

New character worksheet

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1. How would you describe the new version of you necessary to effortlessly achieve all of your dreams and goals? Try to describe this character in three sentences or less.

2. What skills and strengths does this new character need to have in order to effortlessly execute on your dream and achieve it with ease. List them all.

3. What strengths does this new character have that your current one does not?

4. What weaknesses is this new character free of that your current one possesses?

5. What good habits does this new character have that your current one does not?

6. What bad habits is this new character free of that your current one possesses?

7. What fears is this new character free of that your current one possesses?

8. How does this new character present him/herself? What does he/she look like?

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9. What judgements is this new character free of that the current one possesses?

10. What stories about the past is this new character free of that the current one possesses?

11. What traits does this new character have? (Example: Driven, powerful, smart, classy or procrastinate, lazy, scrappy, shy).

12. Describe what the average day looks like for this new character when he/she is executing and taking massive action to achieve his/her goals?

13. Describe the things this new character loves doing and has an appetite for that the current character hates and avoids at all costs?

14. How would other people gossip and talk about this new character in a cafe?