



TEMPLATE 03

The Protagonist Profile TEMPLATE

*Build a character your readers will care about, see themselves in,
and connect with.*



THIS WORKBOOK BELONGS TO

TEMPLATE 03 · WRITE YOUR FIRST NOVEL

The Protagonist *Profile*

Build a character your readers will care about, see themselves in, and connect with.

DESIGNED FOR

The Write Your First Novel course

FORMAT

Fill-in module workbook

YOUR OUTCOME

Create your protagonist
— profile, arc and relationships

INSIDE THIS WORKBOOK

01	Purpose	03
02	Introduction	04
03	The Character Core	05
04	Sample: Pearl's profile	06
05	Your character profile	07
06	Character arc	09
07	Relationship arc	11
08	Workbook journey	13
09	Course modules	14
10	Notes	16

Purpose

WHY THIS WORKBOOK

The building blocks of your story are beginning to take shape. Who is the core character? Will they be believable? What is their backstory? Have you defined their personality and temperament?

Let's delve into building a character that your readers will care about, see themselves in, and connect with.



HOW TO USE THIS WORKBOOK

Instructions

To get the best out of this worksheet, read and consider each prompt carefully. There's no right or wrong answer. Use your creative imagination, real-life experiences and connections to develop a believable personality that will jump off the page and into the imagination of your readers.

01

STEP ONE

Complete each section.

02

STEP TWO

Keep your answers short, clear and sharp.

03

STEP THREE

Use your responses to build your character profile, character arc and relationship arcs.

BEFORE YOU BEGIN

Introduction

Protagonist Profile Template — what it is, how it works, and why it matters.

WHAT IT IS

A structured character-building tool that helps you, as a new writer, develop a fully realised main character with depth, motivation, and emotional complexity.

HOW IT WORKS

- Guides you through essential character elements like name, backstory, desire, fear, trauma, strength, conflicts and arc.
- Breaks character development into simple, focused sections.
- Helps you understand who your protagonist is and why they behave the way they do.
- Creates a clear emotional and narrative foundation before drafting begins.

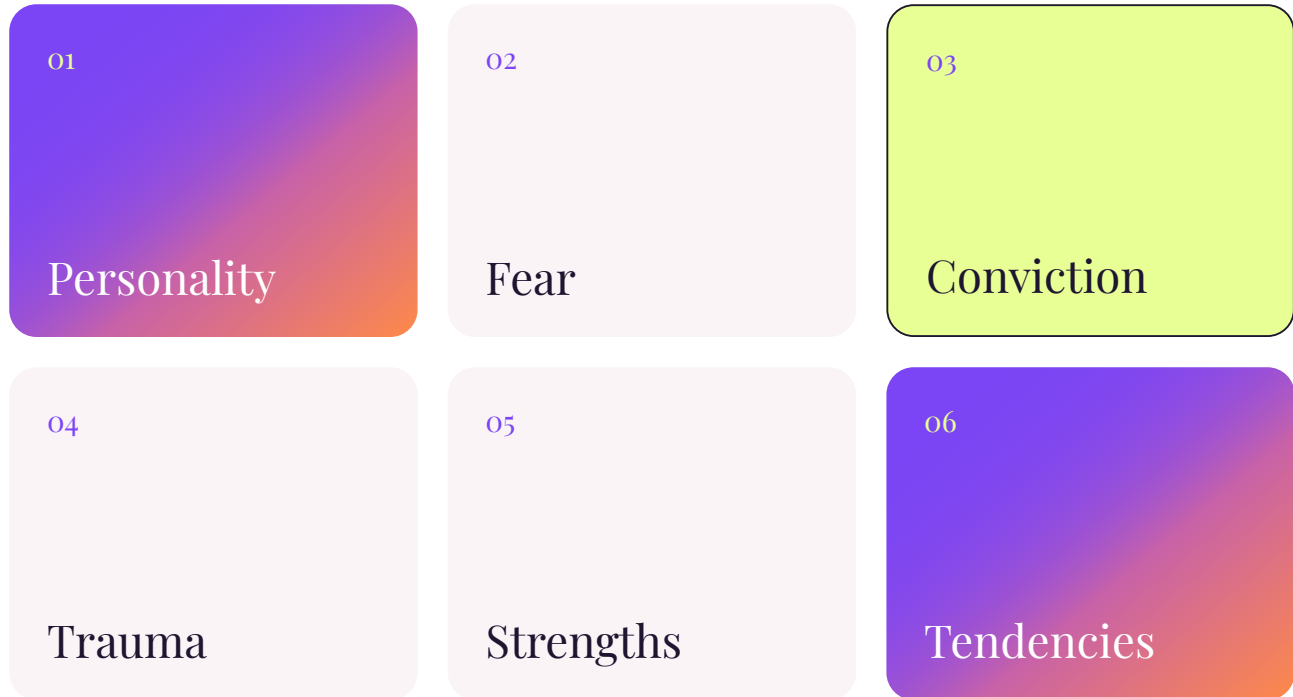
WHY IT'S IMPORTANT

- ✓ Strong stories require strong characters.
- ✓ Gives you clarity and direction, reducing overwhelm.
- ✓ Ensures your protagonist's desires and conflicts naturally shape the plot.
- ✓ Deepens emotional resonance and reader connection.
- ✓ Makes writing scenes easier — you know exactly what drives the character.
- ✓ Increases the likelihood of finishing your novel with a stable, character-led foundation.

PART A · OUR FRAMEWORK

The Character *Core*

Using our framework, the Character Core is made up of six elements. Keep them in mind as you build your protagonist.



THE CHARACTER PROFILE

Twelve things to know about your protagonist

01	Name	07	Strengths
02	Age	08	Tendencies
03	Backstory	09	Internal conflict(s)
04	Desire / goal / aim	10	External conflict(s)
05	Emotional or physical wounds or trauma	11	Character arc (who they become)
06	Core belief	12	Values they will embrace, and how

WORKED EXAMPLE

Meet *Pearl*

SAMPLE · CHARACTER PROFILE

NAME

Pearl Adesina

AGE

23

BACKGROUND

Pearl grew up in generational poverty, raised in an unstable environment where survival overshadowed childhood. She has experienced exploitation and abuse from people she trusted — family friends, partners, authority figures — leaving her with a deep wound around safety, trust, and self-worth. She left home young and has been fighting for independence ever since.

DESIRE (EXTERNAL)

To build her own business, become financially independent, and leave poverty behind forever.

DESIRE (INTERNAL)

To feel safe, valued, and free from the shame of her past.

FEAR

That trusting anyone will lead to betrayal. That she is not worthy of a better life. That her past defines her future.

WOUND / TRAUMA

Betrayal and exploitation by people she trusted during her most vulnerable years.

STRENGTH

Resilience, determination, resourcefulness, emotional intelligence, and a fierce work ethic.

INTERNAL CONFLICT

She craves connection but fears intimacy. She wants support but believes she must do everything alone. She longs for love but doesn't trust herself to choose safely.

EXTERNAL CONFLICT

Her financial situation, lack of a support network, and the reappearance of people from her past who threaten her progress.

PART B · YOUR TURN

Create your *character profile*

01 · NAME

02 · AGE

03 · BACKSTORY

04 · DESIRE / GOAL / AIM

05 · WOUNDS OR TRAUMA (EMOTIONAL OR PHYSICAL)

06 · CORE BELIEF

07 · STRENGTHS

08 · TENDENCIES

09 · INTERNAL CONFLICT(S)

10 · EXTERNAL CONFLICT(S)

11 · CHARACTER ARC — WHO THEY BECOME

12 · VALUES THEY WILL EMBRACE, AND HOW

WORKED EXAMPLE

Pearl's character *arc*

Pearl transforms from a guarded, self-reliant survivor defined by past trauma into a woman who learns to trust, forgive herself, and embrace a future built on love, security, and emotional freedom.

BEGINNING

Pearl believes she must survive alone. She sees trust as danger. She carries shame from her past.

MIDDLE

Her desire for independence clashes with her need for connection. Charlie challenges her emotional walls. Her past resurfaces, forcing her to confront her trauma.

END

Pearl learns that vulnerability is strength. She forgives herself. She accepts love and builds a future beyond survival.

KEY RELATIONSHIPS

Charlie

the catalyst for her healing

Her past abusers

the shadows she must confront

Her younger self

the version she must forgive

PART C · YOUR TURN

Create your own *character arc*

IN ONE SENTENCE — WHO DO THEY TRANSFORM FROM, AND INTO?

BEGINNING

MIDDLE

END

KEY RELATIONSHIPS — WHO, AND WHAT ROLE DO THEY PLAY?

WORKED EXAMPLE

Character *relationship* arc

SAMPLE · PEARL & CHARLIE

BEGINNING

Pearl is guarded, suspicious, and self-reliant. Charlie is open, gentle, and curious. Their dynamic begins with tension: Pearl sees Charlie as a threat to her independence. Charlie sees Pearl as someone he wants to understand and support.

MIDDLE

Pearl's past trauma clashes with Charlie's desire to help. She pushes him away. He learns to offer support without pressure. They slowly build trust through small, consistent acts of care.

CLIMAX

Pearl must choose whether to run from the relationship — protecting herself from potential hurt — or step into vulnerability and accept the love she has always believed was out of reach.

RESOLUTION

They build a partnership rooted in trust, mutual respect, and emotional honesty. Pearl learns she can be independent *and* supported. Charlie learns he can be strong *and* gentle.

THE RELATIONSHIP ARC IN ONE SENTENCE

Two people from opposite worlds learn to meet in the middle — transforming fear into trust and privilege into empathy.

PART D · YOUR TURN

Create your *relationship arcs*

CHARACTER ONE

CHARACTER TWO

BEGINNING

MIDDLE

CLIMAX

RESOLUTION

THE RELATIONSHIP ARC IN ONE SENTENCE

YOUR WORKBOOK JOURNEY

Workbooks & worksheets in this course

Complete each one within the course. Tick it off as you finish — every box is a step closer to a finished first draft.

01

The Writer's Identity Declaration

WORKBOOK

☐

02

The Story Seed

WORKBOOK

☐

03

The Protagonist Profile

YOU ARE HERE

TEMPLATE

☐

04

Plot Mapping

WORKBOOK

☐

05

Immersive World-Building Snapshot

WORKBOOK

☐

06

Scene Starter

TEMPLATE

☐

07

Revision Roadmap

WORKSHEET

☐

COURSE MODULES

Track your progress

Eighteen modules across three parts. Tick each module as you complete it.

MODULES

Part One

- ☐ The Writer's Mindset
- ☐ Creative Identity
- ☐ Finding & Refining Your Novel Idea
- ☐ Building Believable Characters
- ☐ Plot Architecture
- ☐ Story Mapping

MODULES

Part Two

- ☐ World Building & Story Settings
- ☐ Immersive Story Writing
- ☐ Story Mapping and Arcs
- ☐ Rule with Your Imagination
- ☐ Reinforce with Factual Research
- ☐ Write Your First Draft Fearlessly

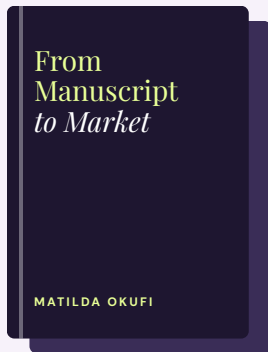
MODULES

Part Three

- ☐ Finding Readers – Pre-Edit
- ☐ Editing and Proofreading
- ☐ Platforms and Formats
- ☐ Where Is Your Audience?
- ☐ Your Author Persona
- ☐ All About Publishing

KEEP GROWING

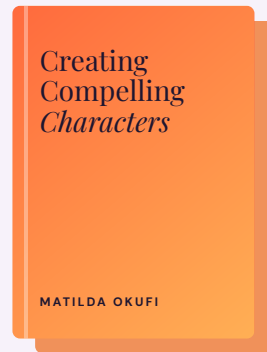
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COURSE

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IDEAS, FRAGMENTS, SPARKS

Notes

TEMPLATE 03 COMPLETE

How's it going?

You have just completed the third in a series of workbooks for the **Write Your First Novel** course. I'm guessing that the excitement is starting to build.

If you have completed the character profile, character arc and character relationship arcs, you should be feeling a stronger connection to your story seed. It gets easier to envision your characters as real people when you give them life.

ONE WORD FOR HOW I FEEL

YOUR PROGRESS



Writer's
Identity



Story Seed



Protagonist
Profile



Plot Mapping



World-
Building

Next in the series · Workbook 04

The Plot Mapping Workbook



I wish you the very best on your journey of storytelling.

Love, Matilda x

POET · WRITER · AUTHOR

Matilda Okufi

Founder & Lead Writer, The CopyShift Creatives and The Authority Atelier

I am passionate about storytelling. At work, my mission is to get more people to tell their stories — be it life stories, career journeys or fictional narratives.

This is the motivation behind the books I write, the events I run and the courses I create.

Love, Matilda x



WEBSITE



YOUTUBE