the text lazy dog
Find next	Finds the next occurrence of the previous Find	
Go to [beginning	end]	Jump to the beginning or end of the document	Go to end
Go to [beginning	end] of [selection	word	sentence		Go to the beginning or end of the current segment of text	Go to end of paragraph
Move [left	right	up	down]	Move the cursor one character or line	Move down
Scroll [up	down]	Scroll the window up or down	Scroll down
Scroll to [top	bottom]	Scroll the window to the beginning or end	Scroll to bottom

EDITING

Command	Description	Example
**[Cut	Copy	Paste] that**	Use the clipboard with the current selection	
Delete that	Delete the selected text	
Capitalize [that	<text>]	Capitalize selected text or search and capitalize	Capitalize Brown Fox
Lowercase [that	<text>]	Make all letters lowercase in selection or search	lowercase lazy dog
Uppercase [that	<text>]	Make all letters uppercase in selection or search	uppercase LAZY DOG
Replace <text> **with** <text>	Find the text and replace with new text	Replace brown with gray
Bold [that	<text>]	Makes the selection or matching text bold	Bold **lazy dog**
Italicize [that	<text>]	Makes the selection or matching text italic	Italicize *jumps over*
Underline [that	<text>]	Makes the selection or matching text underlined	Underline brown fox
**[Undo	Redo] that**	Undo last action, redo last undone action	

COMMANDS

Command	Description	Example
Caps [on	off]	Next spoken segment will be in title case	caps on Brown Fox
All caps, all caps [on	off]	Next word in caps, or **on** and **off** for caps lock	all caps BROWN FOX
Numeral, Roman numeral	Following number in digits or roman numerals	Roman numeral 2019
No space [on	off]	Turn off spaces for next spoken segment	no space quickbrownfox
Literal [period	comma	colon	etc…]	Use the word instead of punctuation*	Literal period

CHARACTERS & KEYS

,	Comma	'	Apostrophe	=	Equals sign	@	At sign
-	Dash	""	[Quote	Endquote]	><	[Greater	Less] than			Vertical bar
-	Hyphen	' '	[Begin	End] Single quote	+ -	[Plus	Minus] sign	©	Copyright sign
;	Semicolon	&	Ampersand	%	Percent sign	®	Registered sign
:	Colon	*	Asterisk	×	Multiplication sign	™	Trademark sign
.	Period, Point, Full stop	\ /	[Back	Forward] Slash	$ ¢	[Dollar	Cent] sign	↵	Press Return Key
?	Question mark	_	Underscore	£	Pound sterling sign	↵	New Line
!	Exclamation mark	· •	[Large] center dot	€	Euro sign	⇲	New Paragraph
…	Ellipsis	#	Hashtag, Pound sign	¥	Yen sign	→	Tab Key

* The **literal** command is very buggy and rarely seems to work