# Essentials

The four things that you must know or work towards discovering

Name (and meaning or significance if applicable) Race Identity/Class Special abilities

# **Core Elements**

The invisible forces that make you who you are and shape your actions

Ideals Goals/Dreams Source of strength What do you support What do you oppose What are you trying to change Most important successes Greatest embarrassment or failure Greatest fear

## **Personal Landscape**

Key structural elements in the web of your life

Birthplace Homeland Other places lived Education Religion/beliefs Political orientation Profession (means of living) Hobbies/favorite pastime

#### **Interpersonal Connections**

The innermost circle of people who have influenced your growth

Parents Family life Friends Love interest Most influential person in your life and why Most important person in your life now and why

## History/Background

Once you have a reasonable understanding of the above, you will be able to flesh out your background. As you do, you may find that you need to change some of the above factors or discover some answers you didn't have before.

## **Enhancing Details**

Non-critical traits that can add additional layers of personality. Although these things are not critical of themselves, it is important to consider their relationship to the four critical lines of development discussed above.

Age Physical description Favorite food One thing you won't eat Favorite color(s) Habits Important festivals Languages spoken Head of religion Political leader Religious leader Significant events during lifetime Customs Treasured possession What you wear