

Character Journey Worksheet



Title of TV show =	
Character =	

Inner and Outer Motivations

1. "YOU"

This is the undisturbed status quo of the protagonist. This leads to the "Point of Attack."

E.g. In The Dark Knight, Bruce Wayne dresses up in a special suit, calls himself Batman, and brings the pain to Gotham's bad guys.

Inner Motivation:
Outer Motivation:

2. "NEED"

This is the "Creation of the story." This leads to "Defining The Main Tension"

E.g. Bruce Wayne is getting a little old for this... He's eyeing retiring "Batman" so he can be with the love of his life, Rachel. But who will protect Gotham? Maybe... Harvey Dent?

Inner Motivation:
Outer Motivation:

3. "GO"

Elaborate on why accomplishing the goal will be difficult.

E.g. To put his plan in motion, Batman must help Harvey Dent by bringing the criminal, Lao, to justice.

Inner Motivation:

Outer Motivation:

4. "SEARCH"

First attempt to resolve the main tension, the road of trials. This leads to the midpoint, "FIND." This refines the main tension, narrows its scope, and makes it more specific.

E.g. Just when Bruce thinks he can celebrate his retirement, The Joker takes the stage and unleashes a new wave of crime upon Gotham.

Inner Motivation:

Outer Motivation:

5. "FIND"

This is when your protagonist finds what they think they need, but it doesn't work out quite the way they expected. Your protagonist must pay a devastating price for attaining what they sought.

E.g. This is when the protagonist FINDS what they were looking for. Bruce finds how to stop the Joker and save Gotham: unmask himself. But Harvey does it first...

Inner Motivation:

Outer Motivation:

6. "TAKE"

Full frontal assault on main tension. This leads to the main tension being resolved "yes or no" ... For now...

E.g. Batman finally TAKES the Joker in, and has him in his clutches, but the Joker springs a trap. It costs Rachel her life, and Bruce his future.

Inner Motivation:

Outer Motivation:

7. "RETURN"

False resolution or exposition sequence. This leads to the twist! We've been set-up to expect one thing, then it turns around.

E.g. The protagonist returns, but changed. For Bruce, the need to retire Batman was lost with Rachel. Now he must protect Gotham. The Joker has turned Harvey, making Batman's final task that much more painful.

Inner Motivation:

Outer Motivation:

8. "CHANGE"

Ultimate resolution (what happens after this character has gone through these circumstances and made these decisions.

E.g. The change is put to the test. Batman defeats the Joker, but the matter of Two-Face remains. Batman breaks his one rule when he kills Two-Face. To preserve Harvey's legacy, he takes the blame for Two-Face's killing spree. He commits to protecting Gotham while being hunted and reviled. In doing so, he CHANGES into... The Dark Knight.

Inner Motivation:

Outer Motivation:
