Advanced Excel shortcuts for Mac

The built-in shortcuts nobody teaches you, for tracing formulas, recalculating and selecting what you actually meant to. Most use Control, not Command. No add-ins, so they work on a work laptop.

Trace a formula

Select the cells a formula refers to	^[
Select every cell feeding into it, all the way back	^⇧[
Select the formulas that refer to this cell	^]
Select every formula that depends on it, directly or not	^⇧]
Show formulas instead of values	^`
Select the cells in a row that don't match the first Select the row starting from the cell to compare against.	^\

Recalculate

Calculate this sheet only Handy with calculation set to Manual.	⇧F9
Recalculate everything, changed or not	^⌥F9
Rebuild the dependency tree, then recalculate everything The last resort when a number looks stale.	^⌥⇧F9

Enter faster

Copy the formula from the cell above, unchanged The references don't shift, unlike fill down.	^'
Put the same entry in every selected cell	^Return
Start a new line inside a cell	^⌥Return
Today's date, as a fixed value	^;
The time now, as a fixed value	⌘;
Flash Fill the column from your examples	^E
Repeat the last action	⌘Y

Select

Select visible cells only, skipping hidden rows For rows you hid or grouped. Filtered-out rows are skipped anyway.	⇧⌘*
Shrink the selection back to the active cell	⇧Delete
Move the active cell to the next corner of the selection	^.
Select the whole array formula this cell is part of	^/

Structure

Group the selected rows or columns	⇧⌘K
Ungroup them	⇧⌘J
Show or hide the outline symbols	^8
Open Paste Special	^⌘V