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 - Profile: My work environment
 - Truly flexible work hours
 - Able to enjoy a hobby
 - No office politics
 - Gain a sense of accomplishment
 - Work the way you work best
 - Profile: Annette Pellicio (Owner of The Happy Gardener)

- ❖ Chapter 3 – What type of person do you need to be?
 - Strong and Independent
 - Finisher
 - Multitasking
 - Disciplined
 - Creative
 - Risk Taker
 - Optimistic
 - Profile: Mark Dunn (Owner and President of Dunn Training)

- ❖ Chapter 4 – Letting go
 - Let go of the blame
 - Let go of the fear of failure
 - Let go of people that limit or restrict you
 - Let go of other people's expectations of you
 - Let go of the need to have other people do things for you personally
 - Let go of the need for trendy and expensive possessions
 - Let go of the excuses
 - Profile: Chellie Campbell (Creator of the Financial Stress Reduction workshops)

- ❖ Chapter 5 – Where to start?
 - Select a business
 - Do your research online
 - Write a business plan
 - Consolidate your email addresses
 - Establish a web presence
 - Profile: Joan Roberts (Certified Career Management Coach and Owner of CareerCounseling.com)

- ❖ Chapter 6 – Good Advice
 - Trust your instincts
 - Become a feedback machine
 - Don't be afraid to do something that has no immediate pay back
 - Accept help from others
 - Adopt a healthy lifestyle
 - Surround yourself with things that inspire you
 - Schedule breaks and stick to them
 - Decrease your debt substantially
 - Profile: Alex Cook (Independent Consultant and author)

- ❖ Chapter 7 – Things to consider
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 - Forming a Corporation
 - Taxes
 - Accounting and Invoices
 - Business insurance
 - Health insurance
 - Profile: Bruce Johnson (Partner of ObjectSharp Consulting)

- ❖ Chapter 8 – Things to remember
 - Expect the unexpected
 - Persistence pays off
 - Treat everyone with respect
 - Times are changing
 - Profile: Roger Arrick (Owner of Arrick Robotics)
 - Join the No Limits Community
 - Access Resources from the NoLimitsTheBook web site

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