

Will execute the following actions:

Insert Text "" by Pasting

Insert text by pasting

Insert Token

- Dictionary
- Named Clipboard
- Variable
- Delete (Hide a Variable)
- Position Cursor (Insert Text only)

- All
- Calculation
- Clipboard
- Date
- Front Browser
- Google Chrome
- iTunes
- Macro Information
- Mail
- Safari
- Screen
- System

Keyboard Maestro

lists of “Insert Token”

