XCode 4.2 Cheat Sheet
by tgk via cheatography.com/100/cs/67/

View

Show Standard editor	⌘↩
Show related items	^1
Show previous history	^2
Show next history	^3
Show top level items	^4
Show group files	^5
Show document items	^6
Show assistant editor	⌥⌘↩
Remove assistant editor	^⇧⌘W
Reset editor	⌥⇧⌘Z
Show version editor	⌥⇧⌘↩
Show project navigator	⌘1
Show symbol navigator	⌘2
Show search navigator	⌘3
Show issue navigator	⌘4
Show debug navigator	⌘5
Show breakpoint navigator	⌘6
Show log navigator	⌘7
Hide navigator	⌘0
Activate console	⇧⌘C
Hide debug area	⇧⌘Y
Show file inspector	⌥⌘1
Show quick help inspector	⌥⌘2
Show identity inspector	⌥⌘3
Show attribute inspector	⌥⌘4
Show size inspector	⌥⌘5
Show connections inspector	⌥⌘6
Show file template library	^⌥⌘1
Show code snippet library	^⌥⌘2
Show object library	^⌥⌘3
Show media library	^⌥⌘4
Hide utilities	⌥⌘0

⌃ƒ Control	
⌥¥ Option	
⌘˜ Command	
⎋‹ Escape	

Navigate

Reveal in Project Navigator	⇧⌘J
Open in Assistant Editor	⌥⌘,
Open in...	⌥⌘<
Move Focus To Next Area	⌥⌘.
Move Focus To Previous Area	⌥⌘>
Move Focus To Editor	⌘J
Go Forward	^⌘ →
Go Back	^⌘ ←
Jump to Selection	⇧⌘L
Jump to Definition	^⌘J
Jump to Next Issue	⌘'
Jump to Previous Issue	⌘"
Jump to Next Counterpart	^⌘↑
Jump to Previous Counterpart	^⌘↓
Jump in "---.m"...	⌘L
Jump to Next Placeholder	^/
Jump to Previous Placeholder	^?

Editor

Show completions	^Space
Edit all in scope	^⌘E
Fix all in scope	^⌥⌘F
Re-indent	^I
Shift right	⌘]
Shift left	⌘[
Move line up	⌥⌘]
Move line down	⌥⌘[
Comment selection	⌘/
Fold	⌥⌘←
Unfold	⌥⌘→
Fold methods and functions	⌥⇧⌘←
Unfold methods and functions	⌥⇧⌘→
Fold comment block	^⇧⌘←
Unfold comment block	^⇧⌘→