

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:

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