

BRIEF SUMMARY

BORN

WHERE EXACTLY/NEIGHBOURHOOD

MY BANK ACCOUNT / WEEKLY BUDGET & SPENDINGS

WHAT SIDE OF THE TRACKS

SCHOOL (PRIVATE, PUBLIC, RELIGIOUS)

WHAT'S GOING ON IN THE WORLD

**MAJOR EVENTS THAT CHANGED MY CHILDHOOD (SOCIO
ECONOMIC CHANGE, DEATHS) - THAT ONE OR MORE EVENTS
THAT CHANGED MY PERSPECTIVE AND INNER BELIEVES IN LIFE
FAMILY**

HEROES/ENEMIES

A DAY & WEEK IN MY LIFE

MY MORNING ROUTINE

MY NIGHT ROUTINE

MY RELIGIOUS OR UNRELIGIOUS CELEBRATIONS

WHAT I WEAR, PERSONALISE MY OUTFIT

FAVOURITE COLOUR/FOOD

HABITS

LIFE GOALS

BEST MEMORY

WORST THING THAT'S HAPPENED TO ME

WHAT WOULD MAKE ME, AS MYSELF SAY THIS

MY THOUGHTS

**THE WAY I TAKE A SIT, AND DRINK IS WHO AM I WORK. MAKEUP,
HAIR, IS ALL WHO AM I WORK. WORDS THAT I USE IN MY
VOCABULARY USE EVERYDAY**

HOW DO I VIEW THE WORLD

AM I A FAVOURITE CHILD - FIRST MIDDLE OR LAST CHILD

WEEKLY SCHEDULE

WHAT'S YOUR FIRST THOUGHT WHEN YOU WAKE UP

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

100+ MORE

CHILDHOOD AND EDUCATION

Where did you grow up? Is this a place you'd go back to now? Or avoid?

Do you still have friends there? Or family?

How did you do in school?

What was your favorite subject?

What was your greatest talent?

What did you do badly?

If you did not do well in school, why not? Were you not interested, or did something interfere with your ability to work hard?

How far did you advance in your education?

If you went to college, where did you go? If you didn't go, what were you doing in those years?

If you went to college, what kind of school was it?

How did you pay for it?

What was your course of study?

Is that what you wanted to do, or did someone influence you to follow that course?

How do you feel about those years now? Do you look back with pride or regret?

What level of education did they receive? Did they graduate from high school? Did they go to college? Did they receive additional degrees after that?

What was their favorite subject in school? Was the subject they were passionate about nurtured or stifled? Does it have something to do with their current profession or trade?

Who was their favorite teacher? Did they ever spend time talking outside of class?

What was their relationship with their classmates like? Were they popular or a loner? Did they have a similar socioeconomic status to their peers for the most part?

What was lunchtime like every day? Whom did they sit with? What did they eat?

How did they get to school each day? Did they take a long car ride with their parents, or sit at the back of the bus?

If they went to college, where did they go and why? Did they attend a school close to home, or as far away as possible?

CURRENT HOUSEHOLD AND RELATIONSHIPS

What is your life like at the moment?

Are you married, single, or in a relationship?

What is that person's name and occupation?

How are things going with him or her?

Where do you live now?

What are your physical surroundings like? Are they comfortable, safe, or dangerous?

How do you feel about the place where you are now? Is there something you are particularly attached to, or particularly repelled by, in this place?

Who lives with you?

How do you get along with them? If you don't get along, what is the source of conflict?

Do you have children?

If so, do you have a good relationship with them?

If not, what caused the rift?

How do they feel about you?

When is the last time you saw them?

What about the rest of your family? Are you close to them now or distant?

If you are distant, why? What has gotten in the way?

OCCUPATION

What do you do for a living? Are you self-employed, or do you work for someone else?

How long have you done this job?

Is this what you always planned to do, or did you fall into it?

How do you feel about it?

Would you rather be doing something else? If so, what would it be?

If you'd rather be doing something else, what stops you? Is it money? Is it pressure from your family? Is it your own lack of self-confidence? Or does some other thing prevent you from doing what you want to do?

What would you have to change in your life in order to do that thing you'd rather do?

Does this change depend on someone else, or does it depend on you?

RELIGION AND SPIRITUALITY

What is your religious belief currently?

Do you still practice the religion of your youth, or have you left it behind?

If you left it behind, what caused you to do so?

Do you think you have the answers, or are you still searching?

If you are searching, where or how are you looking?

OTHER PERSONAL CHARACTERISTICS

How do you deal with stress?

If you use drugs or alcohol, how do you feel about it? Do you brag about it? Try to hide it? Try to give it up and fail? Have no problem with it?

What do you do to entertain yourself?

What is your idea of a really fun time?

What do you consider to be your most admirable personal quality?

What is your greatest personal failing, in your view?

Do you think others see it that way, or would they say something different about your strengths and weaknesses?

How do you handle conflict with someone else? Do you avoid fights, or are you aggressive? Or are you passive aggressive and only give the appearance of cooperation?

What are your politics? Are you conservative, liberal, or something else? Do you have no interest in politics?

LOVE LIFE

What is your sexual orientation? Are you comfortable with it?

If you are not comfortable with it, why not?

What do you do about those negative feelings?

Do you have love in your life right now?

Is there someone you once loved but no longer do?

If so, what happened to make that love go away?

What kind of problems do you face because of it?

LOVE

Do they believe in love at first sight?

Are they in a relationship?

How do they behave in a relationship?

When did your character last have sex?

What sort of sex do they have?

Has your character ever been in love?

Have they ever had their heart broken?

PARENTAL BONDS

Are your parents still living?

If so, where are they now? Nearby or far away?

How often do you see them?

Do you want to see more of them or less?

If you want to see more of them, or less, why don't you?

If your parents are critical of you, what choices have you made that displeased them? Was it your job, education, marriage, life partner, or political views?

Did their displeasure influence your decision? Did you decide to go ahead in order to show them up? Or did you change your mind because they disliked your choice?

If you changed your mind in order to please your parents, how do you feel about that now?

How did they raise you as a child? Were they strict or lenient? Did they pay attention to you, or were they more interested in other things?

How did this affect your relationship with them then?

How does it affect your relationship now?

Does it affect your relationship with your own children?

If one or more of your parents are deceased, when did they die?

How did their death affect you? Did it change your life fortune? Were you forced to leave school? To give up a job? To abandon a plan? Or did you come into an inheritance?

FEARS, CHALLENGES, AND OBSTACLES

Where are you in your life right now? What are you most pleased with right now?

What keeps you awake at night?

What is the most pressing problem you have at the moment?

Is there something that you need or want that you don't have? For yourself or for someone important to you?

Why don't you have it? What is in the way?

What do you have to do in order to get the thing you need?

What is stopping you from taking this step?

Is there something else that must happen first in order for you to take this step?

Is there someone else who needs or wants the same thing?

Can they help you get it?

Are they one of the things in the way?

What happens if you don't get it? What do you stand to lose?

How will your life change if you do get this thing or solve this problem?

Will someone else suffer if you succeed? What was dinnertime like? Did the family eat dinner together every night? Was no one allowed to eat until someone said grace?

What role did religion play in their upbringing? Did they go to church on Sundays, or Hebrew school in the afternoon?

What was their childhood bedroom like? Did they have their own room? What was on the walls? Did they have to share a bed with one or multiple siblings? What was the view from their window?

What was one item—a blanket, stuffed animal, etc.—that brought them comfort during scary or trying times? Do they still have that item today?

Who was their childhood best friend? Are they still friends to this day? If not, what was the catalyst for the relationship's demise? Do the two remember the last time they saw one another? Where is the friend today?

What was their favorite outfit or item of clothing to wear? How did it make them feel to wear it? What store did it come from? How much did it cost? Was it handmade?

Did they play any sports growing up? If so, when did they stop, and why?

Who was their first crush? Were the feelings reciprocated? Was this person also their first kiss?

How do they make money? Do they enjoy their work, or is it solely for the sake of a paycheck? How long have they been at their current job? What would they do if money wasn't a factor?

Where do they live? Do they live in an apartment in a big city, or close to where they grew up?

Where can they be found on a Friday night? Are they out at a bar, or home with their baby? Whatever the activity may be, is it one they want to be doing?

Are they in a romantic relationship? Whether they are or not, are they happy in their current situation?

What outfit makes them feel most like themselves? Is it a power suit, or a T-shirt and well-worn jeans?

What are their political beliefs? Did they vote in the last election (relative to the point in time that they live in)?

What are the biggest causes of stress in their life? Or, put another way, what are the things that make them toss and turn at night?

Do they have children? If so, how many? If not, do they eventually want to have them?

What are their goals, big and small? What do they want to be doing five years from now, or 25 years from now?

PERSONALITY

What words or phrases do they overuse?

Do they have a catchphrase?

Are they more optimistic or pessimistic?

Are they introverted or extroverted?

Do they ever put on airs?

What bad habits do they have?

What makes them laugh out loud?

How do they display affection?

Mental disabilities?

How do they want to be seen by others?

How do they see themselves?

How are they seen by others?

Strongest character trait?

Weakest character trait?

How competitive are they?

Do they make snap judgements or take time to consider?

How do they react to praise?

How do they react to criticism?

What is their greatest fear?

What are their biggest secrets?

What is their philosophy of life?

When was the last time they cried?

What haunts them?

What are their political views?

What will they stand up for?

Who do they quote?

Are they indoorsy or outdoorsy?

What is their sinful little habit?

What sense do they most rely on?

How do they treat people better than them?

How do they treat people worse than them?

What quality do they most value in a friend?

What do they consider an overrated virtue?

If they could change one thing about themselves, what would it be?

What is their obsession?

What are their pet peeves?

What are their idiosyncrasies?

PAST AND FUTURE

What was your character like as a baby? As a child?

Did they grow up rich or poor?

Did they grow up nurtured or neglected?

What is the most offensive thing they ever said?

What is their greatest achievement?

What was their first kiss like?

What is the worst thing they did to someone they loved?

What are their ambitions?

What advice would they give their younger self?

What smells remind them of their childhood?

What was their childhood ambition?

What is their best childhood memory?

What is their worst childhood memory?

Did they have an imaginary childhood friend?

When was the last time they were crushed with disappointment?

What past act are they most ashamed of?

What past act are they most proud of?

Has anyone ever saved their life?

Strongest childhood memory?

CONFLICT

How do they respond to a threat?

Are they most likely to fight with their fists or their tongue?

What is your character's kryptonite?

If your character could only save one thing from their burning house, what would it be?

How do they perceive strangers?

What do they love to hate?

What are their phobias?

What is their choice of weapon?

What living person do they most despise?

Have they ever been bullied or teased?

Where do they go when they're angry?

Who are their enemies and why?

WORK, EDUCATION AND HOBBIES

What is their current job?

What do they think about their current job?

What are some of their past jobs?

What are their hobbies?

Educational background?

Intelligence level?

Do they have any specialist training?

Do they have a natural talent for something?

Do they play a sport? Are they any good?

What is their socioeconomic status?

FAVOURITES

What is their favourite animal?

Which animal do they dislike the most?

What place would they most like to visit?

What is the most beautiful thing they've ever seen?

What is their favourite song?

Music, art, reading preferred?

What is their favourite colour?

What is their password?

Favourite food:

What is their favourite work of art?

Who is their favourite artist?

What is their favourite day of the week?

POSSESSIONS

What is in their fridge:

What is on their bedside table?

What is in their car?

What is in their bin?

What is in their purse or wallet?

What is in their pockets?

What is their most treasured possession?

VALUES

What do they think is the worst thing that can be done to a person?

What is their view of 'freedom'?

When did they last lie?

What's their view of lying?

When did they last make a promise?

Did they keep or break their last promise?

DAILY LIFE

What are their eating habits?

Do they have any allergies?

Describe their home.

Are they minimalist or a clutter hoarder?

What do they do first thing on a weekday morning?

What do they do on a Sunday afternoon?

What do they do on a Friday night?

What is the soft drink of choice?

What is their alcoholic drink of choice?

MISCELLANEOUS

What is their character archetype?

Who is their hero?

What or who would your character dress up as for Halloween?

Are they comfortable with technology?

If they could save one person, who would it be?

If they could call one person for help, who would it be?

What is their favourite proverb?

What is their greatest extravagance?

What is their greatest regret?

What is their perception of redemption?

What would they do if they won the lottery?

What is their favourite fairytale?

What fairytale do they hate?

Do they believe in happy endings?

What is their idea of perfect happiness?

What would they ask a fortune teller?

If your character could travel through time, where would they go?

What sport do they excel at?

What sport do they suck at?

If they could have a superpower, what would they choose?

What's in your fridge?

Tattoos?

Physical disabilities?

Type of clothes?

How do they wear their clothes?

What are their feet like? (type of shoes, state of shoes, socks, feet, pristine, dirty, worn, etc)

Race / Ethnicity?

Mannerisms?

Are they in good health?

Do they have any disabilities?