

ULTIMATE Character Development Checklist

A Deep Dive into Backstory, Personality, and Growth – For Characters That Feel Real

Basic Information

- ☐ Full Name (and nicknames/aliases):
- ☐ Age & Birthdate:
- ☐ Gender & Pronouns:
- ☐ Species/Race (if applicable):
- ☐ Occupation/Role:
- ☐ Current Home (and how they feel about it):

Physical Appearance

- ☐ Height & Build:
- ☐ Hair (color, style, texture):
- ☐ Eyes (color, shape, unique traits):
- ☐ Skin (tone, scars, tattoos, birthmarks):
- ☐ Posture & Movement (graceful, stiff, limping):
- ☐ Clothing Style (casual, formal, symbolic):
- ☐ Most Noticeable Gesture/Habit:

Personality & Traits

- ☐ Core Personality Traits (3-5 words):
- ☐ MBTI/Enneagram (if known):
- ☐ Greatest Strengths:
- ☐ Biggest Weaknesses:
- ☐ Fears/Phobias:
- ☐ Quirks, Habits, or Contradictions:
- ☐ Sense of Humor (dry, sarcastic, none, etc.):
- ☐ How Do They Handle Stress?:

Backstory & Emotional Wounds

- ☐ Family History & Dynamics:
- ☐ Birthplace/Upbringing:
- ☐ Significant Childhood Memories (trauma or joy):
- ☐ Education & Skills:
- ☐ 3-5 Major Life Events That Shaped Them:
- ☐ Biggest Regret:
- ☐ Secret They'd Never Tell:

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| - <input type="checkbox"/> What Lie Do They Believe About Themselves/World?: | | | | | | | |
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| Motivations & Conflict | | | | | | | |
| - <input type="checkbox"/> What Do They Want MOST? (goal): | | | | | | | |
| - <input type="checkbox"/> What Do They Secretly NEED?: | | | | | | | |
| - <input type="checkbox"/> Short-Term & Long-Term Goals: | | | | | | | |
| - <input type="checkbox"/> What's Stopping Them? (internal/external conflict): | | | | | | | |
| - <input type="checkbox"/> What Are They Afraid of Losing?: | | | | | | | |
| - <input type="checkbox"/> Personal Wound They Carry: | | | | | | | |
| - <input type="checkbox"/> Driving Force (revenge, love, justice, survival): | | | | | | | |
| | | | | | | | |
| Relationships | | | | | | | |
| - <input type="checkbox"/> Closest Friend/Confidant: | | | | | | | |
| - <input type="checkbox"/> Biggest Rival/Enemy: | | | | | | | |
| - <input type="checkbox"/> Love Interest (past/present): | | | | | | | |
| - <input type="checkbox"/> Family Members Who Shaped Them: | | | | | | | |
| - <input type="checkbox"/> How Do They Treat Strangers?: | | | | | | | |
| - <input type="checkbox"/> Who Betrayed Them & How Did They React?: | | | | | | | |
| - <input type="checkbox"/> Who Do They Protect at All Costs?: | | | | | | | |
| - <input type="checkbox"/> Who Sees the Version of Them They Hide?: | | | | | | | |
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| Character Arc & Growth | | | | | | | |
| - <input type="checkbox"/> Starting Point (emotional, mental, physical state): | | | | | | | |
| - <input type="checkbox"/> What Forces Them to Change? (detour/trigger): | | | | | | | |
| - <input type="checkbox"/> What Do They Avoid But Must Confront?: | | | | | | | |
| - <input type="checkbox"/> Lesson They Need to Learn: | | | | | | | |
| - <input type="checkbox"/> Do They Succeed or Fail by the End?: | | | | | | | |
| - <input type="checkbox"/> How Are They Different in the Final Scene?: | | | | | | | |
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| Bonus: Flavor & Fun | | | | | | | |
| - <input type="checkbox"/> Favorite Food/Drink: | | | | | | | |
| - <input type="checkbox"/> Hobbies & Interests: | | | | | | | |
| - <input type="checkbox"/> Pet Peeves: | | | | | | | |
| - <input type="checkbox"/> Guilty Pleasure: | | | | | | | |
| - <input type="checkbox"/> 3-Song Playlist That Defines Them: | | | | | | | |
| - <input type="checkbox"/> 3 Items They Always Carry & Why: | | | | | | | |