

Character Development Worksheet

1. Basic Details

- **Name (Full, nickname)**
- **Age / Date of Birth**
- **Gender / Identity**
- **Place of Birth / Ethnic Background**
- **Physical Appearance:** height, weight, body type, hair color and style, eye color, distinguishing features, posture, clothing style

2. Snapshot First Impressions

- **Three words** that describe them initially
- **Archetype or personality type** (e.g., Enneagram, Myers-Briggs)
- **Initial vibe:** how they come across in a room, habits, speech tone etc.

3. Backstory & Context

- **Upbringing:** family, childhood environment, culture
- **Education & Occupation:** schooling, jobs, skills, ambitions
- **Family & Relationships:** parents, siblings, children, pets, mentors, past partners
- **The Ghost:** a past event or trauma that still affects them
- **The Lie:** a belief they hold that reflects a coping mechanism

4. Personality & Traits

- **Strengths & Weaknesses:** skills, flaws, emotional triggers
- **Motivations:** what drives them internally and externally
- **Fears & Desires:** what they avoid, what they long for
- **Values / Beliefs:** ethics, political/spiritual leanings, honesty, life philosophy

5. Emotional Landscape

- **Coping mechanisms:** how they manage stress or fear
- **Regrets or guilt:** past actions they struggle with
- **Proudest moments:** achievements or personal triumphs
- **Embarrassing memories:** moments that shape insecurity

6. Relationships & Social Life

- **Closest friends:** dynamics, core values in friendships
- **Romantic history:** how they fall in love, heartbreak, ideal partnership

- **Interactions:** how they behave in social situations, conflict handling

7. Daily Life & Quirks

- **Favorite foods / habits / routines**
- **Hobbies / leisure activities**
- **Preferred media:** books, music, movies, genres, quotes

8. Character Arc & Growth

- **Start-to-end transformation:** how they change from beginning to end
- **Key turning points:** pivotal moments that influence growth
- **Internal conflict vs. external challenge:** what keeps them stuck, and what pushes them forward