

Current character worksheet

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1. How would you describe yourself right now in three sentences or less?
2. Where do you currently live? How much money do you currently make and have?
3. How do you currently present yourself? What do you look like?
4. What was your Myers Briggs test result? (Should be a four letter code like ENTJ).
5. What are your current binary poles? (Copy these over from your binary poles worksheet).

Logic | Intuition

Tight with money | Loose with money

Masculine | Feminine

Disciplined | Undisciplined

Sensible | Silly

Organized | Disorganized

Shy | Outgoing

Artistic and creative | Logical and precise

Nature | Polluted City

Playful | Serious

Healthy | Unhealthy

Early Riser | Night Owl

Science | Religion

Meditation and Spirituality | Money and Cigars

Giving to others | Selfish to myself

Think more about the past | Think more about the future

Charity | Greed

Loud | Quiet

Bold and well presented | Understated

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6. What are your good and bad habits? What things do you do repeatedly? List all of them.

7. What are your strengths? List 5 of them.

8. What are your weaknesses? List 5 of them.

9. What negative things pop into your mind on a daily basis? List all of them.

10. What was your childhood like? Describe everything in detail.

11. What past events do you worry about or replay in your mind all the time?

12. What things do you worry about in the future?

13. What things block you from doing what you want to do each day and working towards your dreams and goals?

14. Who are you currently angry at? What people or things do you blame?

15. Who do you currently judge and what do you judge them for? (Copy from binary poles worksheet)

16. What things do you love doing and could happily do everyday? (Copy from binary poles worksheet)

17. What things do you hate doing and never want to do ever? (Copy from binary poles worksheet)

18. What does the average day look like for you? Describe it from when you first wake up till the moment you go to bed.

18. What are your character traits? (Example: Driven, powerful, smart, classy or procrastinate, lazy, scrappy, shy).

19. How do you imagine others gossip and talk about you in a cafe?