



# Your C.L.E.A.R. Path to Living & Leading **Full Out**

A Guided Framework to Clarify Your  
Purpose, Live Your Values, Embody  
Your Identity, Align with Courage, and  
Ripple Your Impact.





# WELCOME! LET'S GET C.L.E.A.R.

You're here because you're ready to stop performing and start living with **clarity, purpose, and courage** — no matter your title, industry, or past rejections.

Whether you're navigating a personal transition or leading a team, the **C.L.E.A.R. Method** is your roadmap to moving from confusion to clarity, from burnout to brave action, and from fear to freedom.

In these pages, I'll walk you through each step, give you quick self-checks, and share small, powerful actions you can **take today to start living and leading Full Out.**

# 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. It's not about adding more to your plate – it's about aligning who you are with how you live and lead.

C.

## C – Clarify Your Purpose:

Name what matters most and why you're here.

L.

## L – Live by Your Values:

Align daily actions with what you stand for.

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.

# 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.

# C: CLARIFY YOUR PURPOSE



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

When you know your Purpose, every decision becomes easier.

# Quick Self-Check:

As you read each question, simply tick "yes" if you agree or "No" if you disagree with the statement. No judgment.

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1. DO I KNOW WHAT TRULY MATTERS MOST TO ME RIGHT NOW? YES NO

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2. CAN I CLEARLY EXPLAIN WHY I DO WHAT I DO? YES NO

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3. AM I MAKING DECISIONS BASED ON MY PURPOSE OR JUST MY OBLIGATIONS? YES NO

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## C: CLARIFY YOUR PURPOSE

# MINI ACTION

1. Block 20 minutes this week for a “Purpose Brain Dump” — write everything that **excites** you, **burdens** you, or **sparks** curiosity.
2. Circle the **top 3 themes**.

Excites:


Burdens:


Sparks:


## C: CLARIFY YOUR PURPOSE

# L: LIVE BY YOUR VALUES



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

Values are your filter for everything —  
relationships, work, and time.

# Quick Self-Check:



WHAT ARE MY TOP 5 VALUES?

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HOW AM I HONORING THEM DAILY?

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WHERE AM I COMPROMISING THEM?

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**L: LIVE BY YOUR VALUES**



## EXERCISE

# MINI ACTION

1. **List** your top 5 core values
2. **Rate** each from 1–10: How much is this value showing up in my life right now?
3. **Pick one** value and make one intentional change to honor it this week.

<u>Values:</u>	1----- -----10

<u>Change:</u>	

**L: LIVE BY YOUR VALUES**



# E: EMBODY YOUR IDENTITY



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

When you embody your identity, you show up with confidence and authenticity.

# Quick Self-Check:

As you read each question, simply tick "yes" if you agree or "No" if you disagree with the statement. No judgment.

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1. DO I FEEL FREE TO BE FULLY MYSELF IN MY CURRENT ENVIRONMENT? YES NO

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2. ARE THERE STORIES I TELL MYSELF THAT NEED TO BE REWRITTEN? YES NO

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3. ARE THERE CIRCLES WHERE I AM HIDING MYSELF? YES NO

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If you checked "Yes" more than "No", this is a key growth area.  
Book a complimentary call and let's map your next step.

## E: EMBODY YOUR IDENTITY

## ACTIVITY

# MINI ACTION

1. **Write 3 Statements** that start with “I am...” (truths you choose to believe about yourself)
2. **Ask** a trusted friend: “What 3 words describe me when I’m at my best?”
3. **Compare** the lists. What Themes emerge?

I Am...

Friend...

Themes...

**E: EMBODY YOUR IDENTITY**

# A: ALIGN WITH COURAGE



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

Courage isn't the absence of fear — it's moving forward anyway.

# Quick Self-Check:



WHAT AM I AVOIDING BECAUSE I'M AFRAID?

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WHAT'S THE WORST THAT COULD HAPPEN?

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WHAT'S THE BEST THAT COULD HAPPEN?

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**A: ALIGN WITH COURAGE**



# ACTIVITY

## MINI ACTION

1. **Write** one area you've been avoiding action.
2. **Ask** what is the smallest step you could take?
3. **Commit + Celebrate** doing that step in the next 48 hours.

Area	

Small Step	

Commit + Celebrate	

### A: ALIGN WITH COURAGE



# 10 Reflection Questions to Align with Courage

01

WHAT STORY AM I TELLING MYSELF ABOUT THIS REJECTION?

02

HOW TRUE IS THAT STORY?

03

IF REJECTION WASN'T PERSONAL, WHAT ELSE COULD IT MEAN?

04

HOW DOES THIS "NO" ALIGN ME CLOSER TO MY VALUES?

05

WHERE COULD THIS BE MAKING ROOM FOR A BETTER "YES"?



# 10 Reflection Questions to Align with Courage

06

WHAT WOULD I TELL MY BEST FRIEND IF SHE WERE IN MY SHOES?

07

WHICH OF MY STRENGTHS REMAIN UNSHAKEN?

08

WHAT ONE COURAGEOUS STEP COULD I TAKE TODAY?

09

WHAT'S ONE LESSON I CAN CELEBRATE LEARNING HERE?

10

IF I BELIEVED GOD HAS ALREADY PREPARED MY YES, HOW WOULD I SHOW UP NOW?

# YOUR COURAGE-IN-ACTION PLAN

Reflection Space: Reframe Your Most Recent Rejection

1.

**Name the sting.**

Acknowledge your feelings. Don't fake "I'm fine."

2.

**Reframe the story.**

Apply one of the mindset shifts above.

3.

**Choose one small, bold move.**

Make a call, send the email, pitch again.

4.

**Track your progress.**

Keep a courage journal.

5.

**Celebrate micro-wins.**

Every act of courage counts.

# Resilience Rituals



## Ways to strengthen your bounce-back muscle:

- **Daily gratitude:** Write down 3 things you're thankful for (yes, even on rejection days).
- **Affirmation practice:** Speak life over yourself every morning.
- **Courage playlist:** Create music that makes you feel unstoppable.
- **Community check-in:** Have at least one person you can text, "Got a no today" and they respond with, "Still proud of you."



# Celebrating the No



You don't have to love rejection, but you can honor what it produces:



- Clarity about what you want



- Growth in resilience and courage



- Stronger boundaries and self-awareness

# R: RIPPLE YOUR IMPACT



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

Your impact grows when it's aligned, sustainable, and in service to others.

# ACTIVITY

## MINI ACTION

1. **Write** three ways you currently make an impact.
2. **Ask** which ones give you energy or drain you?
3. **Commit** to releasing one draining obligation this month.

Impact	

Energy vs. Drain	

Commit	

### R: RIPPLE YOUR IMPACT

# Quick Self-Check:



WHO BENEFITS WHEN I SHOW UP AS MY BEST SELF?

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WHERE AM I OVER-GIVING AND BURNING OUT?

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WHAT'S THE RIPPLE EFFECT I WANT MY LIFE TO HAVE?

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**R: RIPPLE YOUR IMPACT**

## ACTIVITY

# THE C.L.E.A.R. LIFE AUDIT

1. **Score** yourself 1–5 for each statement. (1 = Not true for me at all, 5 = Absolutely true for me)
2. **Add** your scores.
3. Anything under 15 means you have powerful opportunities for growth — **let's explore them together.**

*Clarify Your Purpose \* Clarify Your Values \* Embody Your Identity  
\* Align with Courage \* Ripple Your Impact*

C.

I know my purpose and why I do what I do.

L.

My daily life reflects my top values.

E.

I show up fully as my authentic self.

A.

I take brave action even when afraid.

R.

I make an impact without burning out.

TOTAL



## What's Next?

You've taken the first step toward clarity, courage, and alignment.

The next step? Let's work together to bring your C.L.E.A.R. vision to life.

[BOOK A COMPLIMENTARY  
DISCOVERY CALL](#)

[JOIN FULL OUT  
FRIDAYS BI-WEEKLY  
NEWSLETTER](#)

**A B O U T**

# 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.



BOOK A COMPLIMENTARY  
DISCOVERY CALL



*Full Out Coaching*



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