

# Personality Traits Outline

Author Name

Date

Story title

Character Name

Age

Gender

*Rate on a scale of 1 – 10*

## Ego States

☐

Adult

☐

Critical

☐

Nurturing

☐

Rebellious

☐

Natural

☐

Adaptive

## Awareness

☐

Self

☐

Emotional

☐

Surrounding

☐

Social

☐

Physical

☐

Spiritual

## Traits

☐

Coordination

☐

Charisma

☐

Vitality

☐

Savvy

☐

Solidity

☐

Intellect

☐

Humor

☐

Attractiveness

## Self Discipline (Values)

☐

Moderation

☐

Silence

☐

Order

☐

Accountability

☐

Frugality

☐

Industry

☐

Sincerity/Honesty

☐

Analytical

☐

Justice

☐

Moderation

☐

Cleanliness

☐

Calmness

☐

Chastity

☐

Humility

☐

Courage

☐

Altruism

## Specialties & Training

## Quirks & Mannerisms

## Interests

## Dislikes

## Boundaries & Triggers