**Define Your XML Schema**

* Sketch out what elements and attributes you need (lists, levels, num, text, style, indent).
* Optionally formalize in an XSD or simple spec document.

**Phase 1: Simple Export Macro**

* Loop all Paragraphs.
* Identify level-1 list/outline items.
* Extract ListString, Text, ListLevelNumber, Style, and indent/tab info.
* Write out a minimal <list> block to an .xml file (using MSXML2.DOMDocument or simple Print #).

**Phase 2: XML-Driven Reformat Macro**

* Load your exported XML.
* Again loop Paragraphs, match on num+text.
* Reapply numbering, indent, and style based on the XML nodes.

**Phase 3: Handle Nested & Rich Formatting**

* Add recursion for nested <list>s inside <item>.
* Preserve bold/italic/run‐level styling.
* Capture and reinsert embedded tabs or custom tab stops.

**Phase 4: Polish & UI**

* Package macros in a .dotm or Office Add-in.
* Add Ribbon buttons (“Export to XML” / “Apply XML”).
* Include a simple settings dialog to pick which levels or styles to process.

**Phase 5: Testing & Documentation**

* Create small sample docs exercising every list style.
* Automate test runs to verify round-trip fidelity.
* Write a brief user guide for your team.