



# Character Profile Template

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## Step 1: Character Type

Choose your character type:

Protagonist  Antagonist  Guide  Contagonist  Sidekick

Love Interest  Temptress  Confidant  Foil

## Step 2: The Superficial Level

This is the easiest step, where we outline some of the very basic details of the character before diving deeper.

### THE BASICS

Name: \_\_\_\_\_

Age: \_\_\_\_\_

Place of birth: \_\_\_\_\_

Current residence: \_\_\_\_\_

Nationality: \_\_\_\_\_

Education level: \_\_\_\_\_

Occupation: \_\_\_\_\_

Income level: \_\_\_\_\_

Marital status: \_\_\_\_\_

### PHYSICAL ATTRIBUTES

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Build: \_\_\_\_\_

Skin color: \_\_\_\_\_

Eye color: \_\_\_\_\_



Hair color: \_\_\_\_\_

Face shape: \_\_\_\_\_

Distinguishing marks: \_\_\_\_\_ (tattoos, scars, birthmarks, etc.)

Disfigurements: \_\_\_\_\_

## CLOTHING AND STYLE

What do they typically wear? (at work, out on the town, at home, asleep, etc.)

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Do they wear accessories of any kind?

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Are there any objects or pets that they keep close?

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What is their level of grooming? (disheveled, neat, makeup, etc.)

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## Step 3: The Personality Level

At this level, we start diving deeper into the personality of the character. We want to know what makes them tick.

### 🗨️ COMMUNICATION AND MANNERISMS

Are they from a foreign land?

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What is their posture? (stiff, slouching, casual, relaxed, exhausted, etc.)

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Do they have a specific gesture that they overuse? (hand-talking, controlled, agitated)

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Do they make eye contact with the people they talk to?

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What curse word do they use the most? Do they curse?

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Do they have a catch phrase?

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DO they have speech impediments?

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Are there any "tics" in the way they talk/move?

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What does their laugh sound like? (loud and booming, snickering, high squeak)

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What is their handwriting like?

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How do they walk? (confident, lazy, fast, distracted, etc.)

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What is their smile like? (warm, false, nervous, etc.)

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Do they wear their emotions on their sleeve or keep them hidden?

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What is their resting default facial expression?

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## PSYCHOLOGICAL PROFILE

Are they introverted or extroverted?

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What is happiness to them?

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Do they have a favorite place, food, movie, etc.? Why?

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How do they feel about love? Being in a relationship?

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Are they a leader or a follower?

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What gets them excited?

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Do they have a favorite quote?

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What makes them angry?

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What are their morals?

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What would they do with unlimited money? Time?

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What is their love language?

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What is their Myers-Briggs type?

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Do they have any mental disabilities?

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## **MOTIVATIONS AND FEARS**

What do they want most in the world at the start of the story?

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What do they actually need most in the world?

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What is their biggest fear?

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What are they most proud of?

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## Step 4: The Backstory Level

At this point, you have the basic details, physical appearance, personality, and mannerisms of your major character. Now it's time to add the basic functionalities of backstory.

### FAMILY

Does your character have a family?

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How big is their family?

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Have any of them died? If so, how did this affect your central character?

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What is your character's current relationship with their parents? Siblings?

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What are some defining moments between your character and their family members?

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## LIFESTYLE

Do they enjoy their job?

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Do they have any other hobbies or interests?

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What are they competent at?

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Are they used to living frugally or do they enjoy a lavish lifestyle?

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What are their opinions towards money?

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 HISTORY

Where were they raised? Do they still live there? Why?

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What are their happiest/saddest/earliest memories?

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What were they like as a child?

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What are some of the biggest defining moments of their life?

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How did they get to where they are today?

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What is their biggest regret?

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Has your character experienced any trauma?

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## Character Interview

A great way to get to know your character further is to “interview” them. Pick a handful of the below questions and try freewriting. Ask your questions, and let them answer you. Not only is this a great way to get to know your character, it also gives you practice writing in their voice.

### Basic Questions

1. What is your full name?
2. How do you feel about your name?
3. Does your name have any particular meaning/history?
4. Do you have any nickname?
5. When were you born?
6. What is your age?
7. What is your sexual orientation?

### Physical Attributes

8. What is your height?
9. What is your weight?
10. How are you built? (Skinny, fat, stocky, well muscled, etc.)
11. What is your face shape?
12. What is your hair color?
13. How do you style your hair?
14. What is your eye color?
15. What is your eye shape?
16. Do you wear glasses or contact lenses? If glasses, what style?
17. Do you have any distinguishing facial features?
18. What is your most prominent facial feature?
19. What is your most prominent bodily feature?



20. What is your skin tone?
21. What is your race/ethnicity?
22. Do you wear makeup?
23. Do you have any scars, birthmarks, or tattoos?
24. Do you have any physical handicaps or disabilities?
25. What type of clothes do you typically wear? (at home, at work, out on the town, in bed)
26. Do you wear any kind of jewelry or accessories?
27. What type of shoes do you wear?
28. Do you have any mannerisms?
29. Would you say you are in good health?

## Personality

30. Are there any words or phrases that you overuse?
31. What about a catchphrase?
32. Are you a glass-half-full or a glass-half-empty type of person?
33. Are you more introverted or extroverted?
34. What makes you laugh?
35. What is your love language? How do you show affection?
36. Do you have any mental disabilities?
37. What do you want others to think about you?
38. How do you see yourself?
39. What is your strongest aspect?
40. What is your weakest aspect?
41. How competitive are you?
42. Do you act on impulse or carefully think through decisions?
43. What happens if someone praises your work?
44. What happens if someone criticizes your work?
45. What is your greatest fear?
46. What is your biggest secret that you've never told anyone?
47. What is the purpose of life?
48. When did you last cry?
49. What haunts you?
50. What are your political views?
51. What will you stand for?
52. Who do you quote most often?
53. Do you prefer the indoors or the outdoors?
54. What is your guilty pleasure?



55. What personal trait do you rely on the most?
56. What do you value most in a friend?
57. If you could change one thing about yourself, what would it be?
58. What are you obsessed with?
59. What are your pet peeves?
60. What is your greatest regret?

## Relationships

61. Do you have a large family? Who are they?
62. What do you think of your family?
63. What is your current relationship with your parents?
64. Do you have siblings? Where do you come in?
65. Describe your best friend.
66. Who is your ideal best friend?
67. Who are your other friends?
68. Do you make friends easily?
69. Do you have any pets?
70. Who do you naturally get along with?
71. Who do you surprisingly get along with?
72. Do you believe in love at first sight?
73. Are you in a relationship?
74. How do you act in a relationship?
75. How many relationships have you had?
76. When was the last time you engaged in intimacy?
77. What kind of sex do you like to have?
78. How would you feel after a one-night stand?
79. How do you break up with someone?
80. Have you ever been in love?
81. Has anyone ever broken your heart?
82. Who do you trust?
83. Do you live with anyone? How do you get along with them?
84. Do you get along with your neighbors? Why?
85. How would your family describe you?
86. How would your lover describe you?
87. How would your boss describe you?
88. How would your enemy describe you?



## History

89. What were you like as a baby/child?
90. Did you grow up rich or poor?
91. Were you nurtured or neglected in childhood?
92. What is the most offensive thing a person has ever said to you?
93. What has been your greatest achievement?
94. How was your first kiss?
95. What is the worst thing you did to someone you love?
96. What is your greatest ambition?
97. What advice would you give your younger self?
98. What smells remind you of home/your childhood?
99. What did you want to be when you grow up? Did it work out?
100. What is your favorite childhood memory?
101. What is your worst childhood memory?
102. Did you have any imaginary friends as a child?
103. What are you most ashamed of?
104. What are you most proud of?
105. Has anyone saved your life?
106. Were you ever bullied as a child?
107. What is the most embarrassing thing to ever happen to you?

## Values and Desires

108. What are your values?
109. What is the worst thing that can be done to a person?
110. What is freedom?
111. When did you last lie?
112. What is your view of lying?
113. Do you keep your promises?
114. Who is your hero?
115. If you could save one person, who would it be?
116. If you could ask for help from one person, who would it be?
117. What is your favorite proverb?
118. Do you believe in happy endings?
119. What is happiness?
120. What is your dream job?
121. What do you like to spend money on?
122. What is something you would never do?



- 123. What is something you would do that might surprise people?
- 124. Are you a leader, follower, or lone wolf?
- 125. Would you trade ten years of your life for money/beauty/intelligence?

## Conflict

- 126. How do you respond to a threat?
- 127. Do you prefer fighting with your fists or using diplomacy?
- 128. What is your kryptonite?
- 129. Your house is burning down, and you can only save one thing. What is it?
- 130. How do you view strangers?
- 131. What do you love to hate?
- 132. What are your phobias?
- 133. What is your ideal weapon?
- 134. Who do you most despise in the world?
- 135. What do you do when you get angry?
- 136. Who are your enemies? Why?
- 137. You witness a victimless crime, what do you do?
- 138. You're at a bar, and someone spills your drink, what do you do?
- 139. Are you a forgiving person?
- 140. Is there anything in your past that you can't forgive?

## Lifestyle and Habits

- 141. What are your bad habits
- 142. What is your job?
- 143. What do you think about your job?
- 144. What other jobs have you had?
- 145. What are your hobbies?
- 146. What is your educational background?
- 147. Would you describe yourself as intelligent?
- 148. Do you have any specialist training?
- 149. Are you 'naturally talented' at anything?
- 150. Do/have you played a sport?
- 151. What is your socioeconomic position?
- 152. What is in your fridge?
- 153. What is in your car?
- 154. What kind of car do you drive?
- 155. What is in your pocket?



156. What is your most treasured possession?
157. Do you keep anything under your pillow? Next to your bed?
158. What are your eating habits?
159. Do you have any allergies?
160. What does your home look like?
161. Minimalist or hoarder?
162. Are you organized or disorganized?
163. Are you forgetful or easily distracted?
164. Right brain or left brain?
165. What do you do first on the weekend?
166. What do you do first on a weekday?
167. What do you do on a Sunday afternoon?
168. What do you do on a Friday night?
169. Are you comfortable with technology?
170. How do you like to celebrate your birthday?
171. What do you think about when you can't sleep?
172. What keeps you up at night?
173. What is your morning routine?
174. If you could relive any day of your life, what would it be?

## Interests

175. What is your favorite color?
176. What is your favorite animal?
177. What place would you like to visit the most?
178. What is the most beautiful thing you have ever seen?
179. What is your favorite song?
180. What type of art do you prefer? (fine art, music, reading, film, etc.)
181. What is your password?
182. What is your favorite food?
183. What is your favorite movie?
184. What TV show can you just binge all day long?
185. Who is your favorite musician?
186. What is your favorite alcoholic drink?
187. What is your favorite non-alcoholic drink?
188. If you could have a superpower, what would it be?





## Emotions and Spirituality

189. Who could be your guardian angel?
190. Do you believe in the afterlife?
191. What religion do you follow?
192. Do you believe in heaven or hell?
193. What do you think it's like in heaven or hell?
194. Are you superstitious?
195. If you could be reincarnated, what would you like to be reincarnated as?
196. What is your spirit animal?
197. How would you like to die?
198. What is your zodiac sign?
199. What is your Chinese Horoscope?
200. What is your motto or mantra for life?

## Other

201. What would you dress up for on Halloween?
202. What would you do if you won the lottery?
203. If you could meet anyone, living or dead, who would it be?
204. Do you have any food allergies or sensitivities?