

Zara West's

Inside Your Amazing Character Worksheet

DIRECTIONS: Choose one trait from each area. In the space below, describe what has happened in their life (their backstory) to create this trait in the person. Feel free to add more traits to the categories if you need to. Once you know them, give your character a motivation to act.

Head	Heart	Body
<p>How does the character picture the world they live in?</p> <ul style="list-style-type: none">• Challenging• Controlling• Dangerous• Exciting• Evil• Tempting• Unforgiving• Unjust	<p>How does the character feel?</p> <ul style="list-style-type: none">• Abandoned• Expelled• Grieving a loss• Hated• Heartbroken• Lonely• Missing someone	<p>What challenges the character's survival?</p> <ul style="list-style-type: none">• Exposure• Hunger• Illness• Lack of rest• Pain• Physical injury• Thirst

