

## Selecting cells that only contain Text in Microsoft Excel

By selecting cells that only contain text, you can distinguish between cells containing different types of data, which allows you to delete, fill or lock cells by type.

### Technique 1

1. Press **F5**, or choose **Edit, Go To...**;
2. In the **Go To** dialog box, click **Special**.
3. In the **Go To Special** dialog box, select **Constants**.
4. Click **OK**.

### Technique 2 - Conditional Formatting

1. Select the data area.
2. From the **Format** menu, select **Conditional Formatting**.
3. In Condition 1, select **Formula Is**.
4. In the **Formula** Box, enter the formula `=Istext(A1)`.
5. Click **Format...**, choose any format from the **Format Cells** dialog box, and click **OK**.
6. Click **OK**.

