



Character Profile Sheet

*Some questions below are repeats. That's on purpose. Sometimes asking in a different way gets a different/better answer.

Character's Name:

Sex:

Age:

Physical appearance (body type, hair, eyes, facial features, dress, posture, movements, mannerisms, speech):

Give your character (at least) one relatable trait (coffee/tea-lover, dog/cat lover, depression/anxiety disorder, alcohol/substance abuse, love of crazy socks/sweaters, etc.)

Give your character (at least) one very unique characteristic: (agoraphobic or other rare fears/anxieties, defining characteristics like noticeable scars, extensive or unique tattoos, etc.)

How do your characters' traits—physical and otherwise—play into their deeper story? (come back and answer this later if it's too hard right now.)

Personal history that may influence motivation. This is where your character's deep hurt comes in. What happened to your character in the past that skewed their beliefs about the world? EX. They may believe they are unlovable because of a parent who told them this as a child. They may believe they have to always be in control due to neglect and an absence of parental figures that led to them having to care for themselves—and maybe other siblings—from a young age. (Consider things like: education, religion, family, early childhood experiences, financial situation, profession, marital status, other relationships, habits, surroundings/environment, health):

The inner person (distinctive personality traits, self-image, yearnings/dreams, fears/apprehensions, sense of humor, code of ethics, attitudes):

Other details (hobbies, favorite foods, colors, books, music, art):

Positive Traits:

Negative Traits (Character Flaws):

What are your characters wants?

What does your character *actually* need?

Motives:

Desires:

How do motives/desires tie into the point of your story? Your MC's story?

How does your character complete their arc over the course of the story? What does he/she learn as a result of what happens in the story?

What is the theme of your story? (Hint: see character arc question above.)