



Character Profile Worksheet

Eliana West | Writers for Diversity

This character profile worksheet can be used in different ways depending on your needs. You can use this at the beginning of your writing as part of your plotting process or if you get stuck.

This approach may not work for everyone's situation and there may be elements that are missing for your character. As with many writing tools, there isn't one approach that will work for everyone's process.

Let's start with basic information about your character and then layer in more specific details.

Basic Information

What role does this character have in your story?		
Name:	Age:	Birthdate:
(Cultural Name/Nickname) Does your character have both an English name and a name from another culture or ethnicity?		
Height:	Body type/build:	
Skin tone descriptors:		Eye color:
Hair Color:		Hair type:
Gender identity:	Sexual orientation:	
Do they currently identify with the gender assigned at their birth?		
Notes:		

Secondary Physical Traits

Hairstyle:	Eyewear:
Does this hairstyle help them identify with their culture?	
What products / tools do they use to maintain their hairstyle?	
(Physical markings) birthmarks, moles, scars, etc.:	Tattoos and their significance:
Does your character have any kind of speech affect?	
Notes:	



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Family and Life Events

Parent 1 name:		Parent 1 occupation:	
What is this parent's role in the family?			
Parent 2 name:		Parent 2 occupation:	
What is this parent's role in the family?			
Additional parental figures? Who raised your character?			
Number of siblings:		Names of siblings:	
Your character's relationship with their siblings?			
What other people would your character consider family?			
Multigenerational household?		Who else lives with your character's family?	
Y/N			
Who is your character's significant other?			
What is your character's relationship status?			
Notes:			

Now we are going to get more specific and dig a little deeper into your characters identity to help you figure out motivations.

Racial Identity

How does your character identify racially?		How does society identify your character? Does this match self-identification?	
Does your character "pass" as another race or ethnicity?		If your character is "passing" is it by choice or force?	
What kind of conflicts will your character's "passing" cause?			
Does your character wear clothing or dress in a way that reflects their cultural identity?			
Notes:			



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Disabilities/Limitations

Does your character have a physical disability or chronic illness? Y/N	What physical disability/chronic illness?	
What tools does your character use for their physical limitations or chronic illness?		
Does this physical limitations / chronic illness impact...		
..where they live?	..their work?	
How do these physical limitations or chronic illness affect...		
..family relationship?	..partner relationship?	..friend relationships?
..their social interactions?	..their work?	
Notes:		

Neurodiversity

Does your character have a neurological difference? Y/N	Describe their neuro condition.	
Does this neuro disability have physical traits or side effects? <i>(i.e. OCD individuals washing their hands until they are raw/chapped)</i>		
How does your character's neurodiversity affect your character's...		
..personality?	..family?	..partner?
..friends?	..social interactions?	
Notes:		

Personality

What makes your character angry?	How do they express their anger?	
What makes your character happy?	How do they express happiness?	
Is your character an Introvert / Extrovert / Ambivert? <small>(circle one)</small>		
Does your character have any mental health diagnoses?		
How does your character's mental health affect their...		
..family?	..partner?	..friends?
..work?	..social interactions?	
Notes:		



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Culture

Does your character come from an immigrant background?	How does this affect them?
Does your character speak more than one language?	Do they speak one language at home and another outside?
What traditions does your character maintain from their home country?	What special cultural practices does your character embrace?
Does your character observe a religion?	How do these beliefs affect their relationships w/ friends/family?
What cultural holidays and events do they acknowledge/celebrate?	
Significant cultural life events?	
Notes:	

Friendships

Who are your character's friends?	
Does your character have friends from childhood, if not why?	Do your character's friends share their belief systems?
Does your character have friends outside of their racial, cultural, or sexual orientation? If not, why?	
Notes:	



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Additional Information.

Where does your character live?	Does your character own or rent?	
Are they in the majority or the minority in their community?	Does your character feel safe in their living situation?	
What impact does their race, sexual orientation, ability, or immigration status have...		
..on their living situation?	..on their socio-economic status?"	
What is your characters current socioeconomic status?	What was their socioeconomic status growing up and why does it matter?	
What is their educational background?	What is your character's occupation?	
Did their race, sexual orientation, or ability affect their...		
..educational experience?	..occupation?	..friends?
Does your character's race, sexual orientation, or ability affect...		
..hobbies?	..special skills?	..favorite foods?
Does your character have any dietary restrictions related to health, religion, or culture?		
Notes:		

Writers for Diversity

Writers for Diversity is committed to helping authors create diverse worlds and characters in all media and genres through education and awareness. We believe the creative process requires space for personal growth and compassionate conflict resolution. If you write identities outside your lived experience, we offer a safe place for hard questions and respectful dialogue. Diversity is for everyone.

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