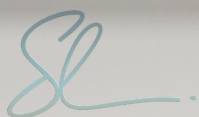


THE CHARACTER BLUEPRINT

*A Character Development
Toolkit*

*Create Characters
Readers Will Love—
or Love to Hate*



SALLY LOTZ
Book Coach - Your Path to
Writing

Writing a novel can feel overwhelming—especially when you're staring at a blank page and a big idea. You might wonder where to begin or worry that your plot will fall flat.

Start with your characters. Your main character should be first, then build up from there.

The most compelling stories are built around characters readers care about, whether they love them, root for them, or can't wait to see them fall. When you truly understand your character, what they want, what they fear, what drives them—you unlock the heart of your story. Once you know your main character and all the side characters, the plot begins to take shape naturally.

This guide goes beyond the steps outlined in your Foundational Toolkit. It offers a deeper dive to help you fully define your characters and explore what makes them unforgettable. The questions and prompts included here are designed to spark discovery help you strengthen your story.

You'll need to do one SHEET for every character. At the end of this book is a character map, so you don't lose track of who's who.



Sally

Sally Lotz, Book Coach/Author



BASICS

Full Name of Character: _____

Age: _____ Height _____ Weight _____ Body Type _____

Birthdate: _____ Astrological Sign: _____

Race: _____ Sexual Orientation: _____

Where were they born? _____

Hair – Color, Length, and Texture: _____

Eye – Color, Lashes and Brows: _____

Tattoos and Piercings: _____

Scars: _____

Physical Limitations: _____

What's their health like? Allergies? _____

Do they have an accent? _____

Married, Single, Divorced, Widow, Doesn't Care: _____

Where do they currently live? _____ Do they like where they live? _____

Religion: _____ Political Views: _____

Hobbies or Creative Passion: _____

Profession: _____

Active or not: _____ Play Sports: _____

Night Owl or Early Bird? _____

Do they have pets? _____ What kind of pets? _____

Do they drink, smoke or use any substances? _____

Do they have a daily routine or ritual? _____

Likes and Dislikes

Favorite food: _____

Food they can't stand: _____

Favorite color: _____ Color they don't like: _____

Messy or Neat? _____ Quite or Loud? _____

Spontaneous or Routine? _____ Introvert or Extrovert? _____

How do they dress? _____

What do they find boring? _____

What is their favorite season/weather? _____

Tech Savvy or Technophobe? _____

Favorite and worst school subject: _____

Favorite Song and/or Music Style: _____

Song or Music they don't like: _____

Favorite book or book genre: _____

Worst book ever: _____

Favorite sports team: _____

Worst sports team ever/rival team: _____

Favorite movie: _____

Movie they dislike: _____

Do they like animals? _____ Have Pets? _____

Outdoorsy or indoors? _____

Beach, Lake, Mountains or City? _____

What Highschool clique would they have been in? _____

Are they obsessed with someone or something – if so who or what? _____

OTHER: _____

Relationships

Who is their best friend? _____

Do they have a lot of friends or a few? _____

How large is their family? _____

Where do they fall in the family? _____

Do they want kids or have children? _____

What's the relationship like with their parents? _____

What's the relationship like with their siblings? _____

Are they in a romantic relationship? How's it going? _____

Do they make friends easily? _____

Do they trust easily or withhold trust? _____

Are they a leader or follower? _____

Are they jealous? _____

Have they ever had their heart broken? _____

Who broke their heart? _____

Have they ever had a bad breakup? _____

Who do they trust the most? _____

Who do they mistrust the most? _____

Do they have emotional baggage and what is it? _____

Do they worry about what others think of them? _____

Are they confident or not? _____

Are they empathetic, competitive, or something else? _____

PERSONALITY

Your Character's Heart

Are they strong minded or passive? _____

What causes your character shame? _____

If your character could change one thing about themselves, what would it be and why? _____

What does your character lie about when they meet other people? _____

What's something no one else knows about your character? _____

What's your character's quirky or nervous habit? _____

Something your character would carry around with them and why: _____

What is something that they've never forgiven: _____

PERSONALITY

DEEP STUFF

What is your character's greatest weakness? _____

What is your character's biggest fear? _____

What is your character's wound, or hole? (Something that happened in the past that affects their actions today) _____

What does your character consider success and failure? _____

Other things about your character: _____

GETTING TO KNOW YOUR CHARACTER

Just for Fun

Write a few sentences about your character and how they handle confrontation:

Write a few sentences about your character and how they handle emergency:

Write a few sentences about your character and how they handle being cut off in traffic: _____

Write a few sentences about your character and how they handle bad service at a restaurant: _____

Write a few sentences about your character and how they behave at a concert of their favorite singer or band: _____

WHAT

Main Character Building

This section is specific to your story arc. This is what will propel the book forward and ensure your character is PART of the book. Your story plot should revolve around the answers given below:

WHAT does your character want more than anything? (This could be something external—like getting into college—or internal—like feeling safe.)

WHAT is getting in their way? (Think: fear, a person, a secret, a lie they believe, the world they live in.)

WHAT will they change over the course of the story? (What emotional arc or growth will they experience?)

WHAT question is your story asking? This doesn't have to be too deep here. It can be something simple. (Examples: Is it too late to change? Are we ever really alone?)

CHARACTER MAP

Use this space to list out all of your characters and how they are related to your main character. Don't forget your ANTAGONIST.

Name	Relationship to Main Character
<i>Add names in the boxes in this column</i>	Protagonist - The Main Character <i>Add their relationship to the main character in this column</i>

CHARACTER MAP

Have fun creating your characters—and remember, your story revolves around your main character (the protagonist). Don't forget to include the outside forces that challenge them—often another person (or thing), the antagonist.

When you're ready to start writing, grab my Book Development download (link below):

VISION TO BOOK – DEVELOPMENT BLUEPRINT
A TOOLKIT FOR WRITING YOUR BEST FICTION.

It's packed with guidance to help you lay a strong foundation, so you can start writing with heart, direction, and confidence.

Link to download: www.sallylotz.com/writeyourbook