

PURPOSE DISCOVERY TOOLKIT

A Guided Workbook for Crafting Your Leadership Purpose Statement

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Welcome, Leader

You are holding more than a workbook. You are holding a mirror.

The Purpose Discovery Toolkit is designed to guide you through a structured, embodied process of uncovering the purpose that already lives within you. This is not about inventing something clever. It is about excavating what has always been true.

In the PERI Method, we believe that purpose is not a destination you arrive at — it is a compass you learn to read. The exercises in this toolkit will help you calibrate that compass so it can guide your leadership, your decisions, and your life.

How to Use This Toolkit

- Set aside 60–90 minutes of uninterrupted time
- Find a quiet space where you feel safe to reflect deeply
- Write by hand if possible — the body remembers what the mind forgets
- There are no wrong answers. Only honest ones.
- You may revisit this toolkit as you grow. Your purpose will deepen, not change.

— *Rebecca Sari Peri*

The Purpose Excavation

Before we can articulate purpose, we must first listen. These questions are designed to bypass the thinking mind and tap into what your body, your history, and your deepest convictions already know.

Exercise 1: The Thread

Look back across your life — your career, your relationships, your hardest moments and your proudest ones. There is a thread that runs through all of them. A theme. A pattern of what you care about most.

What keeps showing up? What have you always been drawn to, even when it was hard?

Exercise 2: The Wound That Became Wisdom

Our deepest purpose often emerges from our deepest pain. The wound that shaped you is not a weakness — it is the birthplace of your unique gift to the world.

What is the hardest thing you have overcome? What did it teach you that you now cannot un-know?

Exercise 3: The Moment You Felt Most Alive

Purpose is not abstract. It lives in the body. Think of a moment — recent or distant — when you felt completely aligned, completely yourself, completely alive.

Describe that moment in detail. Where were you? What were you doing? Who were you with?

Exercise 4: The World You Want to Build

If you could wave a wand and change one thing about the way the world works — not politics, not logistics — but the way people treat each other, the way leaders lead, the way humans show up... what would you change?

What does the world look like when it is working the way you believe it should?

Values Alignment

Purpose without values is a ship without a rudder. Your values are not aspirations — they are non-negotiables. They define how you lead, even when it costs you.

Exercise 5: Your Core Five

From the list below, circle the 10 that resonate most. Then narrow to 5. These are not the values you think you should have. These are the ones you would fight for.

Authenticity	Courage	Compassion	Freedom	Integrity
Justice	Growth	Connection	Service	Creativity
Wisdom	Resilience	Excellence	Love	Truth
Empowerment	Humility	Innovation	Balance	Faith
Adventure	Community	Discipline	Gratitude	Legacy
Presence	Simplicity	Strength	Vision	Joy

My Core Five Values:

1. _____
2. _____
3. _____
4. _____
5. _____

Your Purpose Statement

A purpose statement is not a mission statement. It is not corporate. It is not polished. It is raw, real, and deeply personal. It answers one question:

Why are you here?

The Formula

Review your excavation answers and values. Then complete this framework:

I exist to _____

(your core action — what you DO)

so that _____

(the impact — what CHANGES because of you)

by _____

(your method — HOW you do it, aligned with your values)

Draft 1: Write It Messy

Do not edit. Do not judge. Just write.

Draft 2: Refine It

Read Draft 1 aloud. What feels true? What feels forced? Rewrite.

Integration: Making Purpose Actionable

A purpose statement on paper is beautiful. A purpose statement lived is transformational. These exercises bridge the gap.

Exercise 6: The Purpose Audit

Rate each area of your life on a scale of 1–10: how aligned is it with your purpose?

Area	Rating (1-10)	One Change I Can Make
My daily work / career		
How I lead my team		
My closest relationships		
How I spend my free time		
My health and body		
My financial decisions		
What I say yes to		
What I say no to		

Exercise 7: Your Three Commitments

Based on your audit, name three concrete actions you will take this week to bring your life into deeper alignment with your purpose.

Commitment 1:

Commitment 2:

Commitment 3:

The Leadership Anchor Practice

Use this 5-minute daily practice to anchor yourself in your purpose before entering any leadership moment — a meeting, a difficult conversation, a big decision.

1. **Pause** — Close your eyes. Take three slow breaths.
2. **Remember** — Silently speak your purpose statement.
3. **Feel** — Notice where purpose lives in your body. Place a hand there.
4. **Ask** — "What would the leader I am becoming do right now?"
5. **Act** — Open your eyes. Lead from that place.

This is just the beginning.

The PERI Method is a comprehensive framework for embodied leadership transformation. If this toolkit resonated with you, explore the full course catalog at theperimethod.com and discover what becomes possible when purpose meets practice.

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