



The Character Builder

HANDBOOK

FREE PREVIEW

Build Strong, Believable Characters in
Your Stories



Character Goals That Drive the Story (Preview)

A story becomes powerful when your character *wants something deeply* and every scene pushes them closer to—or further from—that goal. Goals give your story focus. They create urgency, tension, and purpose.

Without a clear goal, a character may feel passive, reactive, or disconnected from the plot. With the right goal, every choice they make begins to matter.

In this chapter, you'll learn how to define goals that truly drive your story forward.

External Goal (What the Character Does)

The external goal is the visible, plot-level objective your character is actively trying to achieve. It answers the question:

“What is your character trying to DO?”

For example, a character might want to find a missing person, escape danger, win a competition, or repair a broken relationship. This goal shapes the plot and creates obstacles that move the story forward.

Internal Goal (What the Character Needs)

The internal goal is the emotional need beneath the action — often something the character doesn't fully understand at first. It answers the question:

“What does your character want deep down?”

This might be the need to feel loved, to belong, to forgive themselves, or to believe they are enough. The internal goal gives the story its emotional weight and often connects to the character's past, fear, or insecurity.

When a character has both an external goal and an internal goal, their actions feel purposeful and their emotional journey feels real. Together, these goals help drive not only the plot — but the character's growth as well.

Quick Goal Exercise (Sample Worksheet)

Use this quick exercise to clarify your character's main goals.

Name: _____

External Goal

What is your character trying to DO or achieve in the story?

Internal Goal

What does your character need emotionally beneath that goal?

Optional Tip:

Try to make the external goal specific and the internal goal emotionally meaningful. Even simple answers can reveal powerful story direction.

The full handbook includes deeper guidance, examples, and additional worksheets to help you refine and expand these goals.

Ready to Build Characters That Feel Real?

This was just a small preview of *The Character Builder Handbook*.

Inside the full eBook, you'll find step-by-step guidance, detailed explanations, and reusable worksheets that help you create fully developed characters — from their inner fears to their outer actions.

Inside the full handbook, you'll get:

- A complete system for building strong main characters
- Worksheets for motivation, fear, flaws, and emotional wounds
- Tools for backstory, relationships, and character arcs
- Clear frameworks you can reuse for every story you write

If you've ever felt stuck, unsure, or overwhelmed when creating characters, this handbook was made to guide you — clearly, simply, and without overcomplicating the process.

GET THE FULL EBOOK HERE



Create characters that drive your story — not ones that drift through it.