STONE TECHNOLOGIES

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PowerBench

Power User Guide

Power tools for your Mac, in one menu

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Requires	macOS 14 Sonoma or later, Apple silicon or Intel
From	Basanite, the apps division of Stone Technologies

Twenty-three tools that live in the menu bar: pick colours, copy text off the screen, rename files in bulk, print from the Finder, undo any file move, snap windows into place, bring back a closed window, zoom and draw while you present, run a whole lesson with Stage, remap keys, paste in the form you need, and open anything with one key. This edition leaves nothing out: every tool, setting and key, Run's whole syntax, where PowerBench keeps things, and the Terminal commands a power user may want. Free, and nothing leaves your Mac.

Contents

1 Getting started
2 Permissions
3 General settings
4 Everyday
5 Screen tools
6 Finder tools
7 Window tools
8 Presenting
9 System tools
10 Launcher
11 Quick reference
12 Run, in full
13 Every setting
14 Every key
15 Where PowerBench keeps things
16 Terminal and defaults
17 Questions and answers

Getting started

What PowerBench is

PowerBench is one small app that sits in the menu bar and holds a bench of everyday tools. Each tool has a switch: turn on the ones you want, and the rest do nothing at all. Most tools have a keyboard shortcut, so you can reach them from any app without opening a window.

It is free, it has no account, and it never sends anything about you or your files anywhere. The only times it uses the internet are to check for an update and to send a bug report or feature request that you write yourself.

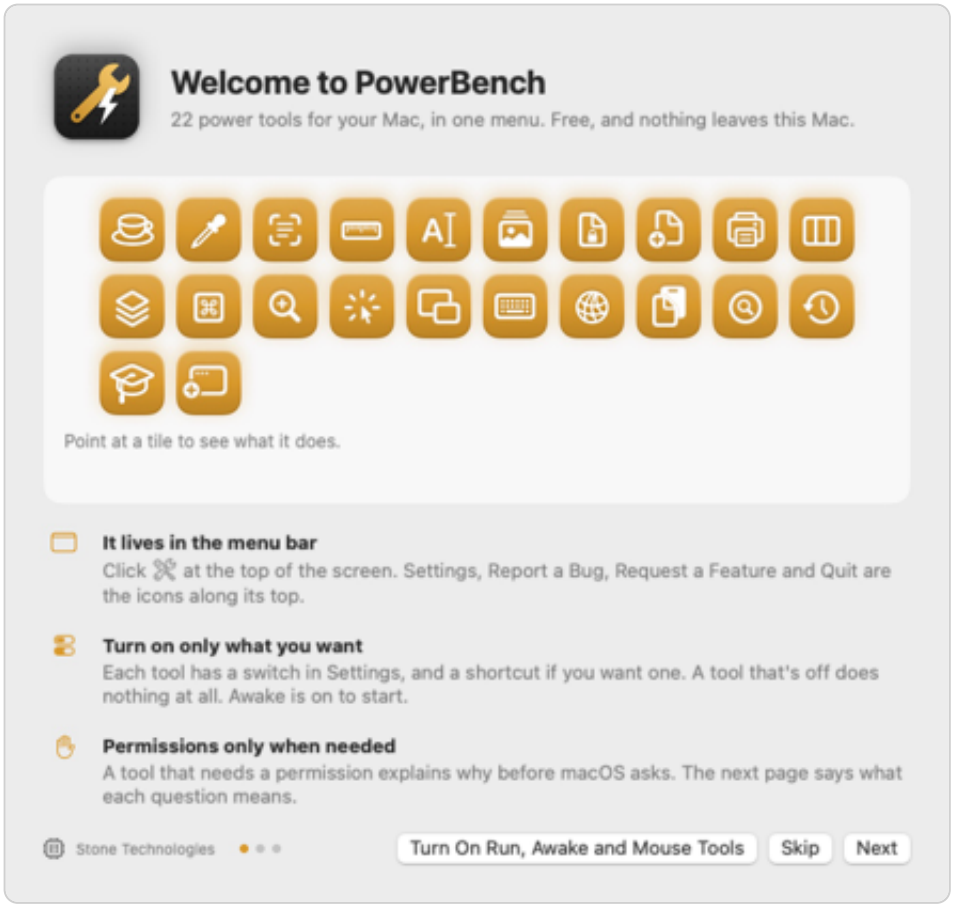
Install

1. Download **PowerBench.dmg** from maketokeep.com/powerbench.
2. Open the disk image and drag **PowerBench** to the **Applications** folder.
3. Open PowerBench from Applications. A wrench appears in the menu bar at the top of the screen, and the welcome window opens.

> **Tip** Until PowerBench 1.0, macOS may say it can't check the app for malicious software. Control-click PowerBench in Applications, choose **Open**, then **Open** again. You only do this once. The release version is signed and notarized by Apple, and opens without the warning.

The welcome

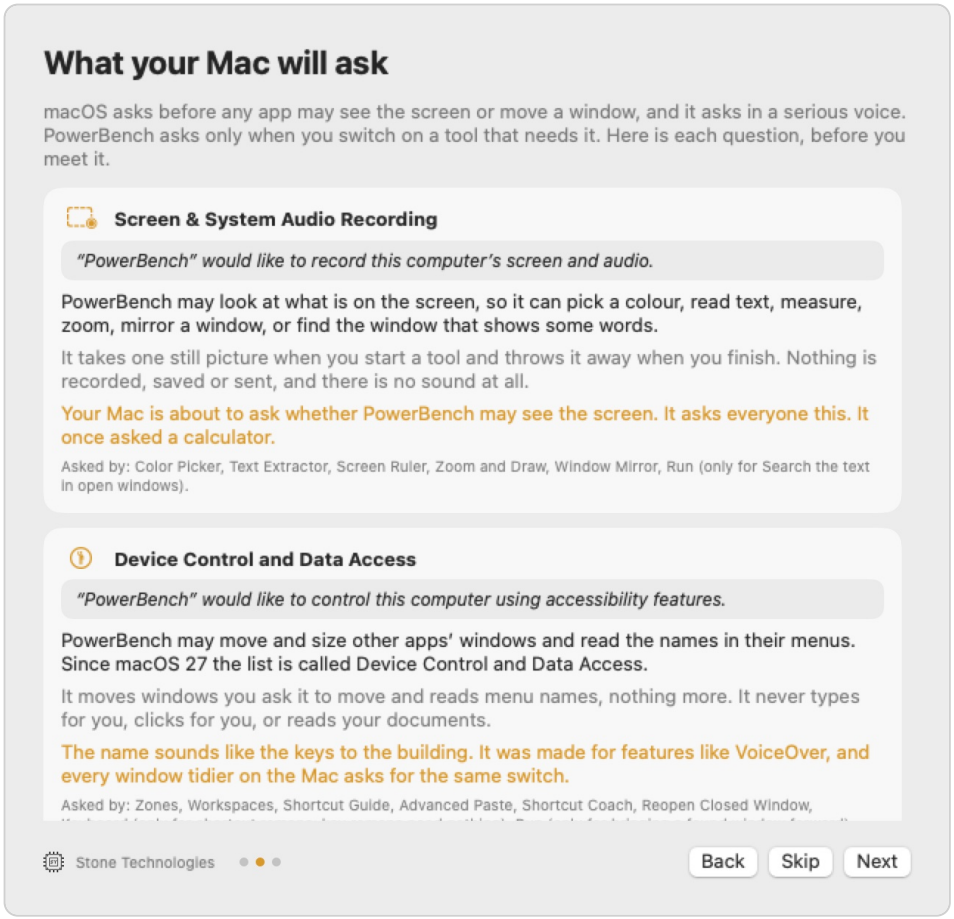
The welcome window has three pages. **Next** goes on, **Back** goes back, and **Skip** closes it on any page. Settings › General › **Show the welcome screen again** brings it back whenever you like.



The welcome's first page, on first launch. Point at a tile to see what that tool does.

The first page shows every tool. Point at a tile to read what it does. **Turn On Run, Awake and Mouse Tools** switches on the three tools that need no permission, so you can try PowerBench straight away.

The second page, **What your Mac will ask**, explains each question macOS may put to you before it does: the words you'll see, what they mean, why it's safe to say yes, and which tools ask. It is honest about the process being a little dramatic. A card that macOS has already allowed says so.

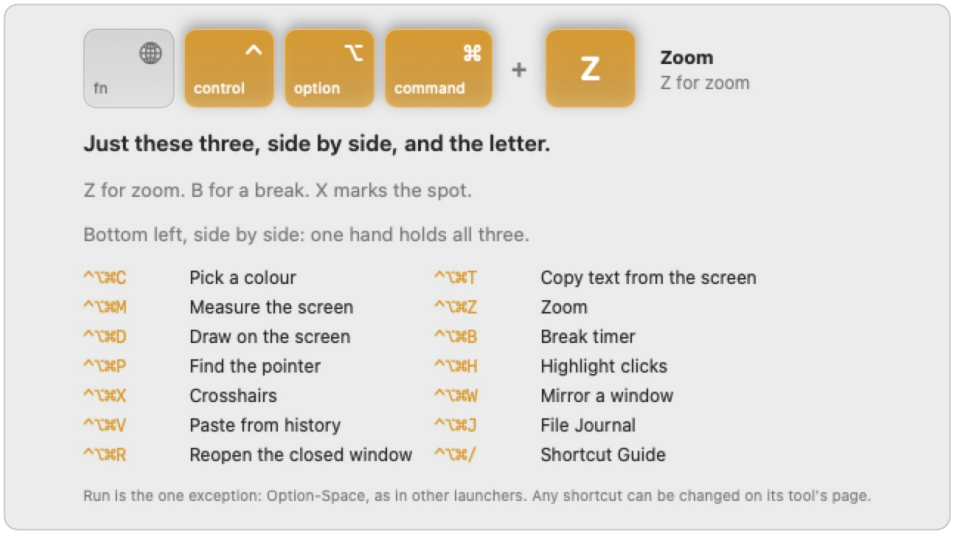


What your Mac will ask. The cards scroll: screen, windows, the Finder, keys and the administrator password.

The third page is the keyboard card, below. **Start** closes the welcome; **Open Settings** closes it and opens Settings.

The keyboard card

Most of PowerBench's shortcuts are the same three keys, held together, and a letter: **Control**, **Option** and **Command**, side by side at the bottom left of the keyboard, so one hand holds all three. The letter is the word it starts where it can be: Z for zoom, B for a break, M for measure. X marks the spot for crosshairs, V is the paste key you know, and / is the key with ? on it, for Shortcut Guide. Run is the one exception: Option-Space.



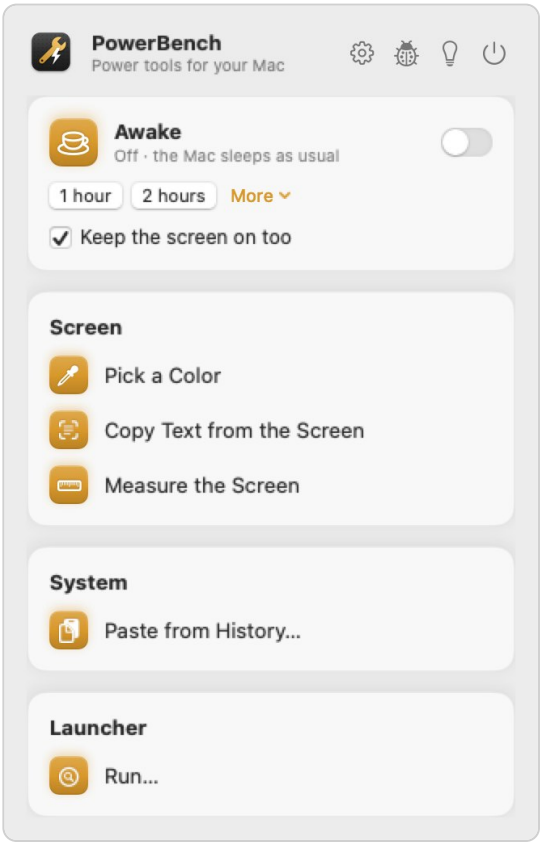
The keyboard card. The lit letter steps through the tools' letters; with Reduce motion on it stays on Z.

The card is kept in Settings › General, under Menu order. Any of these shortcuts can be changed on its tool's page; the card shows the ones PowerBench gives to start with.

The menu

Click the wrench in the menu bar to open the menu. It shows a card for each set of tools you have turned on, with one click for each tool and its shortcut beside it.

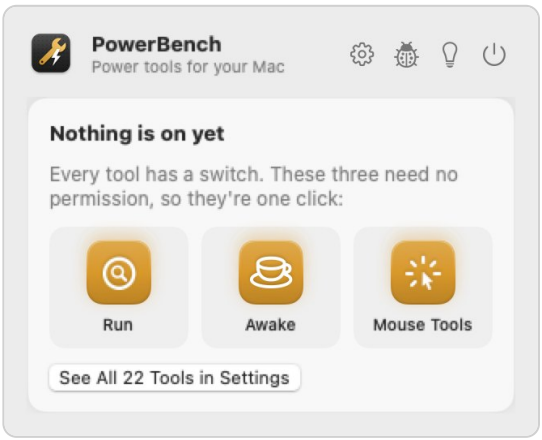
Along the top, beside the name, are four icons: **Settings** (⌘,), **Report a Bug**, **Request a Feature** and **Quit** (⌘Q). Point at one to see its name. Once updates are switched on, **Check for Updates** joins them.



The menu with a few tools turned on.

You choose the order of the cards: see **Menu order** under General settings. On a smaller screen the tool cards scroll, so the menu always fits; the top row stays where it is.

With no tools on, the menu offers Run, Awake and Mouse Tools, one click each, and a button for the rest in Settings.



The menu with nothing on yet.

While **Awake** is keeping the Mac awake, the wrench becomes a filled coffee cup and Awake's tile glows, so you can see it at a glance.

Settings

Click the gear at the top of the menu, or press ⌘**,** while the menu is open. The list on the left has three pages, **General**, **Permissions** and **About**, then every tool, grouped into Everyday, Screen, Finder, Windows, Presenting, System and Launcher. A green dot means the tool is on.

Every tool's page has the same parts:

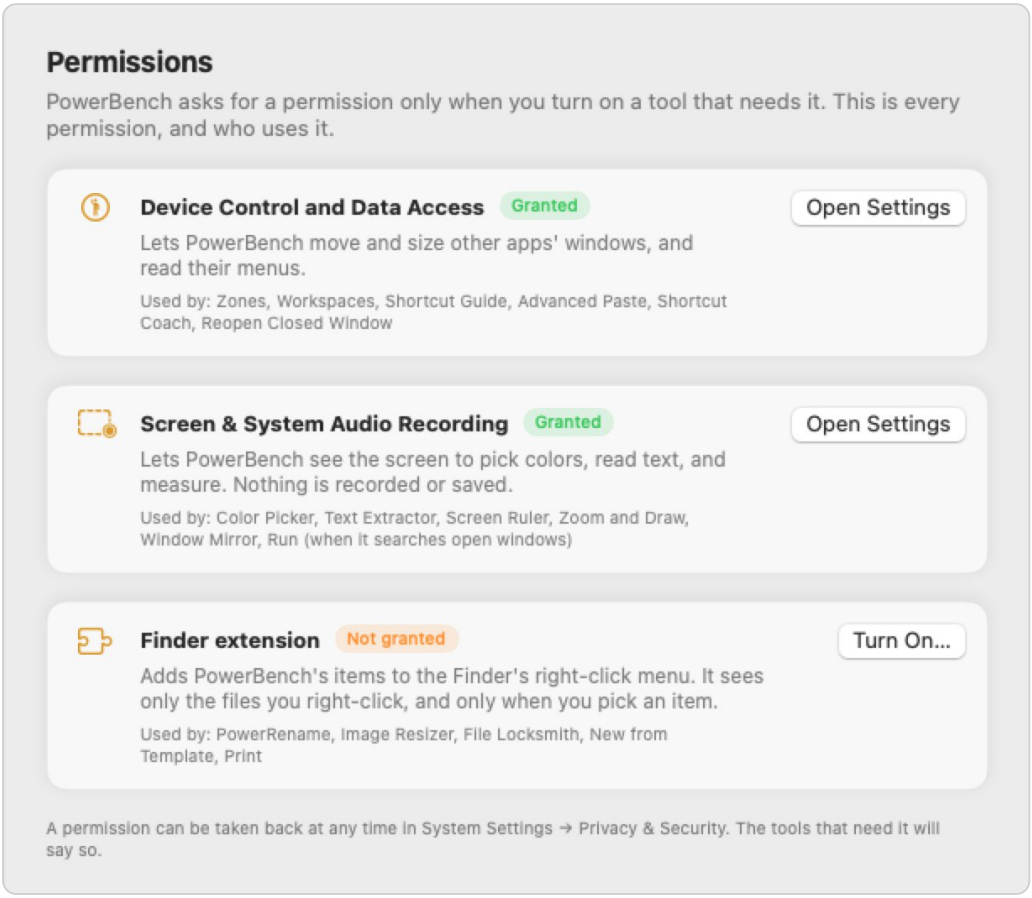
- **The switch:** at the top right. A tool that's off uses no memory, watches nothing and has no shortcut.
- **Shortcut:** click **Record Shortcut** and press the keys you want. While recording, Esc cancels and Delete removes the shortcut. If another app already uses those keys, PowerBench says so.
- **Needs:** the permission the tool needs, if any, and whether it is granted.
- **Options or How to use it:** what the tool does, and its settings.

Turning tools on

Only **Awake** is on when you first open PowerBench, because it needs no permission. The welcome window and the empty menu offer Run and Mouse Tools too, which need none either. To turn on any other tool, open Settings, pick the tool, and click its switch. If the tool needs a permission, PowerBench explains why first, then macOS asks. Screen tools also get a shortcut the first time they're turned on, if that shortcut is free.

Permissions

macOS keeps some abilities behind a permission you grant in **System Settings › Privacy & Security**. PowerBench asks for a permission only when you turn on a tool that needs it, and the **Permissions** page in Settings shows every permission, whether it's granted, and which tools use it.



Settings › Permissions.

Permission	What it allows	Used by
Device Control and Data Access	Moving and sizing other apps' windows, reading their menus, and pasting into them. Older versions of macOS call it Accessibility.	Zones, Workspaces, Shortcut Guide, Shortcut Coach, Reopen Closed Window, Advanced Paste, shortcut remaps in Keyboard, and Run when it brings a window forward
Screen & System Audio Recording	Taking a still picture of the screen for the tool to work on. Nothing is recorded or saved.	Color Picker, Text Extractor, Screen Ruler, Zoom and Draw, Window Mirror, and Run when it searches open windows
Finder extension	Adding PowerBench's items to the Finder's right-click menu. It sees only the files you right-click, and only when you pick an item.	PowerRename, Image Resizer, File Locksmith, New from Template, Print
Input Monitoring	Seeing a held key. Only needed if you turn on Shortcut Guide's hold-⌘ option.	Shortcut Guide (optional)

Granting a permission

1. Turn on the tool in Settings. PowerBench explains what the permission is for.
2. Click **Continue**. macOS shows its own request, or PowerBench opens the right page of System Settings.
3. Switch **PowerBench** on in the list. If macOS asks, quit and reopen PowerBench.

Turning on the Finder extension

The Finder tools appear on the right-click menu only after the extension is switched on. Click **Turn On…** on any Finder tool's page. It opens **System Settings › General › Login Items & Extensions**. Under **Extensions**, click the ⓘ beside **Finder** (or **File Providers & Finder** on some versions), and switch on **PowerBench**.

> **Tip** If a tool says its permission isn't granted although PowerBench is switched on in System Settings, select PowerBench in that list, click **−** to remove it, quit and reopen PowerBench, and turn the tool on again. This happens after installing a new test build, because macOS treats each test build as a new app until PowerBench is signed for 1.0.

You can take a permission back at any time in System Settings. The tools that need it say so, and the rest keep working.

General settings



Settings › General.

Icon colours

Every tool has a coloured tile. Choose how they look at the top of the General page; the preview, the Settings list, the menu and the tool windows all change at once.

- **One colour:** every tile the same colour. Brass to start; click a swatch, or the colour box at the end of the row for any colour at all.
- **Rainbow:** every tool its own colour, evenly around the colour wheel. A tool keeps its colour when new tools arrive.
- **By section:** one colour per section (Screen, Finder, Windows and so on). It starts from a matched set; each section has its own swatches beside its tools.

Back to the Matched Set undoes your section colours. **Back to Brass** returns everything to the start.

Menu order

Under Icon colours, **Menu order** lists the menu's sections top to bottom, each with its tools' tiles. Click the up or down arrow beside a section to move it; the menu changes at once, and the order is kept when PowerBench is quit and reopened. **Back to the Standard Order** puts Everyday, Screen, System, Presenting, Windows, Finder and Launcher back. The order moves the cards only: icon colours stay as they are.

The ^⌥⌘ keys

Under Menu order is the keyboard card from the welcome: the three keys every ^⌥⌘ shortcut holds, and each tool's letter with what it does. See **The keyboard card** in Getting started.

Starting with your Mac

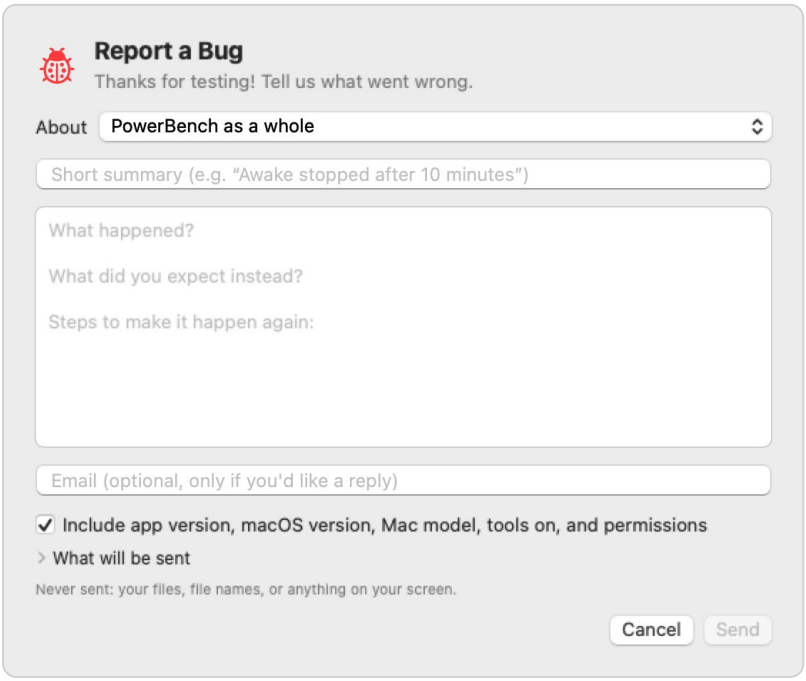
Tick **Open PowerBench when you log in** to have the wrench in the menu bar every time you start the Mac. macOS lists PowerBench under **Login Items** in System Settings, where you can also turn it off.

Updates

PowerBench checks for new versions by itself and tells you when one is ready; you choose when to install it. **Check for Updates** is an icon at the top of the menu. Builds from before the update feed is switched on say so on this page.

Help shape PowerBench

Report a Bug and **Request a Feature** open a short form. Choose which tool it's about, write a summary and the details, and add your email only if you'd like a reply. Tick the boxes to include the app version, macOS version, Mac model, which tools are on and the permission states, and the last crash report if there is one. **What will be sent** shows the exact text before you send it. Your files, file names and anything on your screen are never sent.



Report a Bug. Request a Feature is the same form.

If the Mac is offline, the report waits and is sent the next time PowerBench can reach maketokeep.com.

Everyday

Awake

Awake keeps your Mac from going to sleep, for as long as you need, then lets it sleep as usual. Use it for a long download, a presentation, a backup, or a build that mustn't be interrupted.

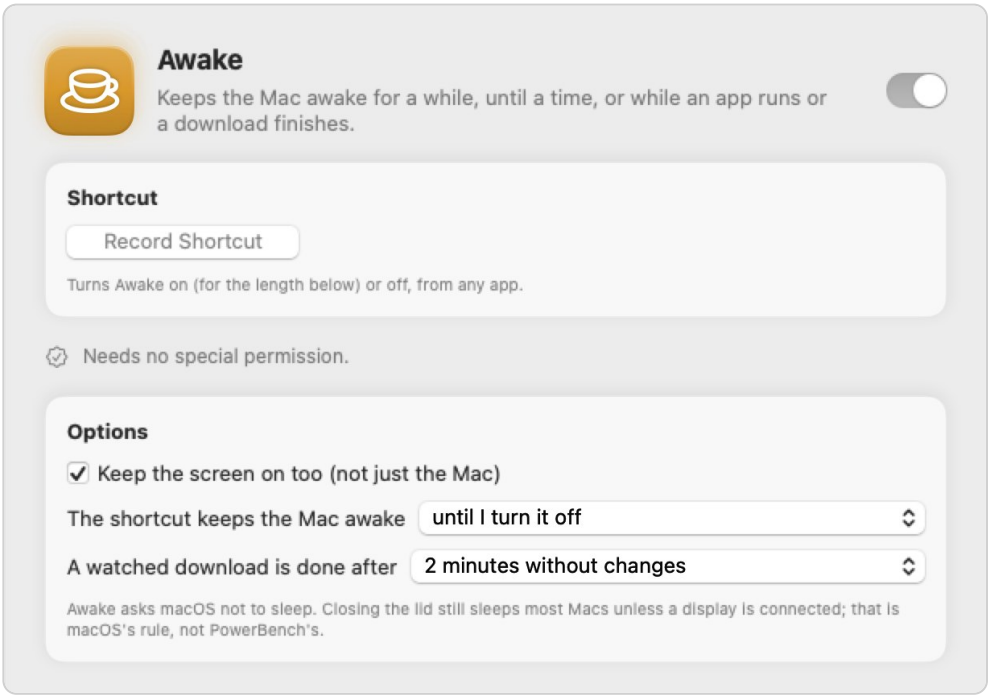
In the menu, the Awake card has a switch and quick choices:

- **1 hour or 2 hours:** stays awake that long, then stops by itself.
- **More:** 15 or 30 minutes, 4 or 8 hours, **Until a Time…**, **While an App Is Open** (pick a running app; Awake ends when it quits), and **While a Download or File Is Changing…**.
- **The switch:** on until you turn it off.
- **Keep the screen on too:** stops the display from sleeping as well as the Mac.

The card shows what Awake is doing, such as "Until 5:30 pm" or "While Final Cut Pro is open", and why it last stopped. A plan carries over if PowerBench is quit and reopened.

Watching a download

Choose **While a Download or File Is Changing…** and pick the file being downloaded, or the folder it's going into. Awake holds while the file or folder keeps changing, and lets go once it has been still for the time set in Settings (two minutes to start).



Awake's Settings page.

In Settings you can record a shortcut that turns Awake on and off, choose how long the shortcut keeps the Mac awake, and how long a watched download must be still.

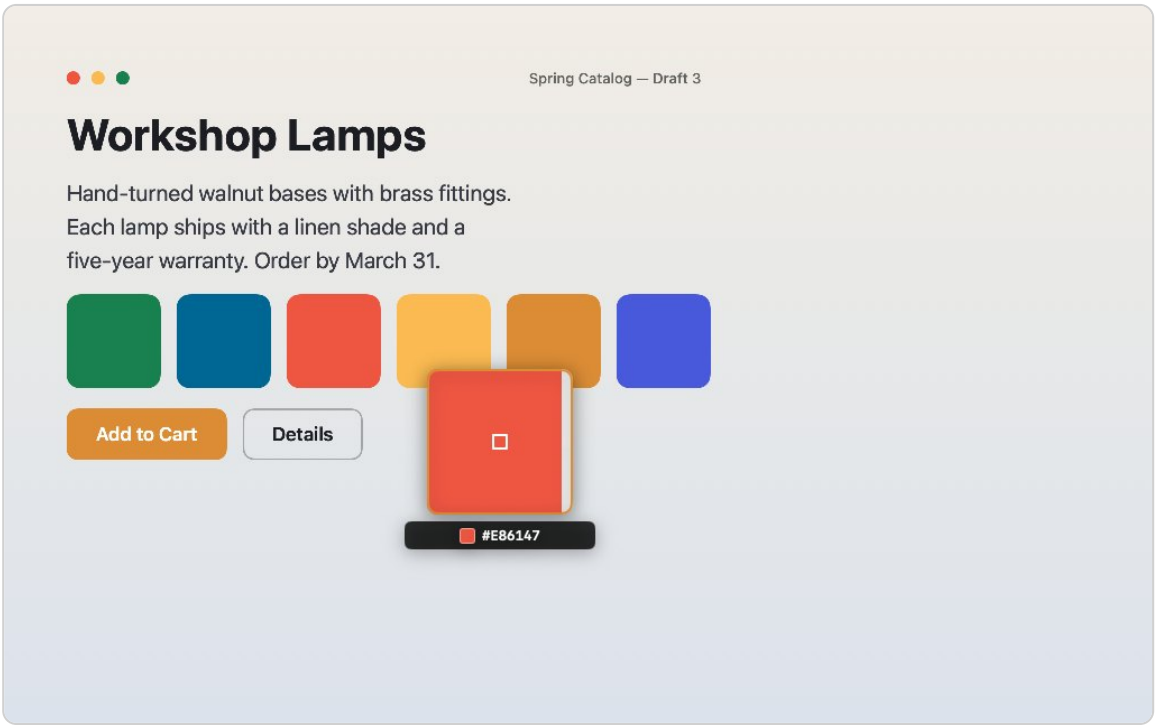
> **Tip** Closing the lid of a laptop still puts it to sleep unless an external display is connected. That is macOS's rule, and no app can change it.

Screen tools

The three screen tools take one still picture of every display the moment you start them, then work on that picture. Whatever you point at holds still, even a video or a menu. They need **Screen & System Audio Recording**. Press **Esc** to put any of them away.

Color Picker

Press ⌃⌥⌘**C** (Control-Option-Command-C) or choose **Pick a Color** in the menu. A loupe follows the pointer, magnifying the pixels under it, with the colour's value beside it. Click to copy the colour.



The loupe over a page, with the colour under the pointer.

- **Arrow keys:** move the loupe one pixel; with Shift, ten.
- **Return or a click:** copies the colour and closes.
- **Esc:** closes without copying.

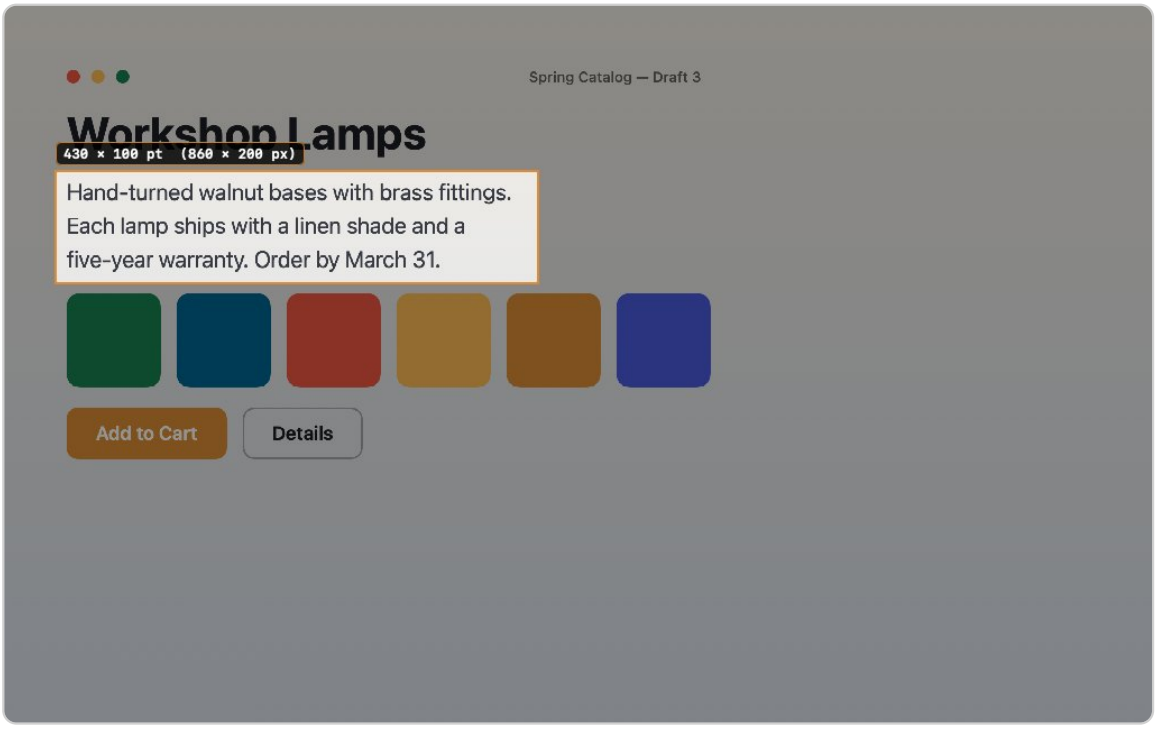
Choose the format in Settings › Color Picker › **Copy colors as**:

Format	Example
HEX	`#D9992B`
CSS rgb()	`rgb(217, 153, 43)`
CSS hsl()	`hsl(38, 70%, 51%)`
SwiftUI	`Color(red: 0.851, green: 0.600, blue: 0.169)`
AppKit	`NSColor(srgbRed: 0.851, green: 0.600, blue: 0.169, alpha: 1)`

The last ten colours you picked appear as swatches in the menu. Click one to copy it again, or right-click it to copy it in any other format. **Clear History** in Settings empties the list.

Text Extractor

Press ⌃⌥⌘**T** or choose **Copy Text from the Screen**. The screen dims; drag a box over the text you want. When you let go, the text is on the clipboard, ready to paste anywhere. It works on pictures, videos, PDFs that are only scans, error messages that won't let you select them, anything you can see.



Dragging a box over a page; the text inside is copied.

- **Keep line breaks:** on, the text keeps its lines as they were; off, they are joined into one paragraph.
- **Also read QR codes and barcodes:** a code in the box is read and its contents copied.

Text is read by the Mac's own text recognition, on your Mac. Nothing is sent anywhere. If nothing is found, try a bigger box, or use Zoom first to make small text larger.

Screen Ruler

Press ⌃⌥⌘**M** or choose **Measure the Screen**. It finds the edges of things on screen and measures between them, in points (and in pixels on a Retina display).



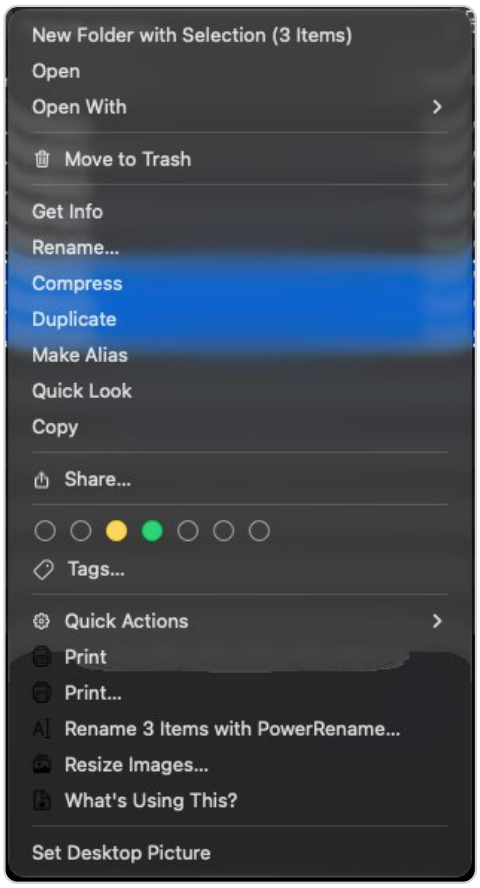
Spacing: the distance from the pointer to the nearest edge on each side.

Key	Mode	What it measures
1	Spacing	From the pointer to the nearest edge left, right, up and down.
2	Bounds	A box you drag. Releasing copies its size.
3	Horizontal	Left and right only.
4	Vertical	Up and down only.

A click copies the measurement. **Edge sensitivity** in Settings decides what counts as an edge: lower stops at faint lines, higher ignores soft shading and stops only at clear edges. **Start in** picks the mode it opens in.

Finder tools

These five tools are on the Finder's right-click menu, under **PowerBench**. Turn on the Finder extension first (see Permissions). Select one or more items in the Finder, right-click, and choose.



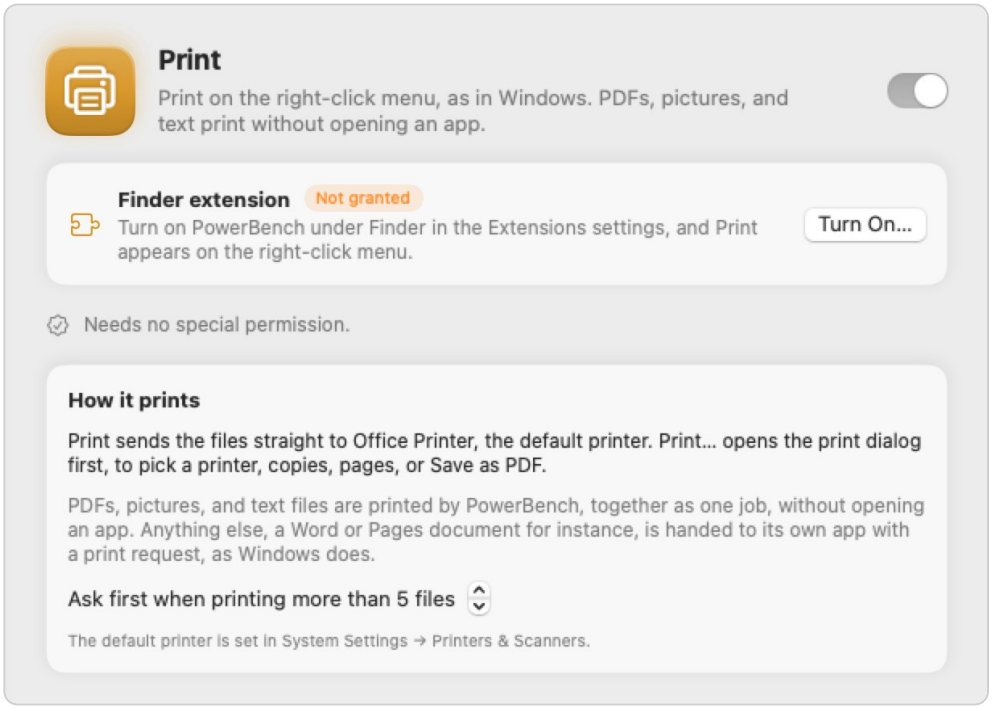
PowerBench's items on the Finder's right-click menu.

Print

Print adds printing to the right-click menu, the way Windows has it. Select files, right-click, and choose:

- **Print:** sends them straight to the default printer.
- **Print…:** opens the print dialog first, to pick a printer, copies, pages, or Save as PDF.

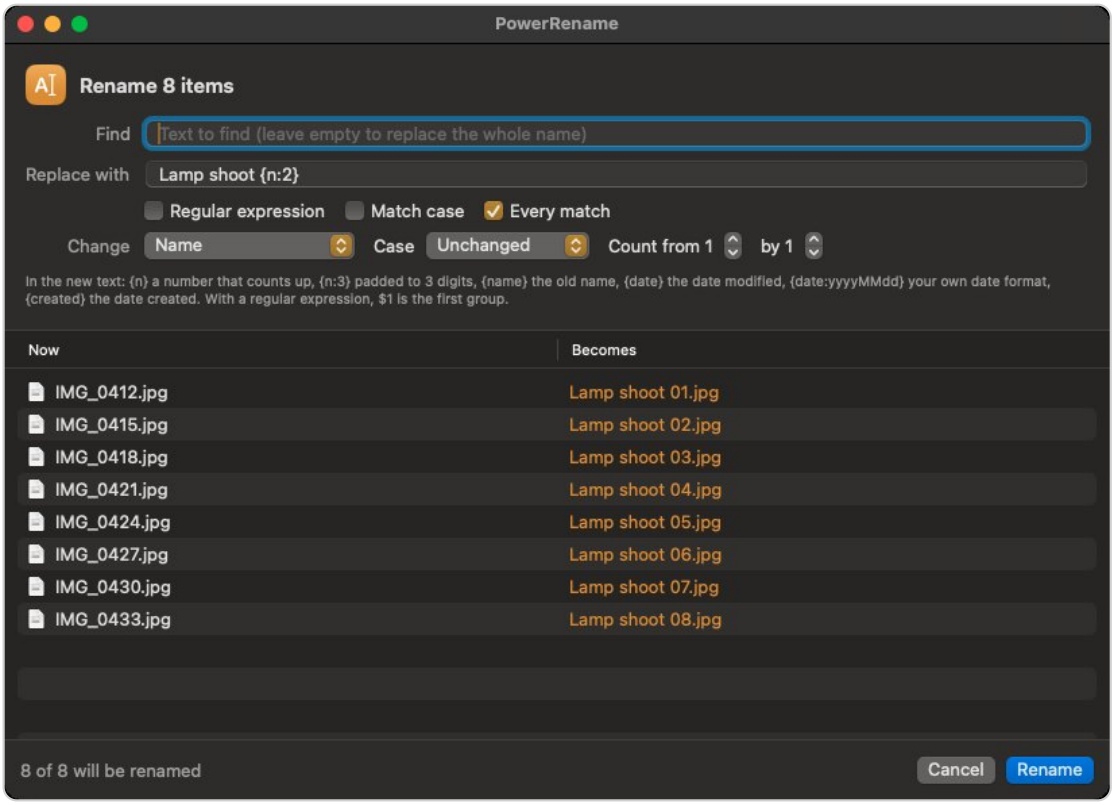
PDFs, pictures and text files are printed by PowerBench itself, together as one job, without opening any app. Anything else, a Word or Pages document for instance, is handed to its own app with a print request, as Windows does. If you print more than five files at once, PowerBench asks first; change the number in Settings.



Print's Settings page.

PowerRename

Rename many files and folders at once. Select them in the Finder, right-click, and choose **Rename with PowerRename**. Every new name shows beside the old one before anything changes. Problems, such as two items ending up with the same name or a name that's already taken, are marked in orange, and **Rename** waits until there are none.



PowerRename numbering a set of photos. The preview shows every new name first.

- **Find and Replace with:** the text to change, and what it becomes. Leave Find empty to give every item a completely new name.
- **Regular expression:** Find is a pattern; `$1` in the new text is the first group.
- **Match case:** Find matches capitals exactly.
- **Every match:** replaces every match in a name, not just the first.
- **Change:** the name, the extension, or both.
- **Case:** lowercase, UPPERCASE, Title Case or Sentence case, applied after the replacement.

- **Include:** files, folders, or both.

Codes for the new name

Code	Becomes
`{n}`	A number counting up: 1, 2, 3…
`{n:3}`	The number padded to three digits: 001, 002…
`{name}`	The old name without its extension
`{ext}`	The extension
`{date}`	The date modified, like 2026-11-09
`{date:yyyyMMdd}`	The date modified in your own format, like 20261109
`{created}`	The date created; {created:FORMAT} works the same way

Examples

You want	Find	Replace with
IMG_4012.jpg … to Trip 01.jpg, Trip 02.jpg…	(empty)	`Trip {n:2}`
Put the date in front of each name	(empty)	`{date} {name}`
Spaces to dashes	a space	– with Every match on
"Report Final v3" to "Report v3"	`Final` (with its space)	(empty)
Swap "Smith, Anna" to "Anna Smith" (regular expression)	`(\w+), (\w+)`	`$2 $1`
Make every extension lowercase	(empty)	Change: Extension, Case: lowercase

Renaming happens all at once: if one item can't be renamed, everything goes back as it was. The last rename can be undone from the PowerRename window, the PowerBench menu, or Settings. Your switch choices are remembered; the words you typed aren't.

Image Resizer

Select pictures, right-click, and choose **Resize Images**. Pick a size and click **Resize**. New copies are made beside the originals, named like photo (Medium).jpg or photo (1200×800).jpg; the originals stay unless you tick **Replace the originals** (they then go to the Trash, so you can still get them back).

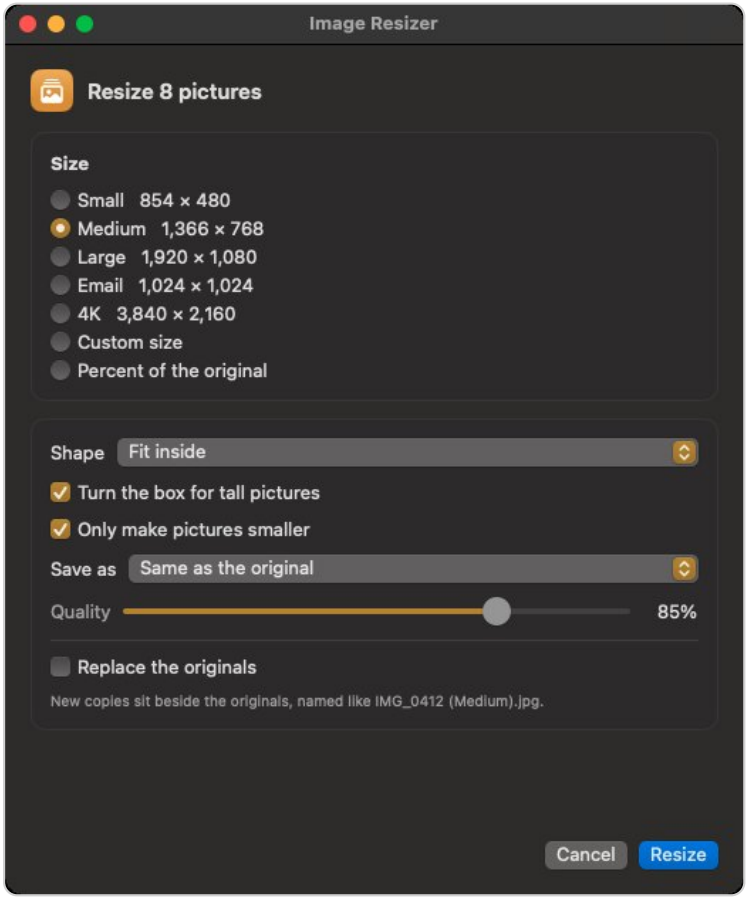


Image Resizer.

Preset	Size (pixels)
Small	854 × 480
Medium	1,366 × 768
Large	1,920 × 1,080
Email	1,024 × 1,024
4K	3,840 × 2,160
Custom size	Any width and height
Percent of the original	5% to 200%

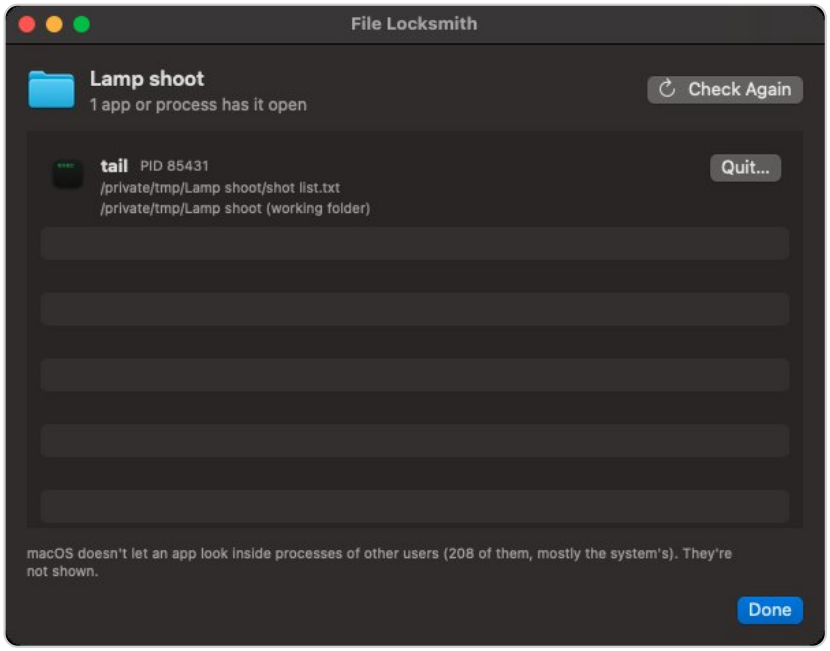
- **Shape: Fit inside** keeps the whole picture within the size; **Fill and crop** fills it exactly, trimming the edges; **Stretch to exact size** changes the shape.
- **Turn the box for tall pictures:** a portrait photo gets 480 × 854 instead of 854 × 480.
- **Only make pictures smaller:** pictures already smaller than the size are left alone.
- **Save as:** the same type as the original, JPEG, PNG or HEIC, with a quality setting for JPEG and HEIC.

Pictures are turned upright first, and their details (date, camera, place) are kept. JPEG, PNG, HEIC, TIFF, GIF, BMP and WebP are read; WebP is saved as JPEG, because macOS can't write WebP.



File Locksmith

When a file won't move to the Trash or a drive won't eject because something is using it, right-click it and choose **What's Using This?** File Locksmith lists every app of yours that has the file open (for a folder or a drive, anything inside it), with what it's holding.



File Locksmith finds a program holding a file.

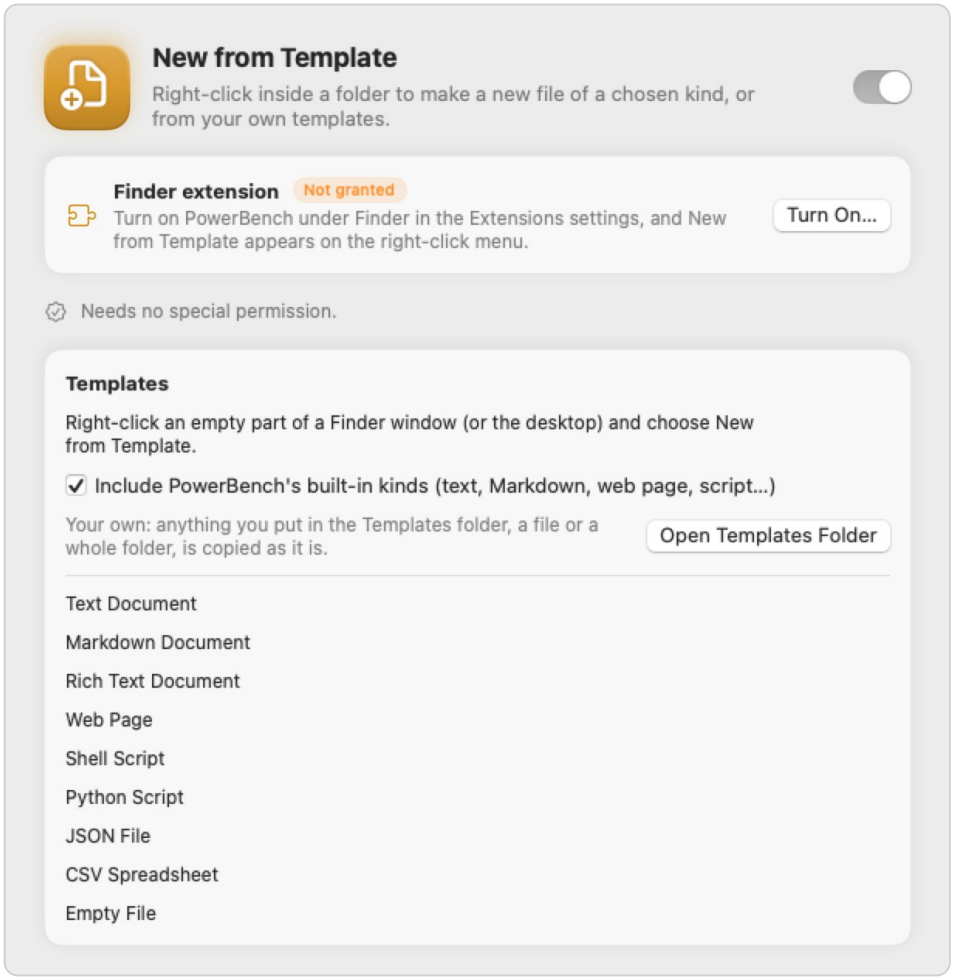
Select an app and click **Quit** to ask it to save and close, or **Force Quit** to stop it at once (unsaved work is lost). **Check Again** looks once more. macOS lets an app see only your own processes, so if macOS itself or another person's process holds the file, File Locksmith counts them but can't name them.

New from Template

Right-click an empty part of a Finder window, or the desktop, and choose **New from Template**. Pick a kind, and a new untitled file of that kind appears, ready to rename.

Built in: Text Document, Markdown Document, Rich Text Document, Web Page, Shell Script, Python Script, JSON File, CSV Spreadsheet and Empty File. Untick **Include PowerBench's built-in kinds** in Settings to hide them.

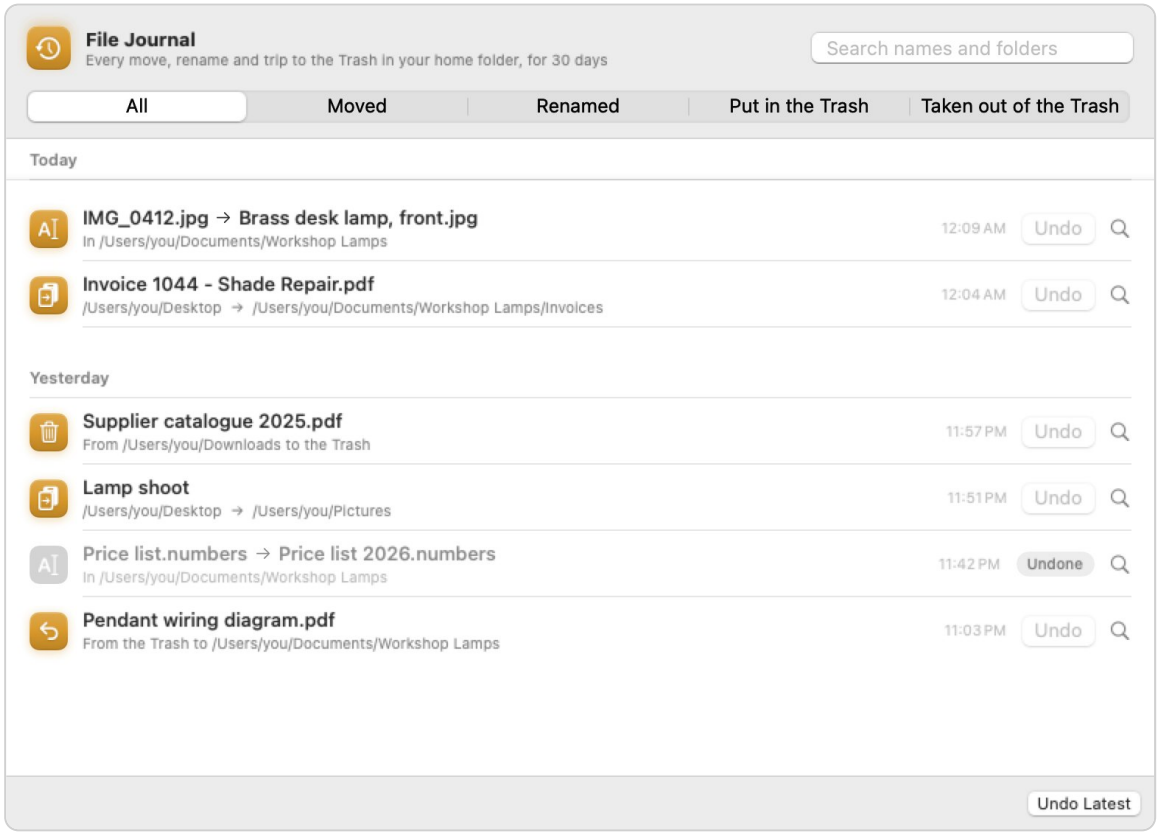
Your own templates: click **Open Templates Folder** in Settings and put anything there, a letterhead, an invoice, a project folder with its subfolders. It appears on the menu by its name and is copied as it is.



New from Template's Settings page, with the built-in kinds.

File Journal

File Journal writes down every file and folder that is moved, renamed, put in the Trash or taken out of it in your home folder, whichever app did it: the Finder, a download, a script, an app tidying up. Each line has an **Undo** that puts that item back where it was, days later and after a restart. The Finder's own Undo forgets as soon as the Finder relaunches, and knows only what the Finder did. File Journal needs no permission and isn't on the right-click menu.

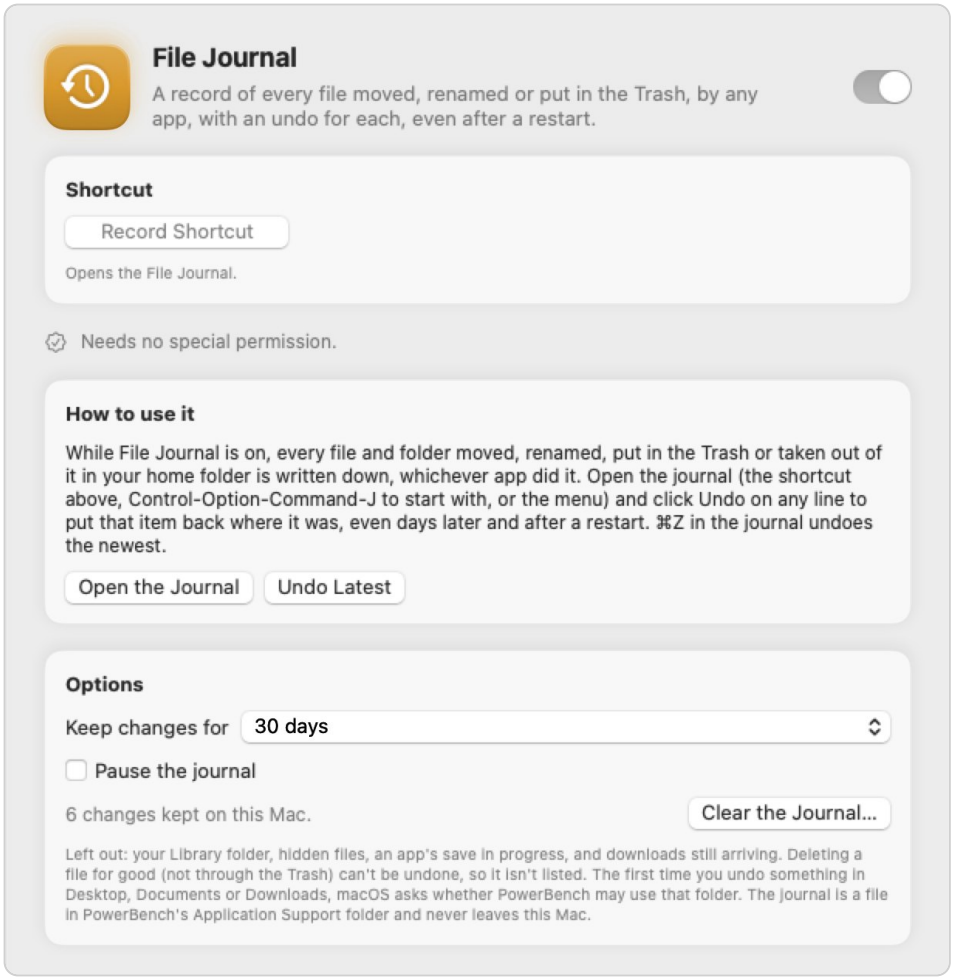


The journal, newest first, grouped by day.

- **Open it: ⌃⌥⌘J**, or **File Journal…** in the menu's Finder card.
- **Undo:** puts the item back. If something new already has its old name, it comes back as "name (restored)". The line then says Undone, and the move back isn't listed again.
- **Undo Latest, or ⌘Z in the journal:** undoes the newest change that can still be undone. The menu's Finder card has the same as **Undo: <change>**.
- **Search:** matches words in the old and new names and folders. The buttons above the list show only Moved, Renamed, Put in the Trash or Taken out of the Trash.
- **Show in Finder:** the magnifying glass. Right-click a line to copy its old or new path.

An Undo can't work if the item has moved on since (the line says where it went missing) or if the folder it came from is gone; the button then explains why. The first time an undo touches Desktop, Documents or Downloads, macOS asks whether PowerBench may use that folder.

What isn't recorded: your Library folder, hidden files and folders, an app's save in progress (apps save through a temporary copy), downloads still arriving (.download, .crdownload, .part), anything outside your home folder, and a file deleted for good without the Trash, which no one can undo.



File Journal's Settings page.

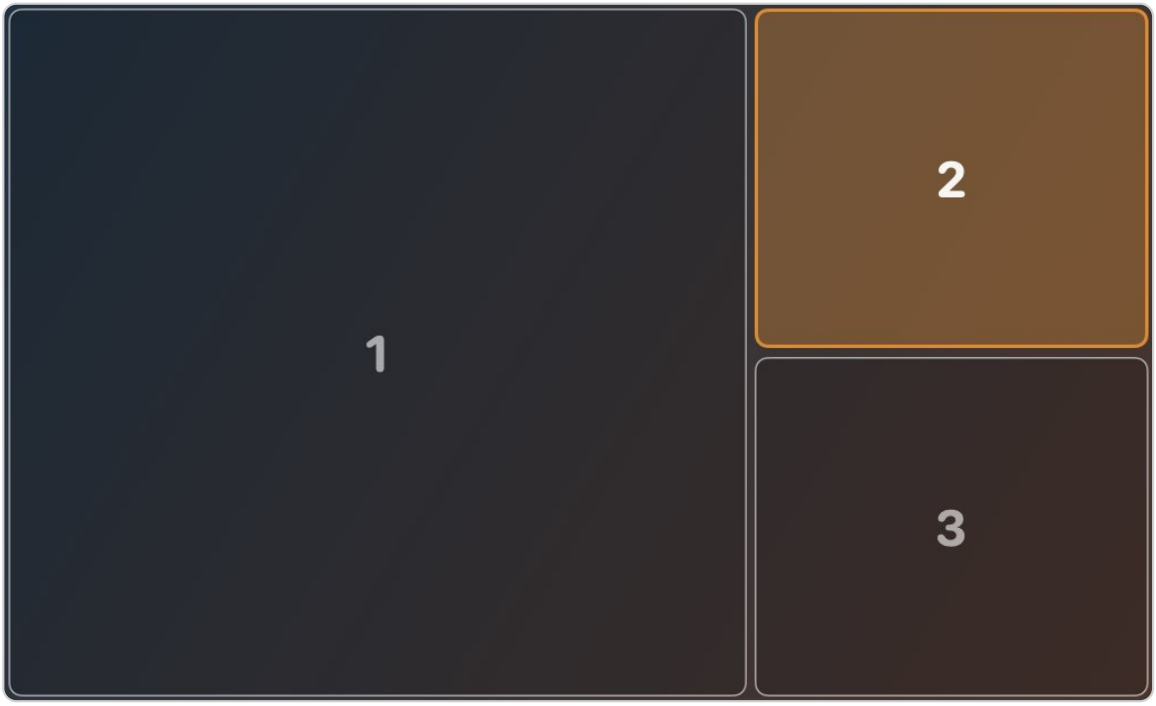
Settings: **Keep changes for** 7 days, 30 days (to start), 90 days or a year; **Pause the journal**; and **Clear the Journal…**, which asks first and removes only the record, never your files.

Window tools

These tools move and size other apps' windows, and read their menus, so they need **Device Control and Data Access**.

Zones

Zones are your own window layouts. Hold **Shift** while you drag a window by its title bar: the zones appear over the screen. Let go over one, and the window fills it.



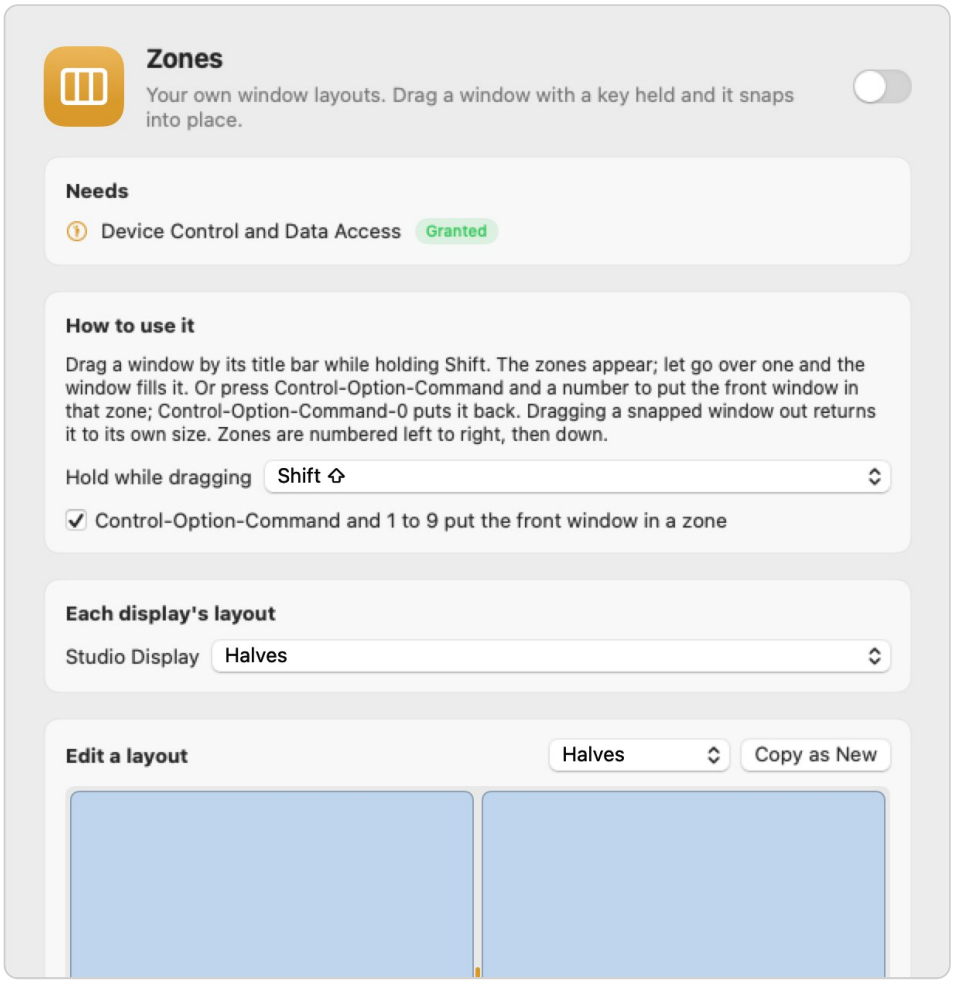
The zones while a window is dragged; the lit zone is where it will go.

- **From the keyboard:** ⌃⌥⌘**1** to ⌃⌥⌘**9** put the front window in that zone. ⌃⌥⌘**0** puts it back as it was.
- **Dragging out:** a snapped window dragged out of its zone returns to its own size.
- **Numbering:** zones are numbered left to right, then down.
- **Hold while dragging:** Shift to start; Option, Control or Command if you prefer.

Layouts

Each display has its own layout, chosen under **Each display's layout**. Five are built in: Halves, Thirds, Grid, Main and side, and Centre focus. To make your own, pick one under **Edit a layout** and click **Copy as New**, then:

- Click a zone to choose it, then **Split Side by Side** or **Split Top and Bottom**.
- Drag the lines between zones to resize them.
- Remove Zone joins the chosen zone into its neighbour.
- **Gap:** the space left between snapped windows, in points.

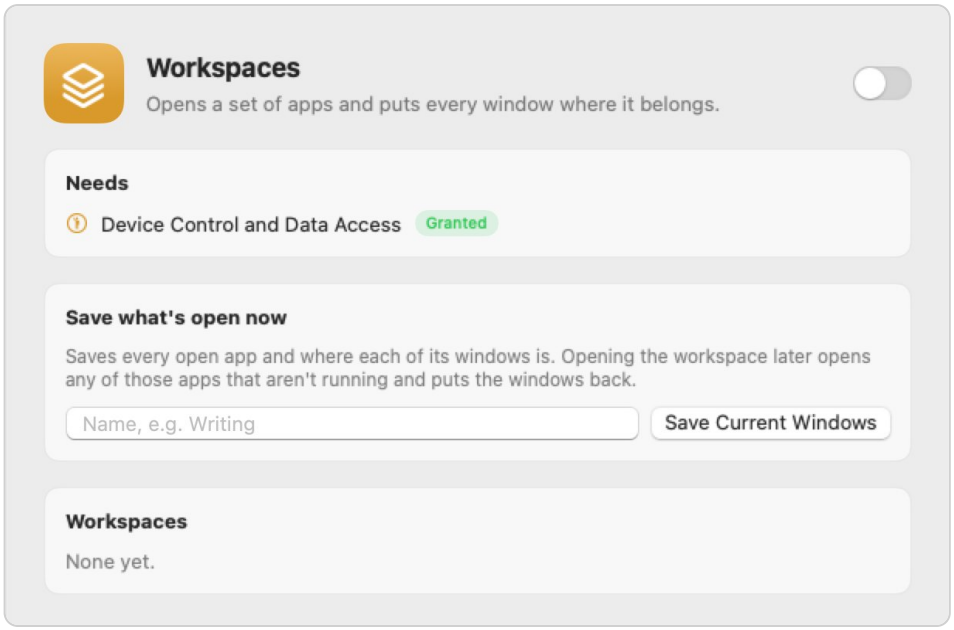


Editing a layout in Settings › Zones.

Workspaces

A workspace remembers a set of apps and where every window goes. Arrange your apps the way you like them for a job, say writing, or editing photos, type a name in Settings › Workspaces, and click **Save Current Windows**.

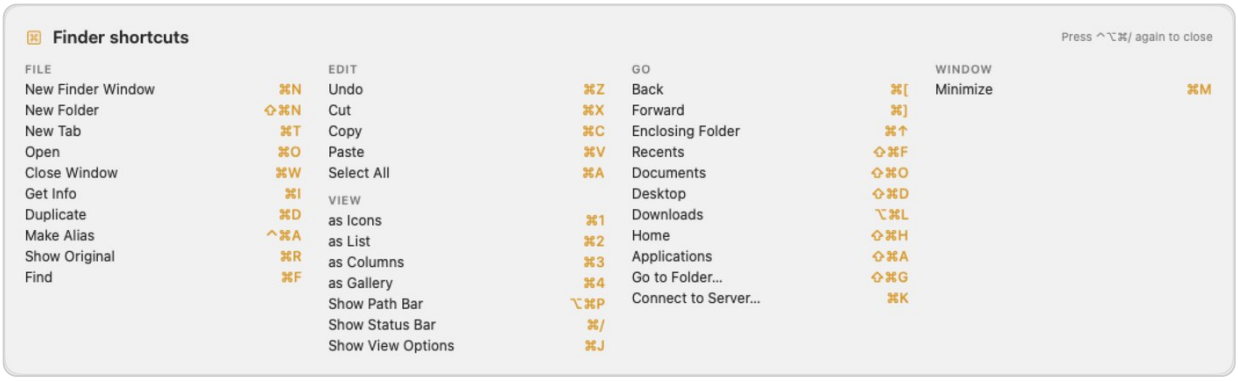
Later, open the workspace from the menu or Settings. PowerBench opens any of its apps that aren't running and puts each window back where it was. If you have fewer displays than when you saved it, the windows are fitted onto the ones you have. The menu lists your first five workspaces as **Open** items. In Settings, each workspace's ⋯ menu has **Rename**, **Update to What's Open Now** and **Delete**.



Settings › Workspaces.

Shortcut Guide

Press ⌃⌥⌘/ to see every keyboard shortcut of the app in front, in columns by menu. Press it again to hide it. The shortcuts are read from the app's own menus, so they are always that app's real ones, including any you've changed.

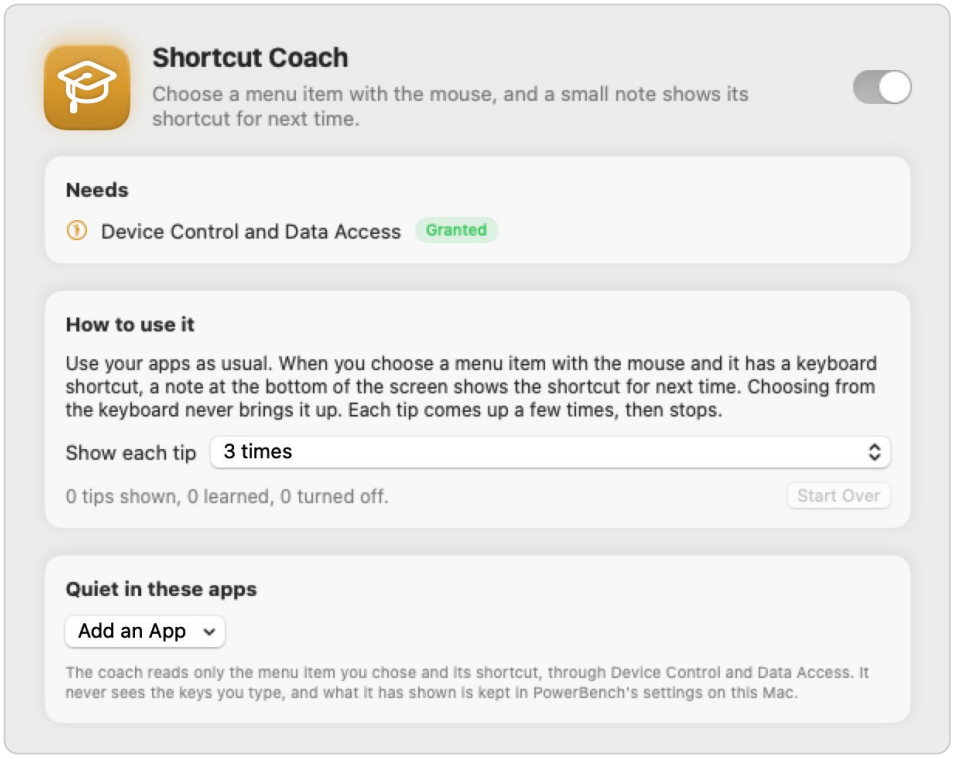


Shortcut Guide over the Finder.

If you'd rather hold ⌘ for a second to see them, as some apps do, tick **Also show them while ⌘ is held for a second** in Settings. macOS keeps held keys private from apps, so this asks for **Input Monitoring**.

Shortcut Coach

Shortcut Coach teaches shortcuts as you work. When you choose a menu item with the mouse and it has a keyboard shortcut, a note at the bottom of the screen shows the keys: ⇧⌘**N**, Next time: New Folder, in Finder. Choosing the same item from the keyboard never brings it up, and each tip comes up a few times, then stops. It has no shortcut of its own.



Shortcut Coach's Settings page.

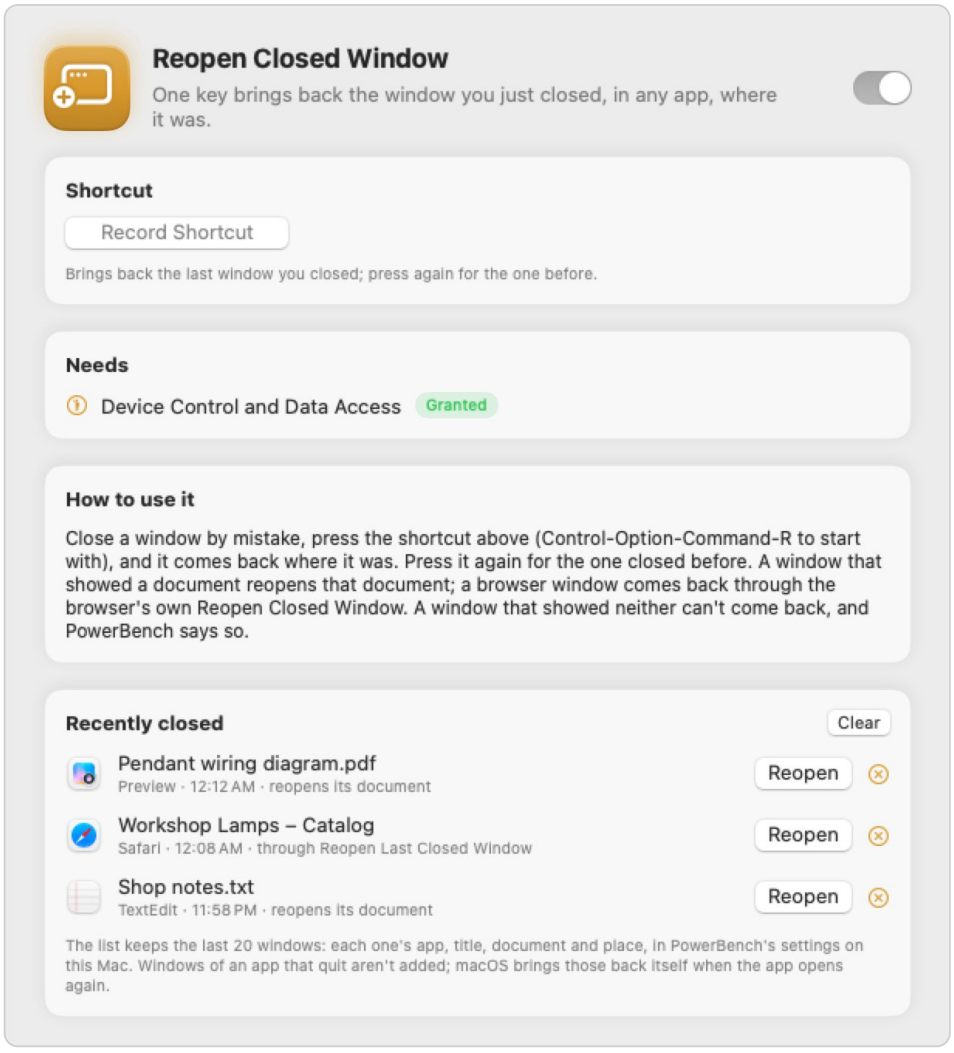
- **Show each tip:** once, 3 times (to start), 5 times or every time.
- **Don't Show That Again:** under the last tip, in Settings and in the menu's Windows card (**Mute**).
- **Quiet in these apps:** the coach says nothing in the apps you add (a game, or an app you know by heart).
- **Start Over:** forgets which tips have been shown and turned off.

The coach reads only the menu item you chose and its shortcut, through **Device Control and Data Access**. It never sees the keys you type.

Reopen Closed Window

Closed a window by mistake? Press **⌃⌥⌘R** and it comes back where it was, in any app. Press it again for the one closed before that; PowerBench keeps the last 20.

- A window that showed a document (Preview, TextEdit, Pages, most editors) reopens that document in its app and goes back to its place on the screen.
- A browser window comes back through the browser's own **Reopen Last Closed Window** (Safari, Chrome and others have one), so its tabs return too.
- A window that showed neither (a music player's window, a settings window) can't come back; PowerBench says so instead of guessing.
- **Windows of an app that quit aren't added:** macOS brings those back itself when the app opens again.



Reopen Closed Window's Settings page, with the recently closed list.

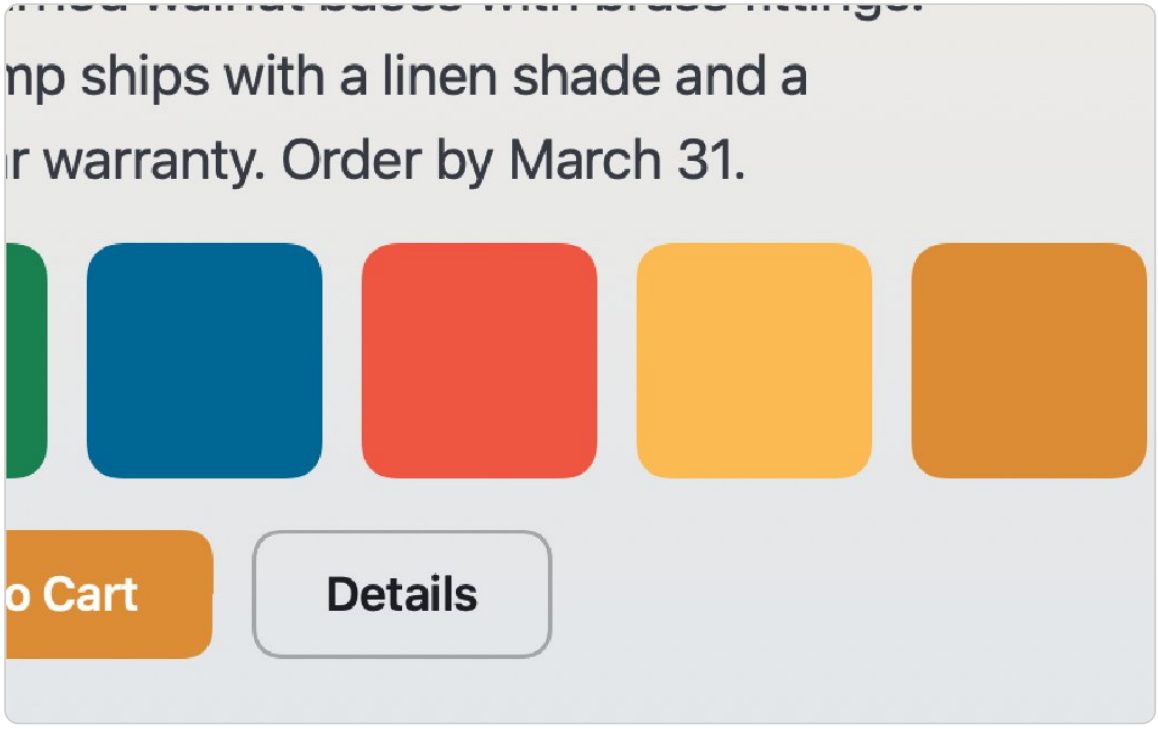
Settings lists the recently closed windows with how each would come back, a **Reopen** button for any of them, an **×** to forget one, and **Clear**. The menu's Windows card shows the newest as **Reopen <title>**. It needs **Device Control and Data Access** to see windows open and close.

Presenting

Tools for showing your screen to other people: in a meeting, a class, a recording, or over a shoulder.

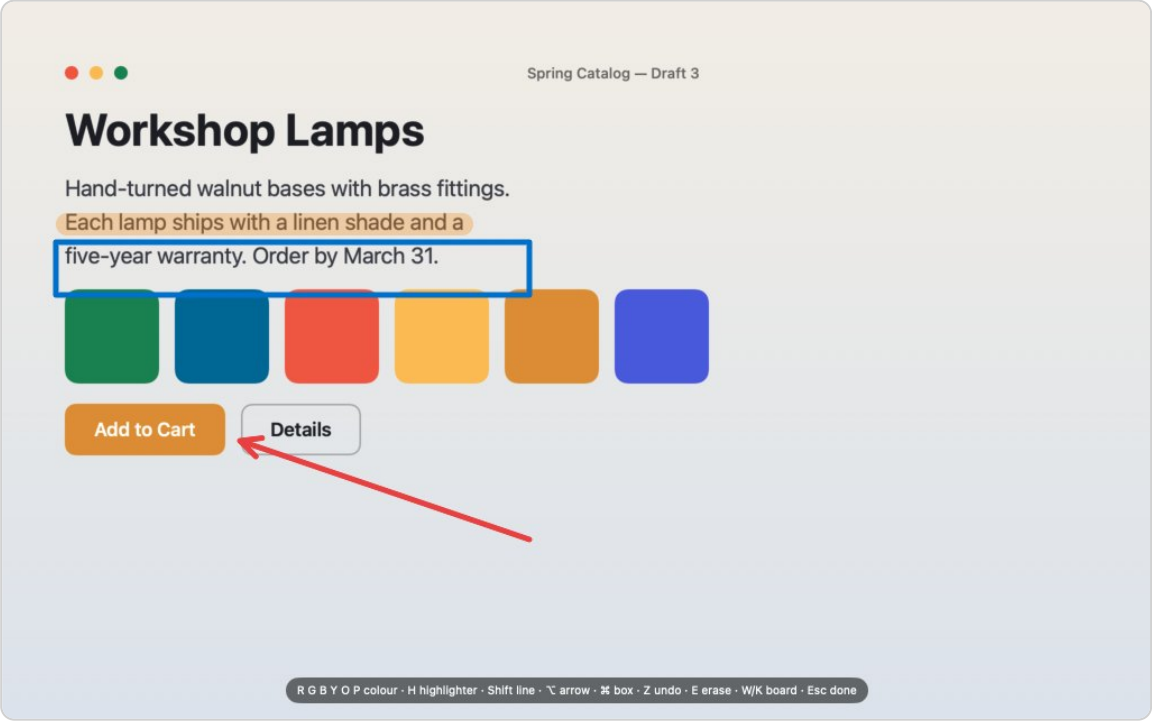
Zoom and Draw

Zoom (⌃⌥⌘Z) magnifies the screen around the pointer. Move the pointer to move around. Arrow keys, + and −, or the scroll wheel change how far you're zoomed in, from 1.5× to 8×. Click to freeze the picture and draw on it; Esc ends.



Zoomed in on part of a page.

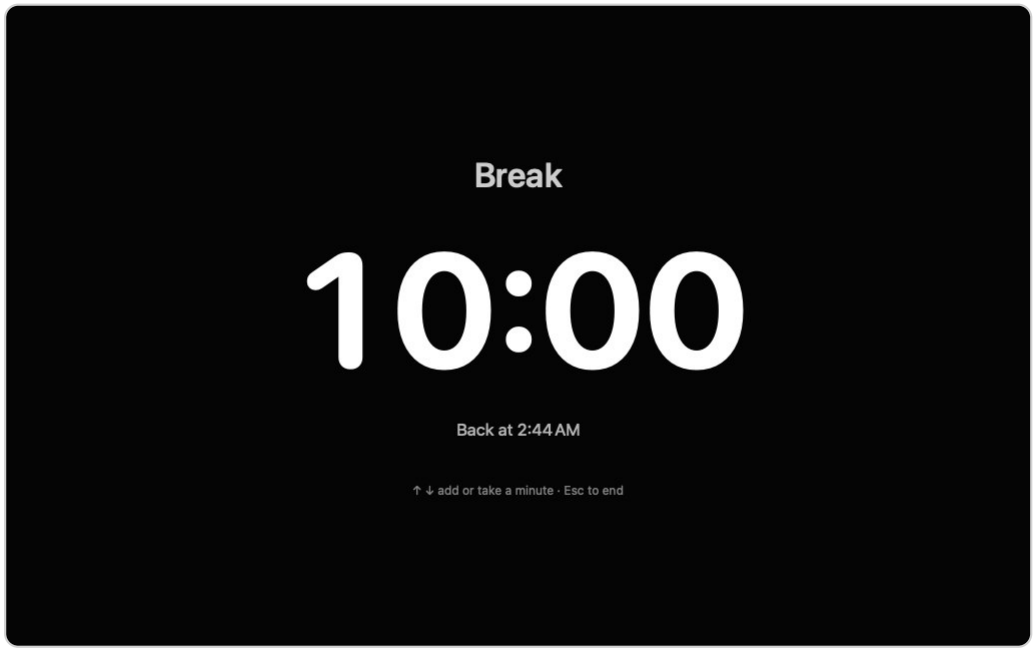
Draw (⌃⌥⌘D) lets you draw on the screen as it is. Drag to draw.



Drawing over a page: a box, an arrow and a highlight.

While drawing	Does
`Drag`	Draws a line where you drag
`Shift + drag`	A straight line
`Option (⌥) + drag`	An arrow
`Command (⌘) + drag`	A box
`H`	The highlighter, wide and see-through
`R G B Y O P`	Red, green, blue, yellow, orange or pink pen
`Z`	Undo the last mark
`E`	Erase everything
`W / K`	Turn the screen into a whiteboard or a blackboard
`Esc`	End

Break timer (⌃⌥⌘B) fills every display with a countdown, for a break in a class or a meeting. ↑ and ↓ add or take a minute; Esc ends it early. Choose its length in Settings (5, 10, 15 or 30 minutes). The break timer doesn't need any permission.



The break timer.

Mouse Tools

- **Find the Pointer (⌃⌥⌘P):** everything dims except a circle around the pointer, for a moment.
- **Highlight Clicks (⌃⌥⌘H):** a ring at every click, yellow for left, blue for right, so viewers can see what you click. Press again to stop.
- **Crosshairs (⌃⌥⌘X):** lines through the pointer across every display. Press again to stop.

These watch only the pointer and the clicks, never the keyboard, so they need no permission.

Window Mirror

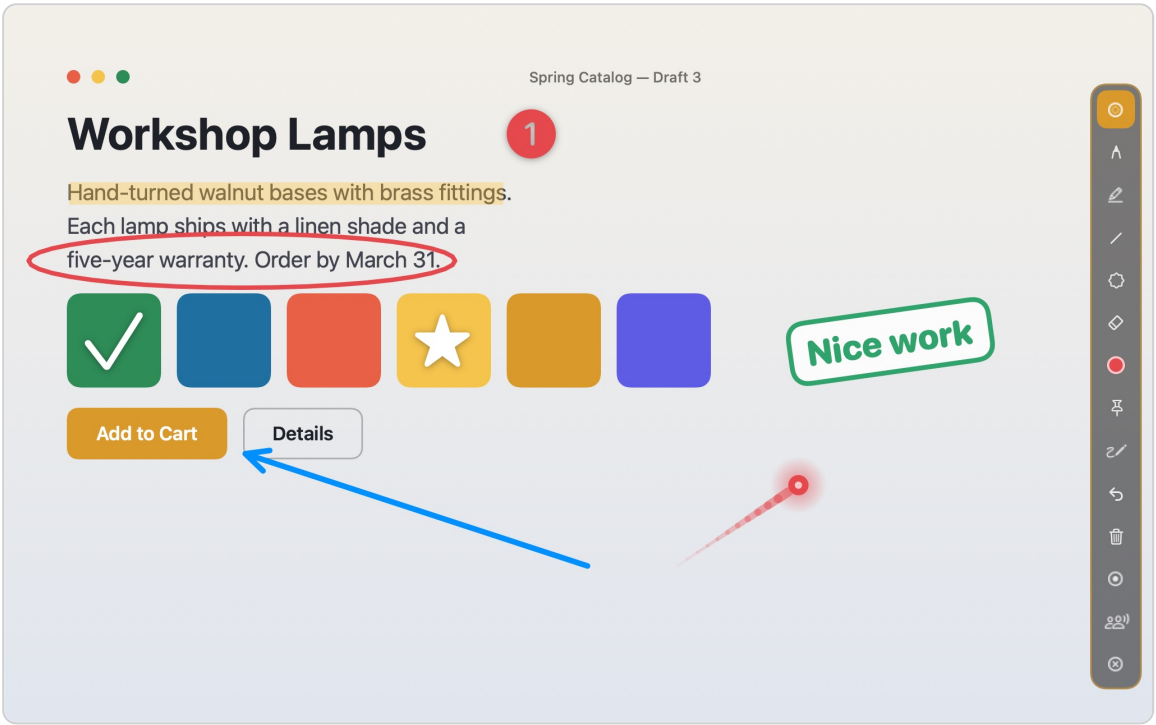
Press ⌃⌥⌘**W**, choose a window, then mirror all of it, or drag out the part you want. A live copy floats above every other window: keep a video call, a timer, a chart or a build log in view while you work in another app.

- **Resize:** drag the mirror's corner.
- **Opacity and click-through:** in Settings, for each open mirror. With **Clicks pass through** on, you can click what's under the mirror.
- **Close:** the mirror's close button, or Settings.

macOS doesn't let one app keep another app's window on top, so a live mirror is the honest way to do it.

Stage

Stage is the presenter, for teachers and anyone in front of a room. ^⌥⌘**S** opens it: a clear layer over every display, and a floating palette. Draw, point with a laser and place stamps over a live screen; the marks stay while you scroll or move windows, and Pin to Window makes them follow a window. Record a lesson's visuals with your marks on their own track, replay it, and step in to add something, which becomes a new version. Let guests on the same Wi-Fi draw from their phones, only after you approve, with a preview first. Run it from your iPhone. While Stage is on, it takes Zoom and Draw's ^⌥⌘D for its own ink.



Stage over a page: ink, stamps, the laser pointer and the palette.

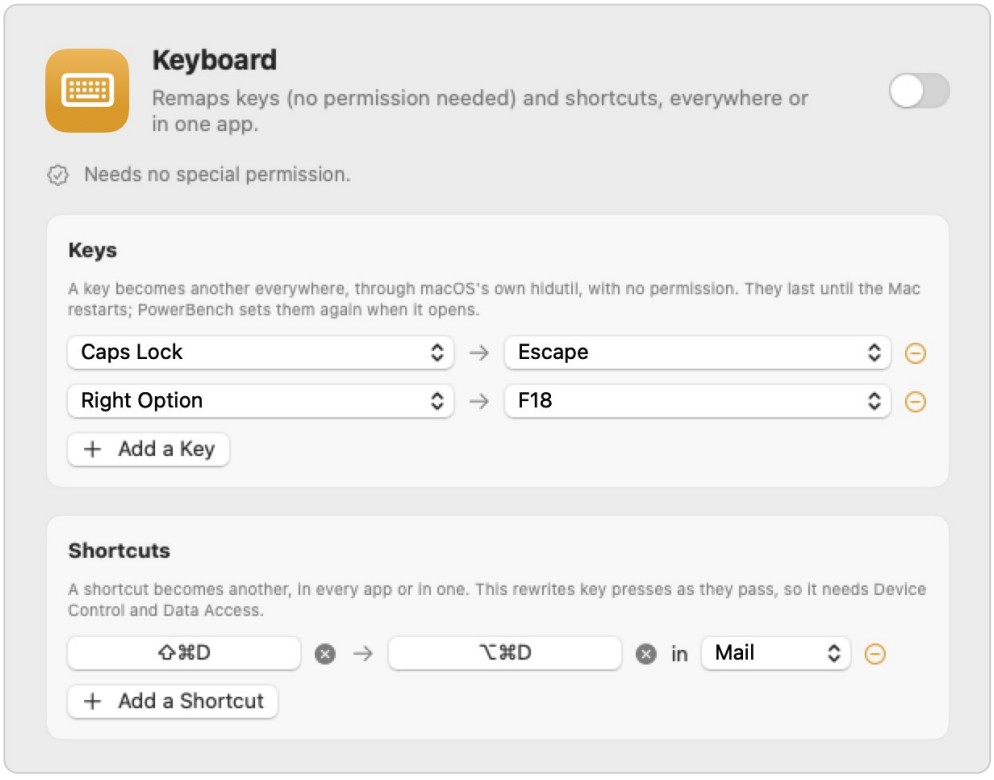
Stage has its own book, the **Stage Presenter Guide**, and a one-page **teacher card**: every button, key and setting is there. Drawing needs no permission; recording a lesson and showing guests the screen need Screen Recording.

System tools

Keyboard

Keys: make one key act as another, everywhere. Click **Add a Key** and pick the key and what it becomes. Popular choices are Caps Lock to Escape or Control, and a spare key to F13–F19 for your own shortcuts. This uses macOS's own key mapping and needs no permission. It lasts until the Mac restarts, and PowerBench sets it again when it opens.

Shortcuts: make one shortcut act as another, in every app or in one app. Click **Add a Shortcut**, record the shortcut you'll press and the one it becomes, and choose **in every app** or a particular app. A remap for one app wins over an every-app one. This rewrites key presses as they pass, so it needs **Device Control and Data Access**.

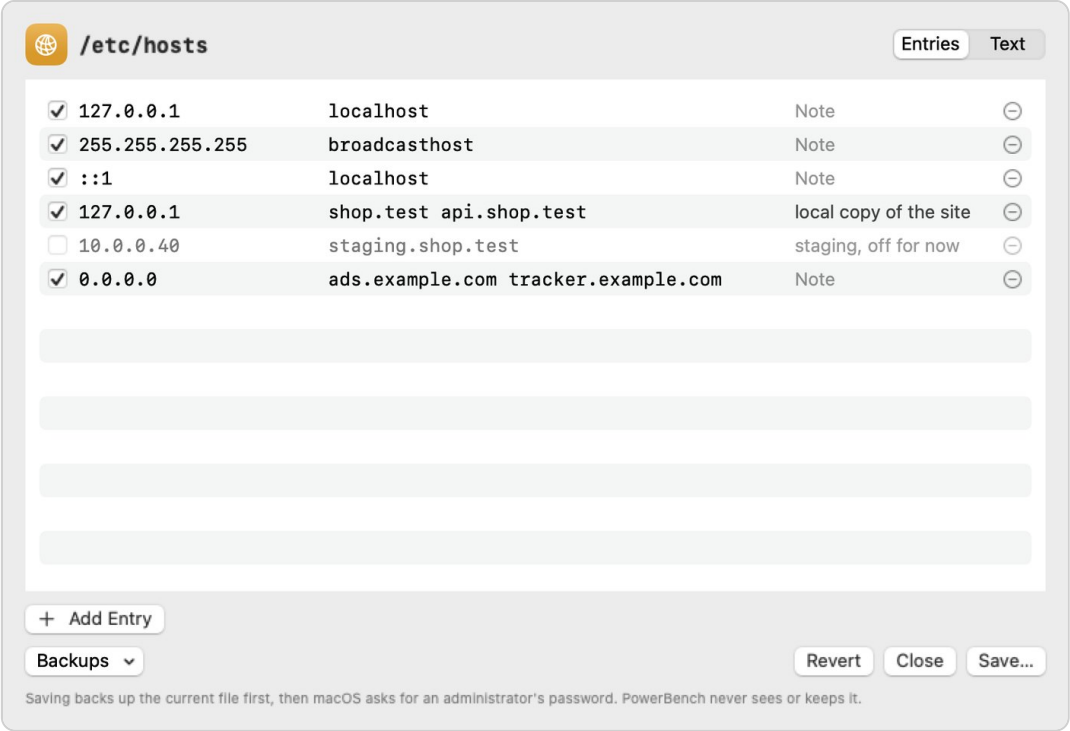


Example remaps: Caps Lock to Escape, and a shortcut changed for Mail only.

Turning Keyboard off removes every remap at once; turning it back on restores them.

Hosts Editor

The hosts file decides where some web addresses go before the internet is asked, handy for testing a website on your own Mac, or blocking an address. Click **Open the Hosts Editor** in Settings.



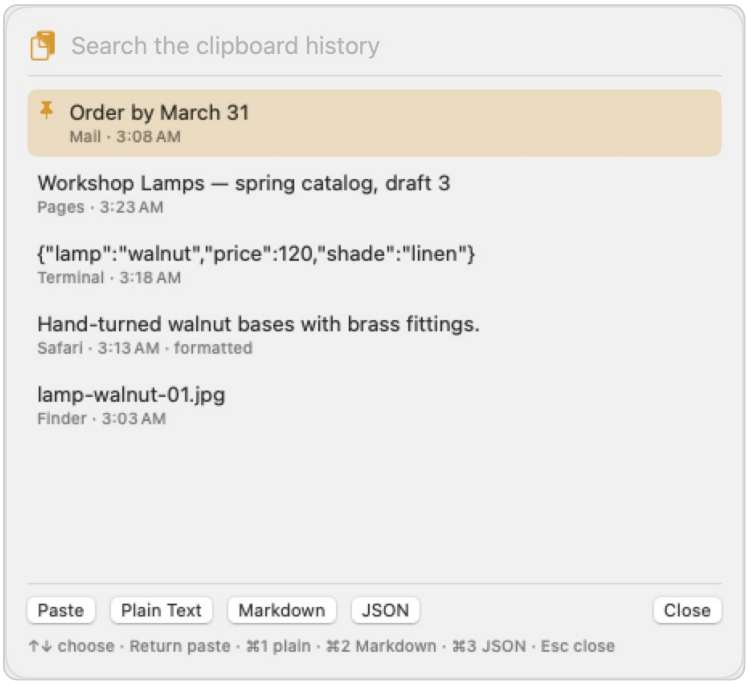
The Hosts Editor with a few example entries.

- **Entries:** each line with a tick box to turn it on or off, the address, the names, and a note.
- **Add Entry:** a new line at the end.
- **Text:** edit the whole file as text, comments and all.
- **Revert:** puts back what was there when you opened it.
- **Backups:** every save backs up the file first; restore any of the last fifteen from here.

When you click **Save…**, PowerBench checks every address and name, and warns you if localhost would go missing or a name points two places. Then macOS asks for an administrator's password. PowerBench never sees or keeps it.

Advanced Paste

Advanced Paste keeps a history of what you copy, on your Mac, and lets you paste it in the form you need. Press ⌃⌥⌘**V**: the history opens near the pointer.



The clipboard history, with one item pinned.

Key	Pastes
`Return`	The item as it was copied, formatting and all
`⌘1`	Plain text, with no formatting
`⌘2`	Markdown: links, bold and lists kept as Markdown
`⌘3`	JSON, neatly laid out (or the text as a JSON string)
`↑ ↓`	Choose an item
`Esc`	Close

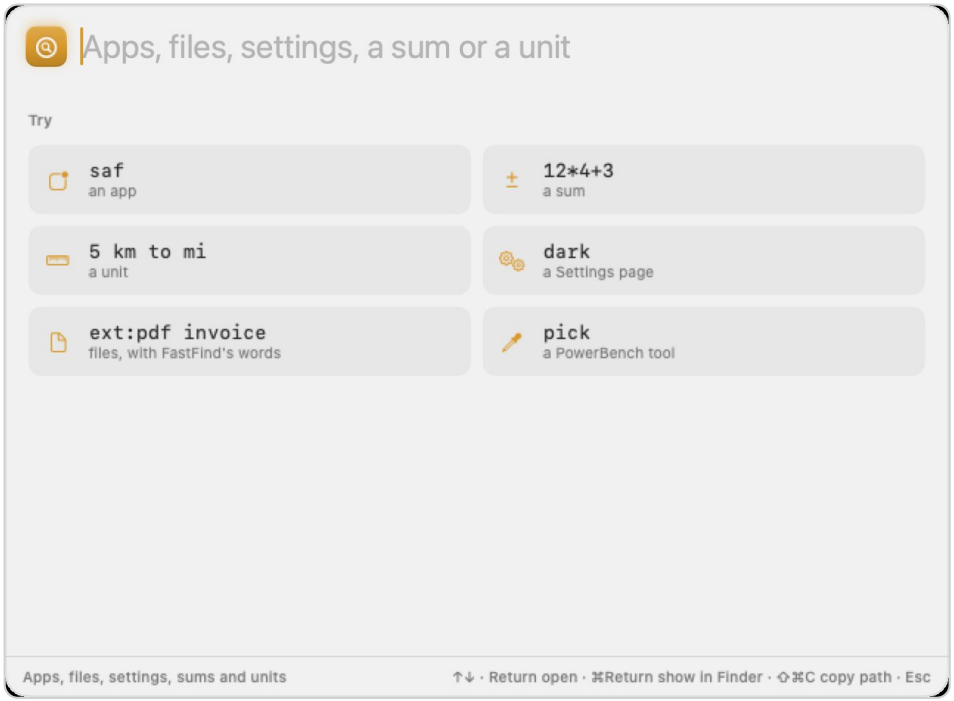
Right-click an item to pin it to the top or remove it. In Settings choose how many items to keep (25, 50, 100 or 200), pause the history, or clear it.

Passwords copied from a password manager are marked private by it and are never kept. The history is a file in PowerBench's folder in Application Support and is never sent anywhere. Pasting straight into the app needs **Device Control and Data Access**; without it, your choice is copied, ready for ⌘**V**.

Launcher

Run

Run is one key for nearly everything: press **Option-Space** in any app and type. It finds apps, PowerBench's own tools, System Settings pages and files, adds up sums and converts units. It needs no permission.



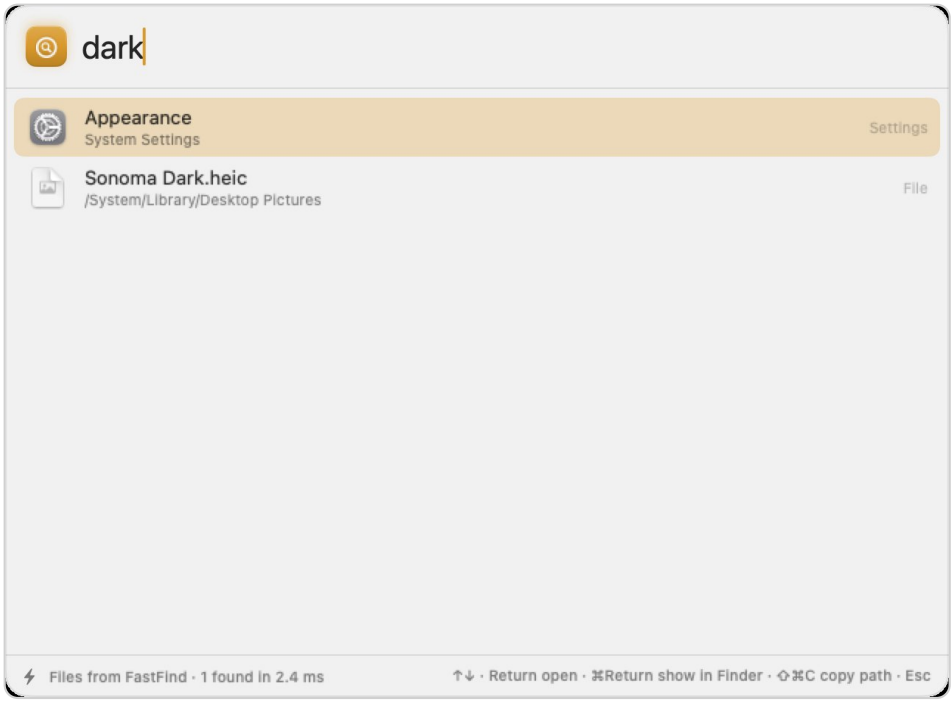
Run, just opened. Click an example to try it.

As you type, the rows are, in this order:

- **An answer:** a sum such as 12*4+3, (1.5 + 2) ^ 2, 15% of 80 or sqrt(2), or a unit such as 5 km to mi, 72 f in c, 2 lb in kg or 1.5 GB in MB. Return copies the number.
- **Apps:** everything in Applications, System Applications and your own Applications folder. Run matches the start of a name, the start of a word, or the initials (**vsc** finds Visual Studio Code).
- PowerBench's tools that are on, in the menu's words: **pick** finds Pick a Color, **zoom** finds Zoom.
- **System Settings pages:** by name, or by a word on the page (**dark** finds Appearance, **vpn** finds Network).
- Files and folders, last.



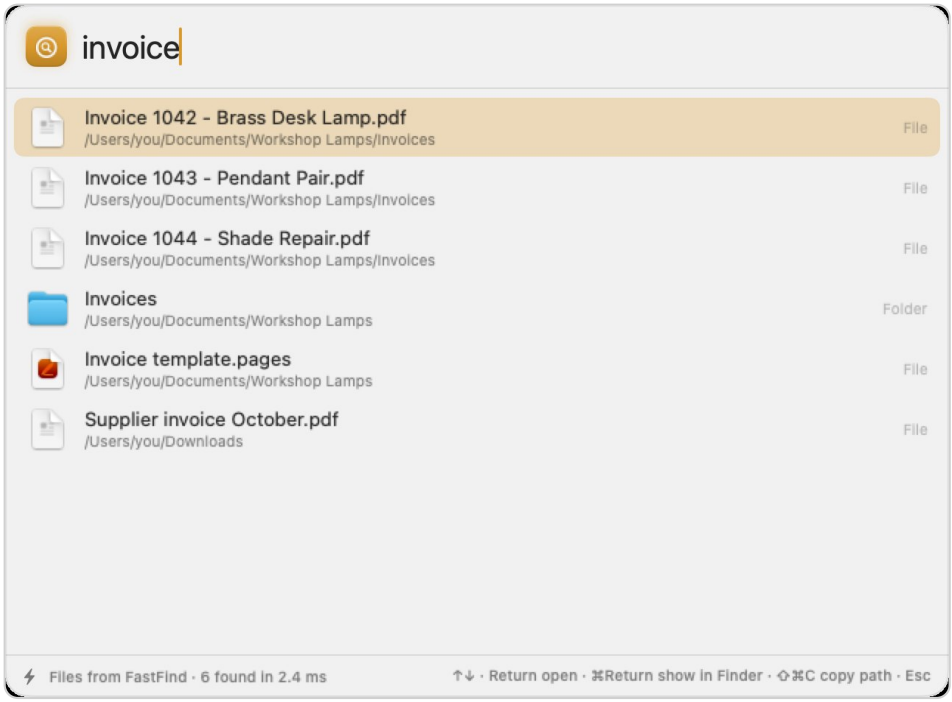
A sum. Return copies 51.



dark finds the Appearance page.

Files, with FastFind

When **FastFind** is running, Run asks it for files over its private connection on this Mac, so every file on every drive is there in a few milliseconds. FastFind's search words work as you'd type them in FastFind: **ext:pdf invoice**, **dm:thisweek report**. The line at the bottom says how many FastFind found and how fast.



Files from FastFind.

When FastFind isn't running, Run asks Spotlight instead, and the last row is **Open FastFind** if FastFind is on this Mac. Choose it, and a moment later the files come from FastFind. Spotlight skips some folders and drives, which is why FastFind is first.

Words in open windows

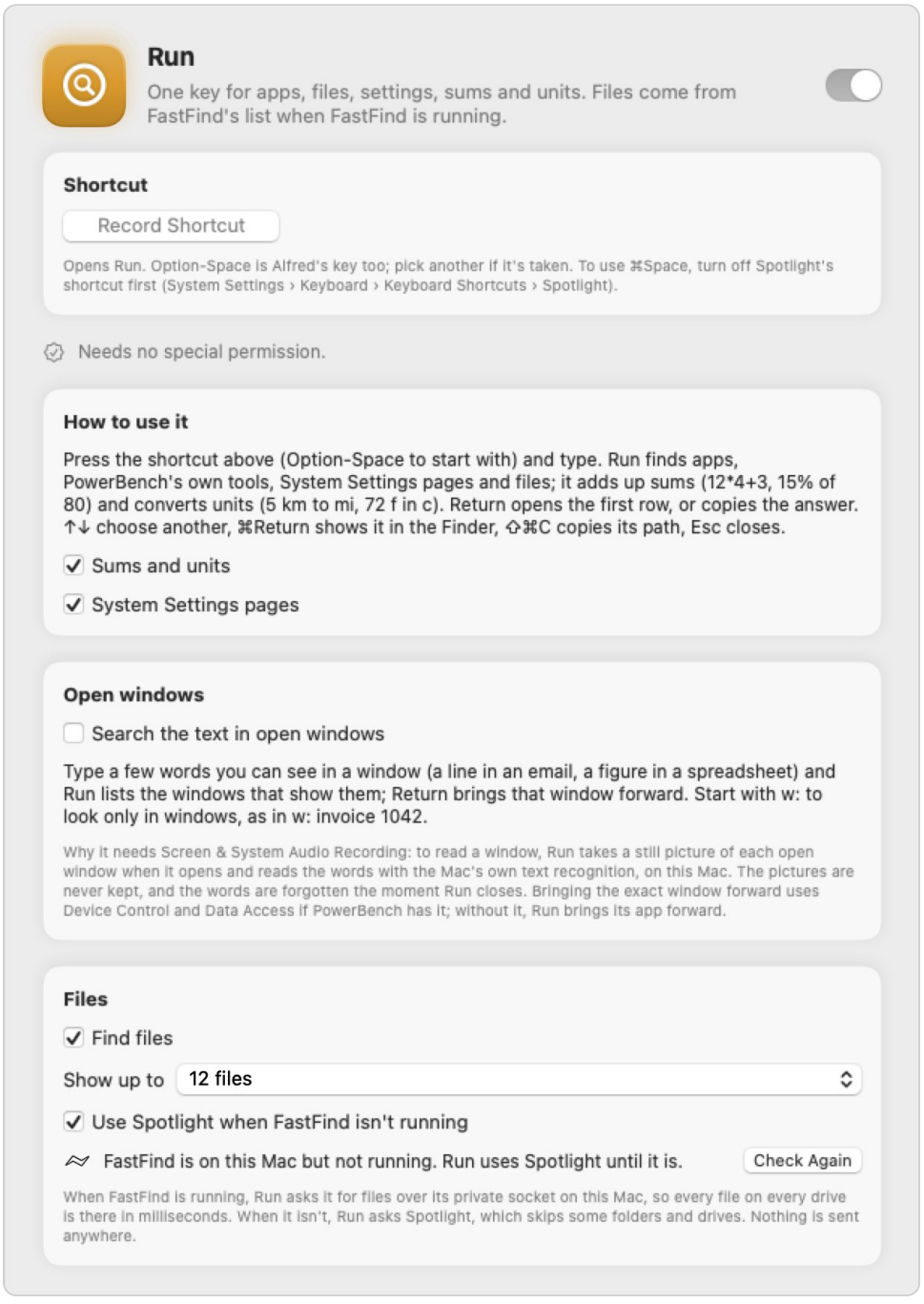
Run can also find the window that shows some words: a line in an email, a figure in a spreadsheet, a heading in a PDF. Turn on **Search the text in open windows** in Settings › Run; it asks for **Screen & System Audio Recording**. Then type words you can see in a window, and rows labelled **Window** appear with the matching line; Return brings that window forward. Start with **w:** to look only in windows, as in **w: invoice 1042**.

How it works: each time Run opens, it takes a still picture of each open window on the current desktop (up to 30) and reads its words with the Mac's own text recognition, on this Mac. The footer says how far it has got. The pictures are never kept, and the words are forgotten the moment Run closes. With **Device Control and Data Access** Run brings that exact window forward; without it, its app.

Keys

Key	Does
↑ ↓	Choose a row
Return	Open it, or copy the answer
⌘Return	Show it in the Finder
⇧⌘C	Copy its path
Esc	Close Run. Clicking anywhere else closes it too.

Settings



Run's Settings page.

- **Shortcut:** Option-Space to start with. To use ⌘Space instead, first turn off Spotlight's shortcut in System Settings › Keyboard › Keyboard Shortcuts › Spotlight, then record ⌘Space here.
- **Sums and units, and System Settings pages:** switch either off if you don't want those rows.
- Find files, how many to show (6 to 30, 12 to start), and whether to use Spotlight when FastFind isn't running.
- A line saying whether FastFind is answering, with **Check Again**.

Quick reference

Shortcuts to start with

Every shortcut can be changed or removed in the tool's Settings page. A shortcut is given only if no other app is using it.

Shortcut	Tool	Does
^⌥⌘C	Color Picker	Pick a colour on screen
^⌥⌘T	Text Extractor	Copy text from the screen
^⌥⌘M	Screen Ruler	Measure the screen
^⌥⌘1 – 9, 0	Zones	Put the front window in a zone; 0 puts it back
^⌥⌘/	Shortcut Guide	Show the front app's shortcuts
^⌥⌘Z	Zoom and Draw	Zoom around the pointer
^⌥⌘D	Zoom and Draw	Draw on the screen
^⌥⌘B	Zoom and Draw	Break timer
^⌥⌘P	Mouse Tools	Find the pointer
^⌥⌘H	Mouse Tools	Highlight clicks
^⌥⌘X	Mouse Tools	Crosshairs
^⌥⌘W	Window Mirror	Mirror a window
^⌥⌘S	Stage	Open or close Stage (^⌥⌘D is Stage's ink while Stage is on)
^⌥⌘V	Advanced Paste	Clipboard history
⌥Space	Run	Apps, files, settings, sums and units
^⌥⌘J	File Journal	Open the journal
^⌥⌘R	Reopen Closed Window	Bring back the last closed window
⌘,	PowerBench menu	Settings

^ is Control, ⌥ is Option, ⌘ is Command and ⇧ is Shift.

Every tool at a glance

Tool	What it does	Permission
Awake	Keeps the Mac awake for a while, until a time, or while an app or download runs	None
Color Picker	Copies any colour on screen as HEX, CSS, SwiftUI or AppKit	Screen Recording
Text Extractor	Copies the text in a box you drag, and reads QR codes	Screen Recording
Screen Ruler	Measures between edges on screen	Screen Recording
Print	Print and Print… on the Finder's right-click menu	Finder extension
PowerRename	Renames many files at once, with a preview and undo	Finder extension
Image Resizer	Resizes pictures to presets or your own size	Finder extension
File Locksmith	Shows what's holding a file open	Finder extension
New from Template	New files from built-in kinds or your own templates	Finder extension
Zones	Snap windows into your own layouts	Device Control
Workspaces	Reopen a set of apps with every window in place	Device Control
Shortcut Guide	Shows the front app's shortcuts	Device Control
Zoom and Draw	Zoom, draw on the screen, break timer	Screen Recording
Mouse Tools	Find the pointer, highlight clicks, crosshairs	None
Window Mirror	A live floating copy of a window or part of one	Screen Recording
Stage	The presenter: live ink, laser, stamps, lesson tape, guests, remote	None (tape and guests' picture: Screen Recording)
Keyboard	Remap keys and shortcuts	None (shortcuts: Device Control)

Tool	What it does	Permission
Hosts Editor	Edit the hosts file safely, with backups	Your password at save
Advanced Paste	Clipboard history; paste as plain text, Markdown or JSON	Device Control
Run	One key for apps, files, settings, sums and units	None (open windows: Screen Recording)
File Journal	Every move, rename and trip to the Trash, with undo	None
Shortcut Coach	Shows a menu item's shortcut after you click it	Device Control
Reopen Closed Window	Brings back a closed window, where it was	Device Control

Run, in full

Everything Run understands. Rows come in this order: an answer, then apps, PowerBench's tools and System Settings pages mixed by how well they match, then up to three open windows, then files.

Sums

Run treats what you type as a sum when it has an operator, a bracket, sqrt or pi in it. A bare number isn't a sum. Return copies the answer, without the equals sign.

Write	Means	Example
`+ − * /`	Add, subtract, multiply, divide. × ÷ and − work too.	12*4+3 gives 51
`^`	To the power of; right to left, so 2^3^2 is 2^9	2^10 gives 1024
`( )`	Brackets	(1.5 + 2) ^ 2 gives 12.25
`%`	Percent: divides by 100	20% gives 0.2
`% of`	A percentage of something	15% of 80 gives 12
`sqrt( )`	Square root	sqrt(2) gives 1.4142135624
`pi`	π	2*pi gives 6.2831853072
`=`	Allowed at the start	= 7 × 6 gives 42
`1,250`	Commas in numbers are ignored	1,250 * 2 gives 2500

Answers show up to ten decimal places, without trailing zeros. Dividing by zero, or a sum that isn't finished (2 +), gives no answer.

Units

Write a number, a unit, then **to**, **in**, **as** or **=**, and another unit of the same kind: **5 km to mi**, **72 f in c**, **3.5 lb as kg**. Answers are rounded to four decimal places; Return copies the number. Every unit Run knows, by the names it accepts:

Kind	Units and the names Run accepts
Length	mm, cm, m, km (or millimetre/millimeter, and so on); in, inch, inches, "; ft, foot, feet, '; yd, yard; mi, mile; nmi, nautical mile
Weight	mg, g, kg (kilo); oz, ounce; lb, lbs, pound; st, stone; t, tonne
Temperature	c, °c, celsius, centigrade; f, °f, fahrenheit; k, kelvin
Volume	ml, l (litre/liter); tsp, teaspoon; tbsp, tablespoon; floz, fl oz, fluid ounce; cup; pt, pint; qt, quart; gal, gallon (US measures)
Speed	kmh, km/h, kph; mph; m/s, mps; kn, knot
Area	sqft, ft2, ft², square feet; m2, m², sqm, square metres; acre; ha, hectare
Time	ms, millisecond; s, sec, second; min, minute; h, hr, hour
File size	b, byte; kb, mb, gb, tb (1,000s); kib, mib, gib (1,024s)

Apps, tools and Settings pages

A name matches when you type its start (**saf**), the start of any word in it (**studio**), its initials (**vsc** for Visual Studio Code), any part of it, or its letters in order (three letters or more). Apps come from Applications, System Applications, the system's own apps folder and your own Applications folder, one folder deep, read afresh each time Run opens.

PowerBench's tools that are on appear in the menu's words: Keep the Mac Awake, Pick a Color, Copy Text from the Screen, Measure the Screen, Show Shortcuts, Zoom, Find the Pointer, Mirror a Window, Paste from History, Edit the Hosts File, File Journal and Reopen Closed Window, and always PowerBench Settings.

System Settings pages, by name or by a word they cover (a word counts once three letters of it are typed):

Page	Also found by
Wi-Fi	wireless, network, internet
Bluetooth	headphones, mouse, keyboard
Network	ethernet, vpn, firewall, internet
Notifications	alerts, banners
Sound	volume, audio, output, input, microphone
Focus	do not disturb
Screen Time	limits
General	-
About This Mac	serial, model, version
Software Update	upgrade, macos
Storage	disk, space
Date & Time	clock, time zone
Language & Region	locale
Login Items & Extensions	startup, open at login, finder extension
Sharing	file sharing, remote, screen sharing, airdrop
Time Machine	backup
Appearance	dark mode, light, accent
Accessibility	voiceover, zoom
Control Center	menu bar
Desktop & Dock	stage manager, hot corners, mission control
Displays	monitor, resolution, night shift, brightness
Wallpaper	background, desktop picture
Screen Saver	-

Page	Also found by
Battery	energy, power, sleep
Lock Screen	sleep, password
Touch ID & Password	fingerprint
Users & Groups	accounts
Passwords	-
Internet Accounts	mail, calendar
Keyboard	shortcuts, input sources, dictation
Mouse	pointer, scrolling
Trackpad	gestures, click
Printers & Scanners	printer
Privacy & Security	permissions, filevault, gatekeeper

Files and FastFind's search words

With two letters or more typed, Run looks for files. When FastFind is running, what you type goes to FastFind as it is, sorted by relevance, with hidden files left out, so all of FastFind's search words work:

Write	Finds
`lamp invoice`	Both words (AND)
`lamp | shade`	Either (OR)
`!draft`	Not draft
`( a | b ) c or < a | b > c`	Grouping
`"two words"`	The exact phrase
`*.png IMG_??.jpg`	Wildcards (they match the whole name)
`docs/2024/`	A word with / matches the full path
`case: ww: path: regex: nocase:`	Per word: match case, whole word, full path, regular expression
`regex:^IMG_\d+\.jpe?g$`	A regular expression
`ext:jpg;png`	These extensions
`size:>10mb size:1gb..4gb size:huge`	Size (a folder by its total)
`dm:today dm:lastweek dm:last3days dm:2025-06 dm:<2020`	Date modified
`dc:thisyear`	Date created
`infolder:~/Projects parent:~/Downloads`	Anywhere inside, or directly inside, a folder
`depth:<=2 len:>60 childcount:0`	Path depth, name length, items in a folder
`startwith:IMG endwith:.tmp empty:`	Name start or end; empty folders
`file: folder: hidden:`	Only files, folders, or hidden items
`pic: audio: video: doc: zip: exe: code:`	Kinds of file

Write	Finds
`dupe: sizedupe:`	Results whose name, or size, matches another result
`content:invoice`	Files with that text inside (slow on many files)
`offline: online:`	On unplugged, or connected, drives

FastFind's own Match Case, Whole Words, Match Path and Regex menu choices don't apply to Run; use the per-word modifiers above. When FastFind isn't running, Run asks Spotlight for names containing what you typed (FastFind's words don't work there) and ranks them by name. A query FastFind can't read, such as an unclosed bracket, shows FastFind's message in the footer and no files.

Open windows

With **Search the text in open windows** on, three letters or more also look in the open windows, and **w:** followed by words looks only there. A line holding all the words ranks above words spread across a window; the window's title counts as a line.

Every setting

Every choice PowerBench offers, where it is, what it starts as, and the name it is kept under in PowerBench's preferences (com.stonetechnologies.PowerBench). Settings are saved the moment you change them.

Where	Setting	Choices	Starts as	Kept as
General	Icon colours	One colour (11 swatches or any), Rainbow, By section	One colour, brass	icons.style
General	Menu order	The seven sections, any order	Everyday, Screen, System, Presenting, Windows, Finder, Launcher	menu.groupOrder
General	Open PowerBench when you log in	On, off	Off	macOS Login Items
General	Check for updates automatically	On, off (once updates are on)	On	the updater's own
Every tool	On or off	The switch	Awake only	tools.enabled
Every tool	Shortcut	Any free combination	See Every key	tools.shortcuts
Awake	Keep the screen on too	On, off	On	awake.keepDisplayOn
Awake	The shortcut keeps the Mac awake	Until I turn it off, 30 minutes, 1, 2, 4 or 8 hours	Until I turn it off	awake.shortcutMinutes
Awake	A watched download is done after	1, 2, 5 or 10 minutes without changes	2 minutes	awake.quietSeconds
Color Picker	Copy colors as	HEX, CSS rgb(), CSS hsl(), SwiftUI, AppKit	HEX	color.format

Where	Setting	Choices	Starts as	Kept as
Color Picker	Recent colours	Clear History	Last ten kept	color.history
Text Extractor	Keep line breaks	On, off	On	text.keepLineBreaks
Text Extractor	Also read QR codes and barcodes	On, off	On	text.readCodes
Screen Ruler	Start in	Spacing, Bounds, Horizontal, Vertical	Spacing	ruler.mode
Screen Ruler	Edge sensitivity	0 to 80	24	ruler.tolerance
Print	Ask first when printing more than	1 file or more	5 files	print.askOver
PowerRename	The window's choices	Remembered each time	-	rename.options
PowerRename	Last rename, for Undo	Undo It	-	rename.last
Image Resizer	Size, shape, format, quality and the rest	Remembered each time	Medium	resize.options
New from Template	Include PowerBench's built-in kinds	On, off	On	templates.builtIn
File Journal	Keep changes for	7, 30 or 90 days, 1 year	30 days	journal.keepDays
File Journal	Pause the journal	On, off	Off	journal.paused
Zones	Hold while dragging	Shift, Option, Control, Command	Shift	zones.modifier

Where	Setting	Choices	Starts as	Kept as
Zones	Control-Option-Command and 1 to 9	On, off	On	zones.numberKeys
Zones	Each display's layout; your layouts	Halves, Thirds, Grid, Main and side, Centre focus, yours	Halves	zones.byScreen, zones.layouts
Workspaces	Saved workspaces	Save, Rename, Update, Delete	None	workspaces
Shortcut Guide	Also show them while ⌘ is held	On, off (needs Input Monitoring)	Off	guide.holdCommand
Shortcut Coach	Show each tip	Once, 3 times, 5 times, every time	3 times	coach.limit
Shortcut Coach	Tips shown, turned off, quiet apps	Start Over	-	coach.memory
Reopen Closed Window	Recently closed	Reopen, forget, Clear	Last 20	reopen.closed
Zoom and Draw	Zoom starts at	1.5× to 4×	2×	present.startZoom
Zoom and Draw	Break timer	5, 10, 15 or 30 minutes	10 minutes	present.breakMinutes
Keyboard	Key remaps; shortcut remaps	Add a Key, Add a Shortcut	None	keyboard.keys, keyboard.shortcuts
Advanced Paste	Keep	25, 50, 100 or 200 items	50	paste.limit
Advanced Paste	Pause the history	On, off (until PowerBench quits)	Off	not kept
Run	Sums and units	On, off	On	run.sums

Where	Setting	Choices	Starts as	Kept as
Run	System Settings pages	On, off	On	run.settingsPages
Run	Search the text in open windows	On, off (needs Screen Recording)	Off	run.windows
Run	Find files	On, off	On	run.files
Run	Show up to	6, 12, 20 or 30 files	12	run.fileLimit
Run	Use Spotlight when FastFind isn't running	On, off	On	run.spotlight
Stage	Palette: buttons, order, size, direction, edge colour	Any order; small, medium, large; vertical or not	All, medium, vertical, brass	stage.palette
Stage	Where the palette is	Anywhere	Left of the screen	stage.paletteOrigin
Stage	Pointer: shape, colour, size, glow, trail	Dot, ring, arrow, crosshair; 8 to 60 pt; 0.2 to 2 s	Red dot, 18 pt, soft, 0.6 s	stage.pointer
Stage	Tool, pen colour and width	Any	Pen, red, 4	stage.tool, stage.color, stage.width
Stage	Stamp and its size	Any stamp; 24 to 240 pt	Tick, 64	stage.stamp, stage.stampSize
Stage	Preview guests' marks first	On, off	On	stage.guests.preview
Stage	Blocked words	Any list	A starter list	stage.guests.blocked
Stage	Stamps guests may use	Any of the built-in set	17 of them	stage.guests.stamps
Stage	Show guests the screen	On, off (needs Screen Recording)	On	stage.guests.screen

Stage's marks last until Stage closes; its lesson tapes are kept in ~/Library/Application Support/PowerBench/Tapes and your stamps in …/PowerBench/Stamps. Mouse Tools' Highlight clicks and Crosshairs, and Window Mirror's mirrors, last until you turn them off or quit PowerBench; they aren't kept. The report form remembers the email you give, if any.

Every key

Shortcuts from any app

Each is given the first time its tool is switched on, if no other app or macOS uses it, and only then. Change or remove one on the tool's page in Settings: click the recorder and press the new keys; while recording, Esc cancels and Delete removes the shortcut. If the keys are taken, the page says by what.

Starts as	Tool	Does
none	Awake	On (for the length chosen in Settings) or off
^⌥⌘C	Color Picker	Pick a colour on screen
^⌥⌘T	Text Extractor	Copy text from the screen
^⌥⌘M	Screen Ruler	Measure the screen
^⌥⌘J	File Journal	Open the journal
^⌥⌘1 – 9	Zones	Put the front window in that zone (a switch in Settings, not a recorder)
^⌥⌘0	Zones	Put the front window back as it was
^⌥⌘/	Shortcut Guide	Show or hide the front app's shortcuts
^⌥⌘R	Reopen Closed Window	Bring back the last closed window; again for the one before
^⌥⌘Z	Zoom and Draw	Zoom around the pointer
^⌥⌘D	Zoom and Draw	Draw on the screen
^⌥⌘B	Zoom and Draw	Break timer
^⌥⌘P	Mouse Tools	Find the pointer
^⌥⌘H	Mouse Tools	Highlight clicks, on and off
^⌥⌘X	Mouse Tools	Crosshairs, on and off
^⌥⌘W	Window Mirror	Choose a window to mirror
^⌥⌘V	Advanced Paste	Clipboard history
^⌥⌘S	Stage	Open or close Stage; its keys while drawing are in the Stage Presenter Guide
none	Hosts Editor	Open the editor, if you give it one
⌥Space	Run	Open Run
⌘,	PowerBench menu	Settings, while the menu is open
⌘Q	PowerBench menu	Quit, while the menu is open

Draw, the break timer, click highlighting and crosshairs use the keys above and can't be recorded yet; Zoom and Find the Pointer can.

Keys inside the tools

Tool	Key	Does
Color Picker	`Arrow keys`	Move the loupe one pixel; with Shift, ten
Color Picker	`Return or a click`	Copy the colour
Color Picker	`Esc`	Close without copying
Text Extractor	`Drag`	Box the text to copy
Text Extractor	`Esc`	Cancel
Screen Ruler	`1 2 3 4`	Spacing, Bounds, Horizontal, Vertical
Screen Ruler	`A click`	Copy the measurement
Screen Ruler	`Esc`	Put the ruler away
Zoom	`Arrow keys, + −, scroll wheel`	Zoom in or out (1.5× to 8×)
Zoom	`A click`	Freeze the picture to draw on it
Draw	`R G B Y O P`	Red, green, blue, yellow, orange or pink pen
Draw	`H`	Highlighter
Draw	`Shift / Option / Command and drag`	A straight line / an arrow / a box
Draw	`Z or ⌘Z`	Undo the last mark
Draw	`E`	Erase everything
Draw	`W / K`	Whiteboard / blackboard
Draw	`Esc`	Done
Break timer	`↑ ↓`	Add or take a minute
Break timer	`Esc`	End it early
Advanced Paste	`↑ ↓, Return`	Choose; paste as it was copied
Advanced Paste	`⌘1 ⌘2 ⌘3`	Paste as plain text, Markdown, JSON

Tool	Key	Does
Advanced Paste	`Esc`	Close
Run	`↑ ↓, Return`	Choose; open, or copy the answer
Run	`⌘Return`	Show in the Finder
Run	`⇧⌘C`	Copy the path
Run	`Esc`	Close
File Journal	`⌘Z`	Undo the newest change

Where PowerBench keeps things

Everything stays on your Mac, in two places:

What	Where
Settings, shortcuts, tools that are on, layouts, workspaces, the coach's memory, recently closed windows	`~/Library/Preferences/com.stonetechnologies.PowerBench.plist`
Clipboard history	`~/Library/Application Support/PowerBench/clipboard-history.json`
File Journal	`~/Library/Application Support/PowerBench/file-journal.json`
Hosts file backups, one per save	`~/Library/Application Support/PowerBench/Hosts Backups/hosts-<date and time>`
Your templates	`~/Library/Application Support/PowerBench/Templates`
Reports waiting to be sent	`~/Library/Application Support/PowerBench/outbox`
Key remaps in force	`macOS's own key mapping (hidutil), set again each time PowerBench opens`
The Finder extension	`PowerBench.app/Contents/PlugIns/PowerBenchFinder.appex`

The Finder extension reads only three things from PowerBench's preferences: which Finder tools are on, the template names, and a private token so that only it can ask PowerBench to act. The clipboard history and the journal are written with macOS's file protection. Nothing is kept in the cloud and nothing is sent, except a report you send.

Terminal and defaults

Nothing here is needed for everyday use. Quit PowerBench before changing its preferences in Terminal, or it may write its own values back.

To	Type in Terminal
See every PowerBench setting	`defaults read com.stonetechnologies.PowerBench`
See which tools are on	`defaults read com.stonetechnologies.PowerBench tools.enabled`
Show the welcome window at the next launch	`defaults write com.stonetechnologies.PowerBench welcomeDone -bool false`
Put the menu back in its standard order	`defaults delete com.stonetechnologies.PowerBench menu.groupOrder`
Put the icon colours back to brass	`defaults delete com.stonetechnologies.PowerBench icons.style`
Let a tool offer its shortcut again	`defaults delete com.stonetechnologies.PowerBench shortcut.suggested.<tool>`
Start over with every setting	`defaults delete com.stonetechnologies.PowerBench`
See the key remaps in force	`hidutil property --get UserKeyMapping`
Clear every key remap now	`hidutil property --set '{"UserKeyMapping":[]}'`
See Awake's hold on sleep	`pmset -g assertions | grep PowerBench`
See the Finder extension's state	`pluginkit -m -v -i com.stonetechnologies.PowerBench.FinderSync`
Switch the Finder extension on	`pluginkit -e use -i com.stonetechnologies.PowerBench.FinderSync`
Forget a permission, to grant it afresh	`tccutil reset Accessibility com.stonetechnologies.PowerBench`
… Screen & System Audio Recording	`tccutil reset ScreenCapture com.stonetechnologies.PowerBench`
… Input Monitoring	`tccutil reset ListenEvent com.stonetechnologies.PowerBench`

To	Type in Terminal
See whether FastFind is answering	`ls -l ~/Library/Application\ Support/FastFind/ff.sock`
Open the folder PowerBench keeps things in	`open ~/Library/Application\ Support/PowerBench`
Clear macOS's quarantine mark on a test build	`xattr -dr com.apple.quarantine /Applications/PowerBench.app`

<tool> is the tool's name as PowerBench keeps it: awake, colorPicker, textExtractor, screenRuler, shortcutGuide, zoomDraw, mouseTools, windowMirror, advancedPaste, run, fileJournal or reopenWindow. Deleting every setting turns every tool off and forgets shortcuts, layouts, workspaces and remaps; the clipboard history and the journal stay in the Application Support folder until you delete them. The Hosts Editor flushes macOS's name cache after each save, so a change takes effect at once.

Questions and answers

A tool says its permission isn't granted, but it's switched on in System Settings.

Remove PowerBench from that list with **−**, quit and reopen PowerBench, then turn the tool on again. macOS ties a permission to one exact build of an app, and each test build counts as new.

The Finder tools aren't on the right-click menu.

Turn on the Finder extension (Permissions › Finder extension › **Turn On…**). If it's on and the items still don't show, switch it off and on again in System Settings, or log out and back in.

A shortcut does nothing.

Check the tool is on (a green dot in Settings). If another app took the same keys, the tool's page says so; record a different shortcut.

Zones don't appear when I drag a window.

Hold Shift (or the key you chose) before you start dragging, and drag by the title bar. Some apps' windows can't be resized below a size, or at all, and macOS won't let any app move full-screen windows.

Awake stopped and the Mac slept.

The card in the menu says why it last stopped: the time ran out, the app quit, or the download went still. A laptop with its lid closed sleeps anyway unless a display is connected.

Does PowerBench record my screen or keystrokes?

No. The screen tools take one still picture when you start them and throw it away when you finish. Nothing is recorded, saved or sent. Shortcut remaps only look at the key presses you set up, and nothing is kept.

Run doesn't find a file I know is there.

Look at the line at the bottom of Run. If it says the files came from Spotlight, open FastFind (the last row offers it): Spotlight leaves out some folders and drives. If FastFind is running, the file may be hidden, or on a drive FastFind hasn't listed yet.

Option-Space does nothing, or types a space.

Another app may be using Option-Space (Alfred does, out of the box). Record a different shortcut on Run's Settings page.

Can I make PowerBench move less?

Yes. Turn on **Reduce motion** in System Settings › Accessibility › Display, and PowerBench stops its springs and slides as well.

File Journal didn't record a move.

It records only your home folder, and leaves out Library, hidden files, saves in progress and downloads still arriving. Check that it isn't paused (Settings › File Journal). A file deleted without the Trash is never listed.

Undo in File Journal is greyed out.

Point at it to see why: the item has moved on or been deleted since, or the folder it came from is gone. If macOS asked about a folder and you chose Don't Allow, allow PowerBench in System Settings › Privacy & Security › Files and Folders.

Run finds no open windows.

Search the text in open windows must be on, and PowerBench must have Screen & System Audio Recording. Run reads the windows on the current desktop each time it opens; the footer says how many. Very small windows and PowerBench's own are left out.

Shortcut Coach never says anything.

It needs Device Control and Data Access, and it speaks only when you click a menu item that has a shortcut. Check the app isn't in Quiet in these apps and that the tip hasn't been shown its number of times (Start Over resets that). A few apps draw their own menus and don't report them; the coach can't see those.

Reopen Closed Window says it can't bring a window back.

That window showed no document and its app has no Reopen Closed Window of its own. Windows closed before the tool was switched on, or while PowerBench wasn't running, aren't known either.

How do I remove PowerBench?

Turn Keyboard off first, so your key remaps are removed. Quit PowerBench from its menu and drag it from Applications to the Trash. Its settings are in ~/Library/Preferences/com.stonetechnologies.PowerBench.plist and its history and backups in ~/Library/Application Support/PowerBench, if you want those gone too.

Privacy

PowerBench has no account and no tracking. Your settings, colour and clipboard history, workspaces and hosts backups stay on your Mac. It goes online only to check for updates and to send a report you choose to send. The privacy page is maketokeep.com/privacy.html.