Suggestions based on syntax:

expression	in goal	in context
p /\ q	split	destruct
p \/ q	left, right	destruct
p -> q	intro	apply
~p	intro	apply
p <-> q	split	destruct, apply
forall x, p	intro	apply
exists x, p	exists	destruct
x = x	apply eq_refl	—
x = y	—	destruct, rewrite

Suggestions based on the situation:

situation	rule to use
Definition is used	unfold
Fixpoint is used	unfold,fold or induction
Inductive is used	destruct or induction
Contradiction in the context	inversion
Non-matching constructor equality	discriminate

Syntax examples:

- intros x [[y z]|z] []
- unfold plus, max in H, H1
- apply sym, (trans Q) in H, H1
- destruct (classic P) as [p q]
- induction n; inversion Q