



The Multipassionate's Mini-Playbook for Getting Unstuck

Helping you live, lead, and thrive **Full Out**
— without losing your many passions in
the process.





WELCOME, FELLOW MULTI-PASSIONATES!

If you've ever been told to 'just pick one thing' — but your brain and your heart refuse to fit into that box — this is for you.

You're not flaky. You're not unfocused. **You're multipassionate** — and that's a strength. This guide will help you get unstuck and start using your many passions to create a life you actually love waking up to.

The problem?

When you have so many interests, talents, and possibilities, it's easy to get stuck in decision fatigue, spread thin, or feel like you're “wasting time” because you're not following a straight path.

This mini-playbook is here to help you get unstuck, find clarity, and take action — without sacrificing your many passions.

MULTIPASSIONATE DEFINITION



Multipassionate (adj.) — A person with multiple interests, talents, and pursuits that don't fit into a single box — and who thrives when allowed to explore them all.

Multipassionates often resist the pressure to “pick one lane” and instead seek ways to integrate their unique mix of skills and passions.

What Does It Mean to Be Multipassionate?

Being multipassionate means having more than one area of deep interest, skill, or purpose, and embracing them all without feeling pressured to “just pick one.”

For some, it's a career that blends creativity, strategy, and service. For others, it's a life that includes running a business, volunteering in the community, writing, speaking, learning a new language, and raising a family — all at once.

It's not a lack of focus.
It's a wealth of curiosity.
It's not being scattered.

It's being deeply invested in many things that light you up.

Being multipassionate means you're wired to pursue many interests, talents, and ideas — not because you're scattered, but because your creativity and curiosity refuse to be boxed in.

It's the artist who's also a strategist.
The engineer who writes poetry.
The leader who thrives in business and community service.

You see connections others miss. You crave variety. And when you're allowed to operate in your full spectrum, you light up every room you enter.

The challenge? The world often rewards specialization. That can leave you feeling like you have to “pick one” or risk being seen as unfocused.

But here's the truth: your multipassionate nature is not a liability — it's your superpower. And the C.L.E.A.R. Method will help you channel it with confidence, purpose, and impact.

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How to Use This Guide



1. Read each section and complete the quick self-check.



2. Pick one action from each letter to try this week.



3. Reflect on your results and note what shifts.



4. Book a discovery call to explore going deeper together.

The Multipassionate Mindset



Before we jump into the “how,” let’s reset the way you think about being multipassionate:

- Your gifts are valid — all of them.



- You don’t have to monetize every passion.

- Seasons matter. You can focus deeply on one thing right now and shift later.



- Integration beats elimination. You can combine passions in ways no one else can.

What is the C.L.E.A.R. Method?

The C.L.E.A.R. Method is a five-step framework I use with individuals, leaders, and teams to create lasting transformation.

We're going to apply my C.L.E.A.R. Method so you can see exactly how to move forward

C.

C – Clarify Your Purpose:

Name what matters most and why you're here.

L.

L – Live by Your Values:

Build a life that reflects what you care about.

E.

E – Embody Your Identity:

Own your story and show up as your whole self.

A.

A – Align with Courage:

Move forward even when fear tags along.

R.

R – Ripple Your Impact:

Make a difference from a place of overflow, not burnout.

C: CLARIFY YOUR PURPOSE



C.L.E.A.R. Multipassionate Connection:

Get clear on your calling and what truly matters. For multipassionates, this means identifying the **through-line** that connects your many interests.

TASK

MINI ACTION

- What's the common theme or mission that shows up in everything you do?
- **Write** down your top 3 passions.
- **Determine** what they have in common.

C: CLARIFY YOUR PURPOSE

L: LIVE BY YOUR VALUES



C.L.E.A.R. Multipassionate Connection:

Build a life that reflects what you care about, not what the world demands. Your values become the filter for what to say “yes” or “no” to.

Values Filter

How can your values help you choose the right opportunities when you have many?

Create a “Values Filter” — a short checklist you can use before committing to any new project or passion.

If there are more “No” than “Yes,” potentially that project isn’t a fit right now.

1.

VALUE ALIGNMENT:

YES NO

☐☐

2.

VALUE ALIGNMENT:

YES NO

☐☐

3.

VALUE ALIGNMENT:

YES NO

☐☐

L: LIVE BY YOUR VALUES

E: EMBODY YOUR IDENTITY



C.L.E.A.R. Multipassionate Connection:

Show up fully, freely, and authentically. That means owning your multipassionate identity instead of hiding it to fit expectations.

How would you introduce yourself if you stopped worrying about sounding
 **“all over the place”?**

Write your new, unapologetic
introduction that celebrates your
many roles and passions.

E: EMBODY YOUR IDENTITY

A: ALIGN WITH COURAGE



C.L.E.A.R. Multipassionate Connection:

Face fear, feedback, and failure with grace. Multipassionates often hear, “You’ll never be successful if you don’t focus.” Aligning with courage means proving otherwise, through results, not just defense.

MINI ACTION

1. **List 3 Actions** You've been putting off.
2. **Pick one** to start this week.
3. Determine how you will **celebrate** after taking that step.

Actions:

Pick:

Celebrate:

A: ALIGN WITH COURAGE

R: RIPPLE YOUR IMPACT



C.L.E.A.R. Multipassionate Connection:

Serve from overflow. Multipassionates have the power to influence multiple spaces at once. The key is to make sure you're leaving a trail of impact, not burnout.

Quick Self-Check:

How can you share your gifts in a way that helps others while fueling yourself?

List 3 ways your diverse skills could solve a problem or serve your community — then choose one to start.

R: RIPPLE YOUR IMPACT

FULL OUT COACHING



ACTIVITY

PASSION CLARITY

1. **Write down all the projects or ideas you're juggling.**
2. **Put a star next to the ones that align with your current season's top value.**

C.L.E.A.R. Multipassionate



Reflection Questions to Live Your Multipassionate Life

Where am I feeling the most
stuck right now — ideas, action,
or clarity?



What would “progress”
look like for me in the
next 30 days?

Which passion or project
lights me up most in this
season?





You've got this!

Being multipassionate isn't about doing everything at once — it's about doing the right things at the right time in alignment with who you are.

When you get C.L.E.A.R., you don't just grow — you radiate. You live with joy. You lead with purpose. You thrive in alignment. That's what it means to live Full Out.

If you're tired of feeling like you need to choose one path, I'll help you build a strategy that makes room for all your passions without burning out. Let's book your clarity call and start mapping it together.

BOOK A COMPLIMENTARY
DISCOVERY CALL

JOIN FULL OUT
FRIDAYS BI-WEEKLY
NEWSLETTER

ABOUT TANESHA L. MOODY

Tanesha Moody, MBA, PCC, is an ICF-certified coach, leadership facilitator, and speaker helping individuals and teams live, lead, and thrive Full Out. With a background in corporate leadership, theatre, and values-driven coaching, she blends insight, storytelling, and strategy to guide people toward purpose, identity, and courageous action.

You've got clarity. Now let's turn it into a real plan. Book a Multipassionate Momentum Session with me — 30 minutes to map your next step, untangle your priorities, and walk away with a custom plan to move forward. Spots are limited this month — reserve yours now.



BOOK A COMPLIMENTARY
DISCOVERY CALL



This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The left edge of the paper shows a slight shadow, suggesting it's part of a bound notebook or folder.



Daily Planner

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



Your Next Step

You don't have to choose between your passions.
You just have to choose what matters most right
now.

If you're ready to get personalized strategies for
moving forward without losing any part of who you
are, let's talk.

BOOK A COMPLIMENTARY
DISCOVERY CALL

JOIN FULL OUT
FRIDAYS BI-WEEKLY
NEWSLETTER