

Essential Notion formatting

****** on either side of text to make it **bold**

*** on either side of text to make it *italic*

~ on either side of text to strikethrough

[] create to-do checkbox

* + space create bulleted list

1 + space create a numbered list

+ space create a H1 heading

+ space create a H2 heading

+ space create a H3 heading

> + space create a toggle list