Legacy System Workbook

Your Character's Journey

Stories are built on transformation. No character remains unchanged if their story is worth telling. Some shift from within, reshaping their own thoughts, beliefs, and identity, while others are molded by the world around them, influenced by forces beyond their control. The Legacy System allows you to track this evolution, breaking it down into key moments of growth and challenge.

This worksheet serves as a tool to map a character's transformation along a spectrum:

- **Internal Growth (-5)** – A shift driven by self-reflection, deep introspection, personal revelation, or emotional change.

- **External Growth (+5)** – Development shaped by external events, relationships, or circumstances that force adaptation.

A compelling character arc will contain **both** elements, though in varying measures. Recognizing which force is stronger can help you analyze how the character is evolving over time.

1☐ When to Check Scores

A character's transformation doesn't occur in a vacuum. It happens through significant moments, decisions, and realizations. To track their arc effectively, use this worksheet at these critical points:

- **Key Story Moments** – Any time the character faces a major decision, experiences hardship, or encounters a shift in their mindset.

- **Benchmarks** – Pivotal moments that permanently alter their trajectory. These are events after which they can never go back to who they were before.

- **The End of an Arc** – A chance to reflect: What has changed? How do they perceive themselves differently? Are they better, worse, or simply different?

2⬜ What Are Benchmarks?

A **Benchmark** is not just a plot event; it is a defining moment that marks the character's **irreversible transformation.**

- It is a **point of no return** where the character is fundamentally altered.

- It often involves **a choice, a loss, a realization, or a truth that reshapes them.**

- Every story has multiple benchmarks, but some are more defining than others. The more powerful the benchmark, the greater the shift in their internal or external growth.

Benchmarks help reveal the core of a character's journey:

- Are they being **shaped by fate** or **forging their own path?**

- Are they resisting change, or embracing it?

- Is the story **pushing them** or are they **pushing forward?**

3⬜ How to Use the Graph

This system is designed for **visual storytelling.** Instead of tracking change only in words, you will map your character's development through a radar graph.

1. **Answer the 10 questions** below to determine the nature of their transformation.

2. Assign scores ranging from **-5 (deeply internal change)** to **+5 (purely external change).**

3. **Plot the scores** on the radar chart, creating a shape that represents their current arc.

4. Repeat this process at key moments to compare how the shape evolves.

By looking at these graphs over time, you will see if your character is moving toward **self-mastery, external adaptation, or something in between.**

Dichotomous Questions (-5 to +5)

To assess where your character stands, score them based on the following contrasts:

1. Has the character changed due to **personal reflection (-5)** or **outside forces (+5)?**

2. Is their motivation driven by **internal desire (-5)** or **external pressure (+5)?**

3. Do they overcome obstacles **by changing themselves (-5)** or **by changing their circumstances (+5)?**

4. Is their transformation **self-driven (-5)** or **influenced by external events (+5)?**

5. Have they developed new beliefs **on their own (-5)** or **because of an outside source (+5)?**

6. Did they resolve conflict through **internal growth (-5)** or **external action (+5)?**

7. Is their success or failure due to **their own choices (-5)** or **outside intervention (+5)?**

8. Did their change happen **gradually (-5)** or **through a singular, defining event (+5)?**

9. Has their emotional growth been **a personal realization (-5)** or **shaped by external relationships (+5)?**

10. Is their story arc driven by **self-discovery (-5)** or **reaction to external events (+5)?**
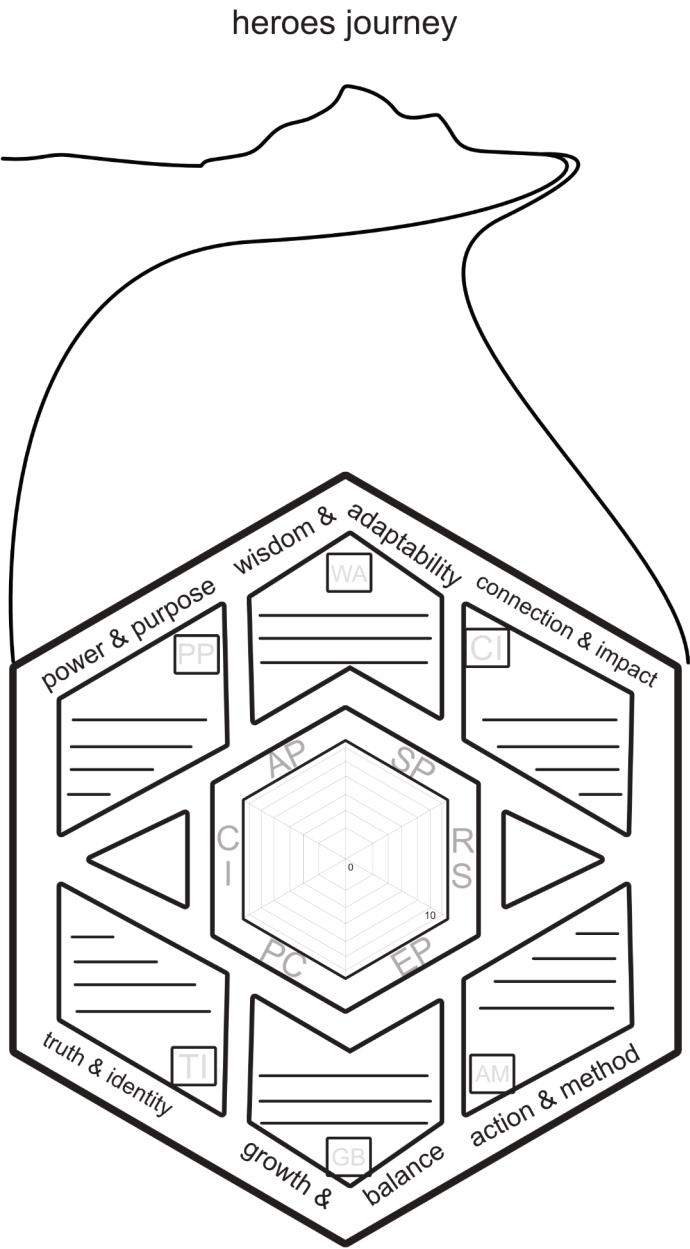
Scores Chart

Trait	Benchmark 1	Benchmark 2	Benchmark 3	Benchmark 4	Benchmark 5	Benchmark 6
Power & Purpose						
Wisdom & Adaptation						
Connection & Impact						
Action & Method						
Growth & Balance						
Truth & Identity						

Scoring & Graphing

- **Plot each answer** on the radar chart to see the character's unique shape of growth.

- A character with **balanced scores** has both internal and external growth in equal measure.

- A character leaning heavily toward **internal growth** is evolving through self-discovery, emotional depth, and personal transformation.

- A character whose arc is mostly **external** is shaped by external events, conflicts, and outside forces that push them to change.

This system allows you to track not only where your character is now, but also **how their development shifts across their journey.** Use it to gain deeper insight into their struggles, strengths, and the forces acting upon them.

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heroes journey

power & purpose   wisdom & adaptability   connection & impact

truth & identity   growth & balance   action & method

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Characters do not grow by accident. They are shaped by their choices, their failures, and the world around them. Some take control of their fate. Others are swept along by forces too large to resist. The Legacy System helps you visualize that path—

So, where does your character stand?