This is an example of having multiple lists within a single document.

Here is the first list

1. A
2. B
3. C

Now we move on to the next list with a different formatting.

1. Read tables
2. Read lists
3. Table of contents
4. Hyperlinks
5. Function references
6. Package references
7. Extract R code (and plot code, etc.)

Next we consider inserting content into a Word document

1. Insert tables
2. Paragraphs
3. Images
4. Indices of all packages, functions, etc.
5. Hyperlink

For spreadsheets, we want similar facilities. But we also want

1. Cells
2. Charts
3. Pivot tables

We also want to be abl

And that's it.