WINDOWS POWER USER & SYSTEM RECOVERY REFERENCE CARD

SHORTCUTS • SYSINTERNALS • WINGET • POWERSHELL • SMART • NTFS MFT • NETWORK • 3-2-1 BACKUP

DigiLiner Engineering Reference Series (2026)
239 FOSS & Freeware Tools • digiliner.org
1. WINDOWS POWER USER SHORTCUTS
Win + Shift + SArea snippet tool and OCR clipboard
Win + VEnhanced clipboard history & multi-paste
Win + Ctrl + Shift + BInstantly restarts frozen GPU display driver
Win + XPower user menu (Disk Mgmt, Device, Terminal)
Ctrl + Shift + EscDirectly launches Windows Task Manager
Win + R: cleanmgr / ncpa.cplDisk cleanup / Network adapters control
2. SYSINTERNALS DIAGNOSTIC MATRIX
Process ExplorerFind locked file handles and mapped DLLs
Autoruns (autoruns.exe)Inspect hidden startup items & scheduled tasks
TCPView (tcpview.exe)Live TCP/UDP endpoint and remote IP tracker
Process Monitor (procmon)Real-time filesystem and registry filtering
3. WINGET MODERN PACKAGE MANAGEMENT
winget search <name>Search official repository for packages
winget install <id>Silent, direct automated installation
winget upgrade --allBatch upgrade all software with one command
winget export -o apps.jsonExport installed package state to JSON
winget import -i apps.jsonReplicate complete app suite on new machine
4. POWERSHELL SYSTEM REPAIR & AUDITING
sfc /scannowRepairs corrupt system files from CBS store
DISM /Online /Cleanup-Image /RestoreHealthRefreshes Windows Component Store
Get-Process | Sort-Object WorkingSet64 -DescTop memory-consuming processes
Test-NetConnection <ip> -Port 443Direct TCP port connectivity probe
5. DRIVE HEALTH & CRITICAL SMART METRICS
05: Reallocated SectorsRelocated damaged sectors (Immediate risk)
0A: Spin Retry CountMechanical spindle start failure (Imminent fault)
BB: Reported UncorrectableUnrecoverable read errors (Data loss alert)
C5: Current Pending SectorUnstable sectors awaiting remapping (Backup now)
NVMe Critical Warning 0x01Available spare capacity exhausted
6. NTFS MFT & ACCELERATED INDEXING
MFT (Master File Table)1024-byte index record for every volume item
USN Change JournalTracks file modifications with zero CPU overhead
Direct MFT ParsingScans 2 TB in 2 sec (100x faster than WinDirStat)
Everything Query Syntaxdm:today (modified today), ext:pdf (format filter)
7. NETWORK ANALYSIS & PORT DIAGNOSTICS
netstat -ano | findstr :PORTLocate listening PID holding specific port
taskkill /PID <pid> /FForcefully terminate process locking port
ipconfig /flushdnsCompletely purges client DNS resolver cache
arp -aView active LAN IP-to-MAC hardware mappings
8. SECURITY & 3-2-1 BACKUP DISCIPLINE
3 Copies Rule1 Primary production copy + 2 Independent backups
2 Media FormatsLocal NVMe/SSD + External USB Drive or NAS
1 Offline/Air-GappedIsolated cold storage to survive ransomware
BitLocker Recovery KeyStore 48-digit key offline in secure vault
KeePassXC Password VaultZero cloud risk; local AES-256 encrypted database
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