

Character Workbook for Character-Driven Novels

Part 1: Character Core Profile

Character Name:

Age:

Gender/Pronouns:

Ethnicity/Background:

Occupation:

Location/Setting:

Family Situation:

Part 2: Core Beliefs & Motivations

- What does your character want? (external goal)
- What does your character need? (internal/emotional goal)
- What fear or wound from their past affects them now?
- What does your character believe about the world?

Part 3: Personality & Voice

- Top 3 strengths:
- Top 3 flaws:
- How do they act under stress?
- Speaking style:
- Habits/quirks/tics:

Part 4: Relationships

- Who are the 24 most important people in this characters life?
- How do these relationships evolve over the course of the story?

Part 5: The Emotional Arc

- Where is your character emotionally at the beginning?

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- What challenge or truth must they face?
- How do they change by the end?
- What turning points reflect this change?

Part 6: Visual World-Building

- What does your characters personal space look like?
- What object holds personal meaning?
- What setting reflects their emotional journey?

Part 7: Journal Prompts

1. The thing I regret most is...
2. If people really knew me, theyd know...
3. I wish I could go back and change...
4. The moment everything changed for me was...
5. Heres what I never say out loud...

Genre-Specific Prompts: Romance Writers

- What is your characters love language?
- How do they feel about vulnerability?
- What are their romantic fears or insecurities?
- What relationship patterns are they repeating?
- How do they respond to emotional intimacy?

Genre-Specific Prompts: Suspense/Thriller Writers

- What moral lines will they cross under pressure?
- What past trauma shapes their response to danger?
- How do they handle secrets or betrayal?
- Who do they trust, and why?
- How far will they go to survive?