WORKSHOP WORKBOOK

Writing Workshop

CREATING CHARACTERS WITH DEPTH

With Editorial Coach

JOANNE GRANT

November 9th 2020
8pm-10pm GMT
3pm-5pm EST

JOANNE GRANT

Exercise #1

Expectations!

What do you hope to learn?

- About your current characters
- Writing in general
- Yourself as a writer

General notes

Deep characterisation

Core values: What are they & why they're important?

CORE VALUES
Life Values Inventory (Crace & Brown,1996)

- ▶ Achievement
- ▶ Belonging
- ▶ Concern for the Environment
- ▶ Concern for Others
- ▶ Creativity
- ▶ Financial Prosperity
- ▶ Health and Activity

- ▶ Humility
- ▶ Independence
- ▶ Interdependence
- ▶ Objective Analysis
- ▶ Privacy
- ▶ Responsibility
- ▶ Spirituality

Core Values and Stressors

Different categories: Key, Under, Over, Low
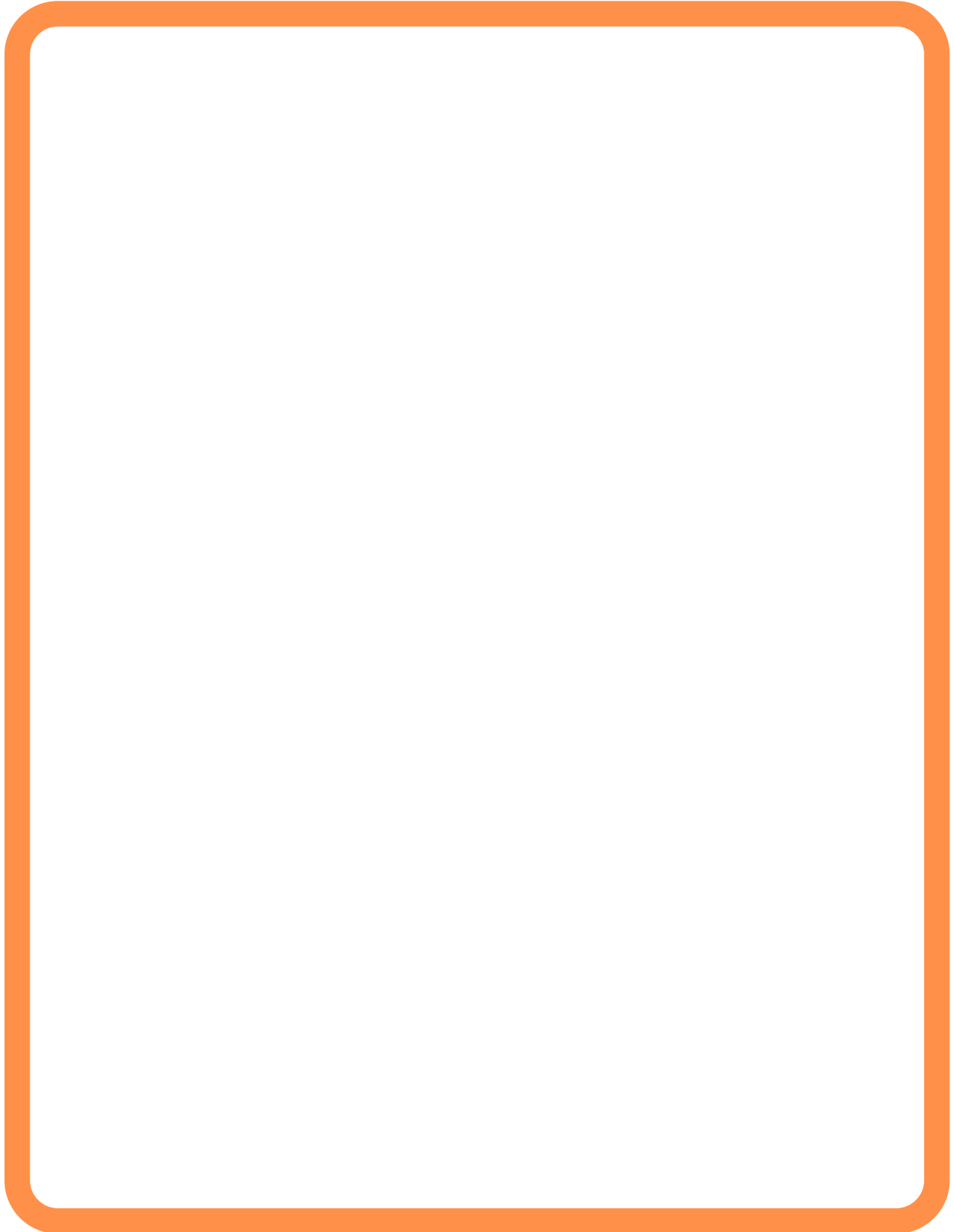
Categorising Core Values

High Priority	Over-Attention	Under- Attention	Medium/Low Priority

Exercise 2

Identify your character's Core Values

STEP 1: Circle words that reflect your character

This is not an exhaustive list so you may want to add your own!

Abundance	Detailed	Innovation	Rational	Warmth
Acceptance	Determined	Inquisitive	Reflective	Wealth
Accountability	Determined	Integrity	Relationships	Well-being
Achievement	Development	Intelligent	Reliable	Well-off
Activism	Devotion	Interdependence	Responsibility	Wonder
Activity	Discovery	Introvert	Risk	World Peace
Alliance	Drive	Kinship	Salvation	
Alone	Eco-conscious	Leadership	Security	
Altruism	Empathetic	Lively	Self-controlled	
Ambitious	Energy	Logical	Self-effacing	
Ambitious	Exploration	Logical	Selfless	
Analytical	Expressive	Love	Self-reliant	
Attachment	Factual	Loyalty	Solitude	
Autonomy	Fair	Mastery	Spirituality	
Balance	Family	Mentor	Sporty	
Beliefs	Financial Prosperity	Methodical	Strength	
Belonging	Fitness	Modest	Strong	
Business	Freedom	Nature	Success	
Calm	Friendly	Noble	Successful	
Capable	Friendships	Nurture	Survival	
Caring	Group Concern	Obedient	Sustainability	
Challenge	Hard work	Objective Analysis	Teach	
Charitable	Harmony	Opinionated	Team player	
Community	Health and Activity	Originality	Technical	
Concern for Others	Helpful	Peace	Thoughtful	
Concern for the Environment	Honest	Personal Freedom	Thriving	
Connection	Honourable	Personal Space	Tolerance	
Connectivity	Humble	Plenty	Traditions	
Conservation	Humility	Polite	Trustworthy	
Control	Imagination	Preservation	Truthful	
Creativity	Inclusion	Privacy	Unity	
Curiosity	Independence	Quiet	Vigour	
Dependable	Individual	Rapport	Vitality	

Step 2 : Sort then into similar groups

Title them using the 14 values as headers , or choose
your own word if it resonates more.

You can use the charts at the back of the work book for
reference

▶ Achievement
▶ Belonging
▶ Concern for the Environment
▶ Concern for Others
▶ Creativity
▶ Financial Prosperity
▶ Health and Activity

▶ Humility
▶ Independence
▶ Interdependence
▶ Objective Analysis
▶ Privacy
▶ Responsibility
▶ Spirituality

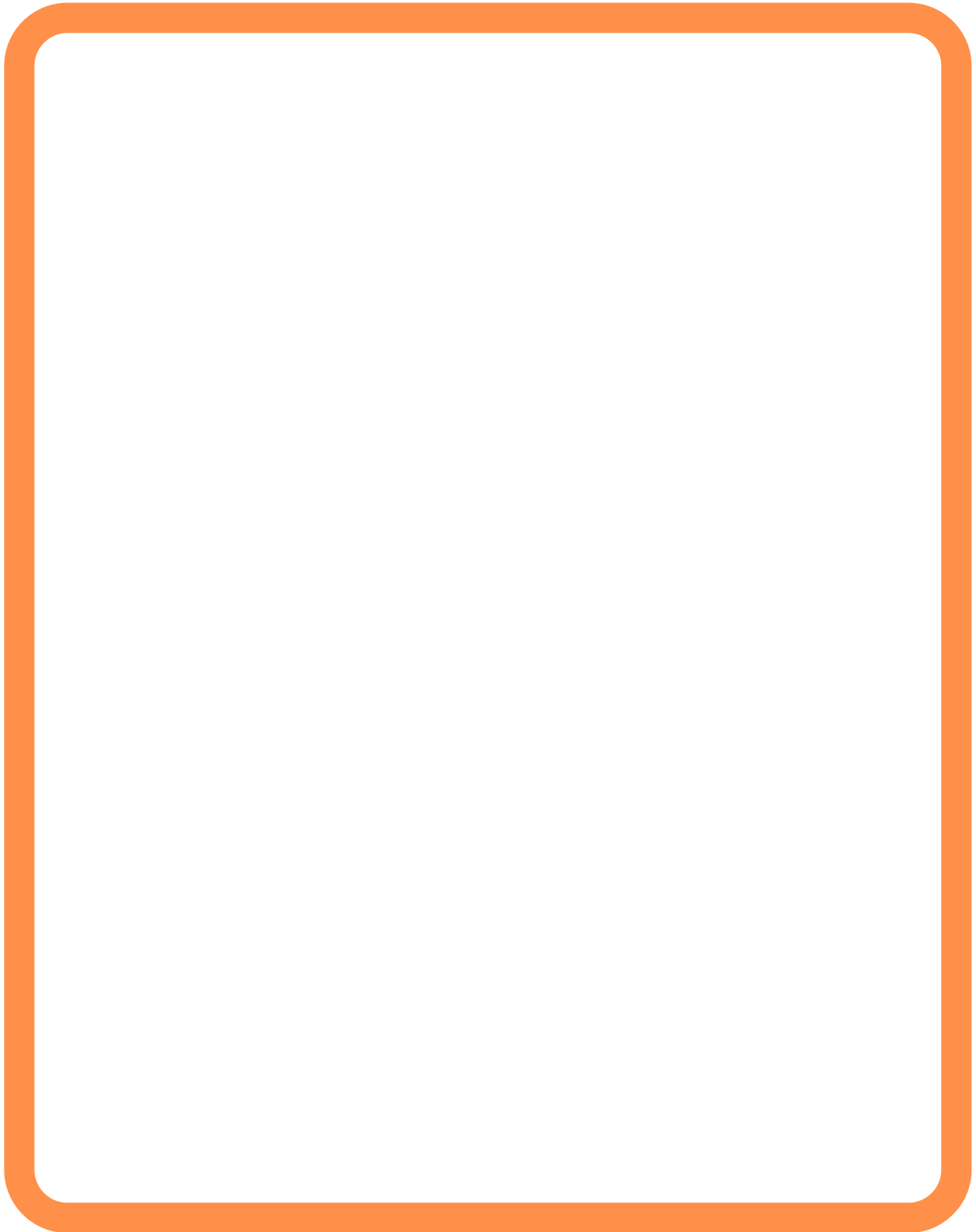|			

Step 3: Categorise them by importance

- ▶ Achievement
- ▶ Belonging
- ▶ Concern for the Environment
- ▶ Concern for Others
- ▶ Creativity
- ▶ Financial Prosperity
- ▶ Health and Activity

- ▶ Humility
- ▶ Independence
- ▶ Interdependence
- ▶ Objective Analysis
- ▶ Privacy
- ▶ Responsibility
- ▶ Spirituality

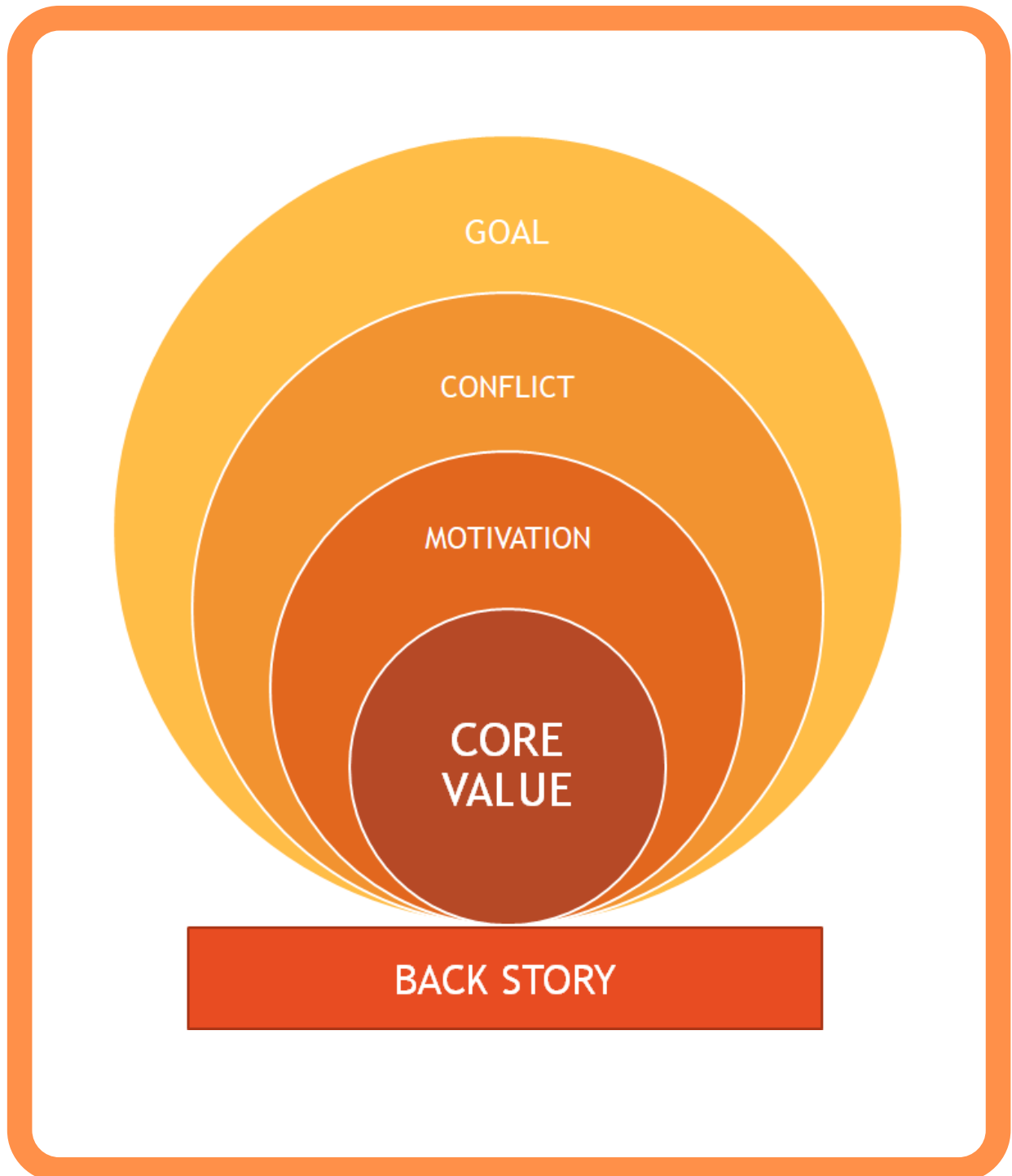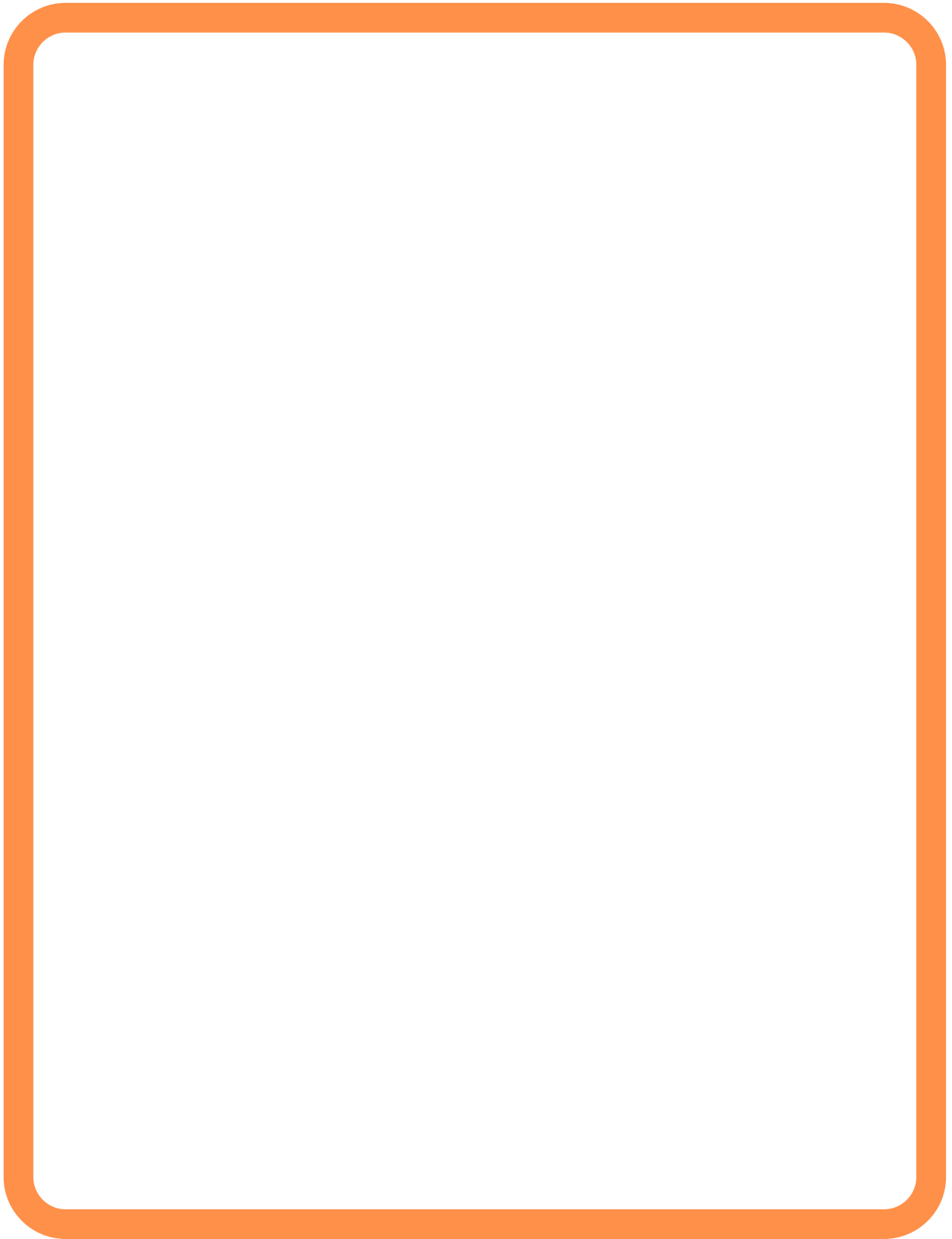| High Priority	Over-Attention	Under- Attention	Medium/Low Priority

Character Examples

General notes

Exercise 3

Think about your character and the ways their Core Values impact their behaviours and actions

GOAL
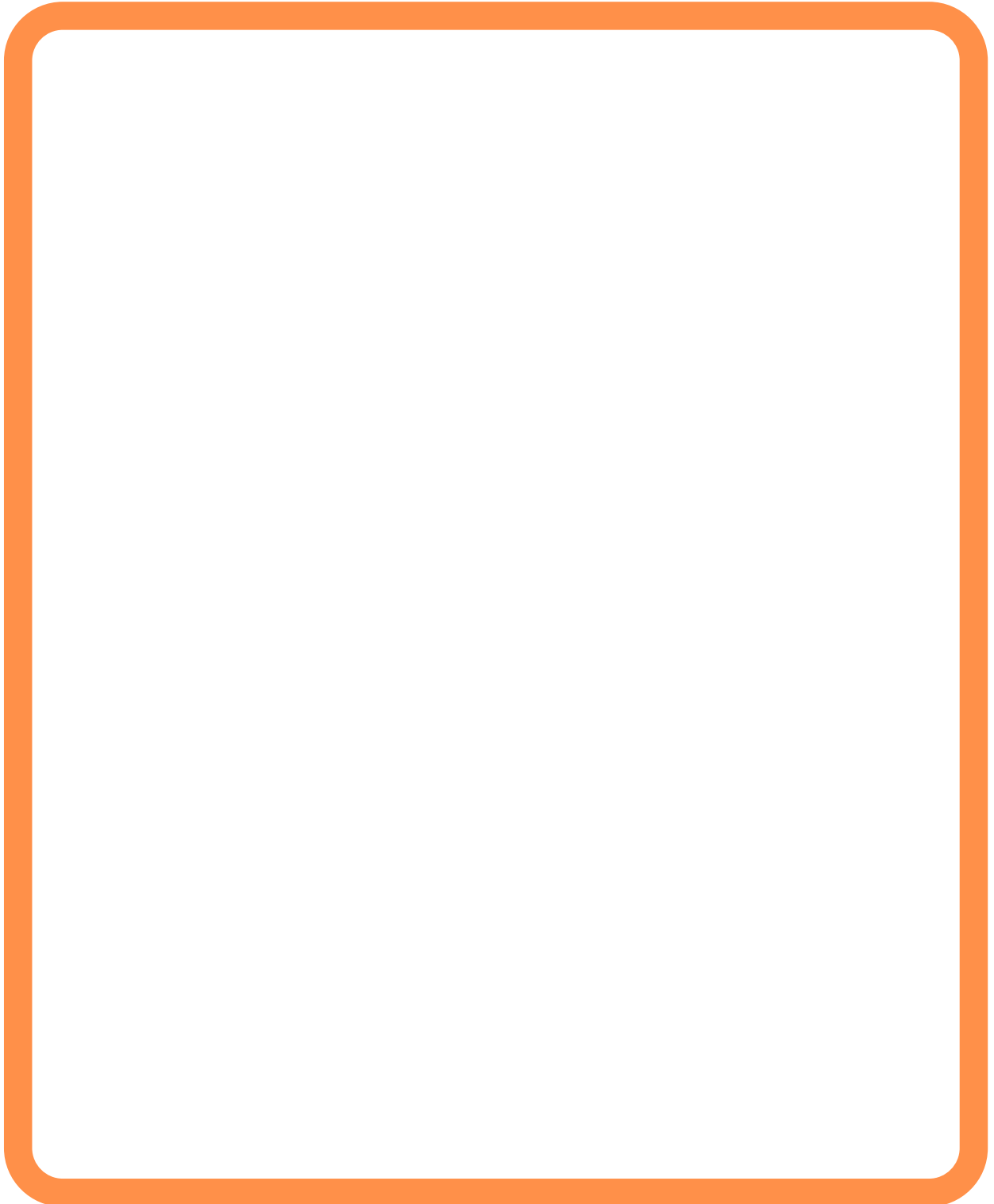
CONFLICT

MOTIVATION

CORE
VALUE

BACK STORY

Character Examples
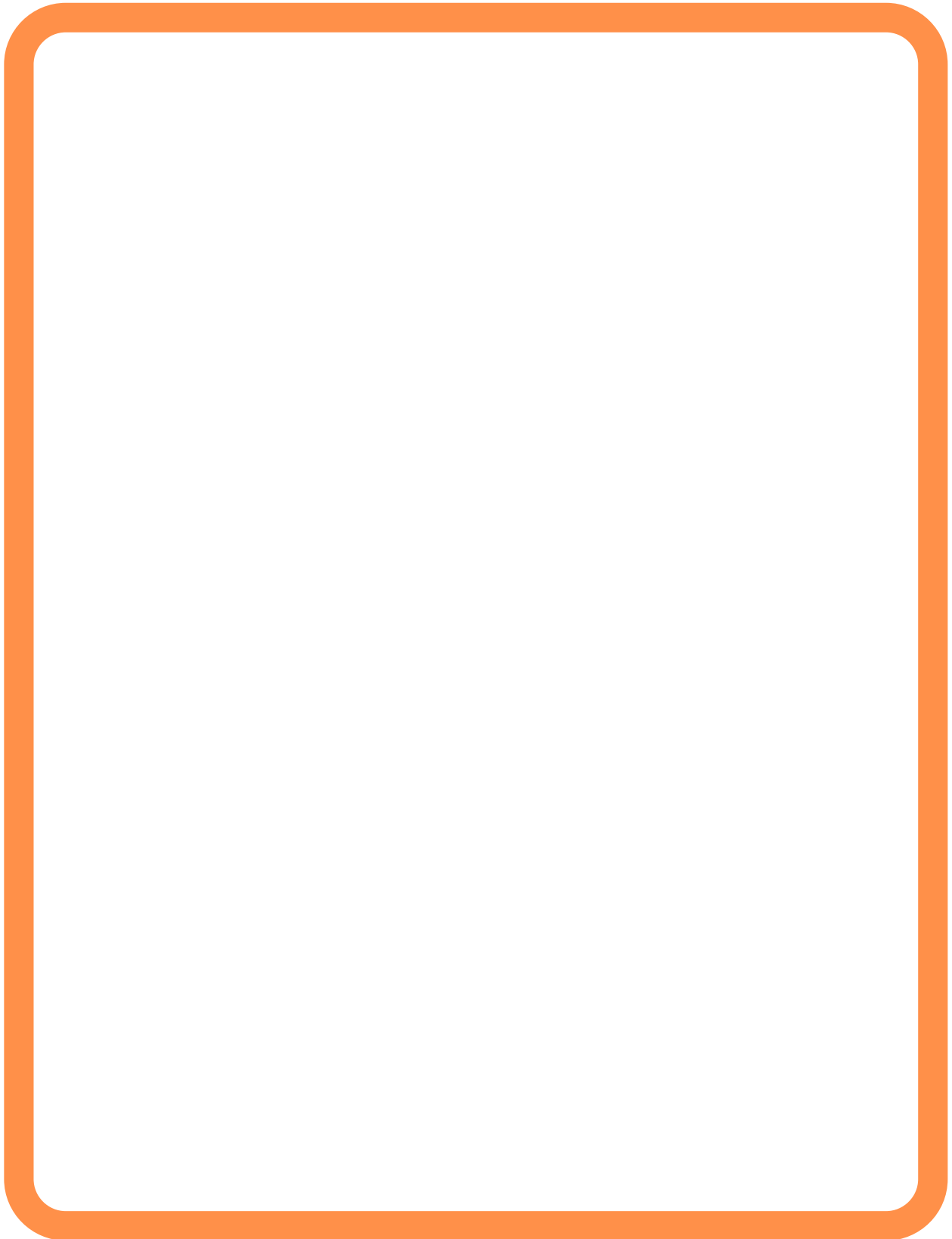
General notes

Core Values: further considerations

There are no 'right' 'wrong' or 'better' Core Values!

Character Example

General notes

Exercise 4
Time for some self-reflection!

Think about YOUR Core Values, in particularly where 'Creativity' is currently prioritised...

- ▶ Achievement
- ▶ Belonging
- ▶ Concern for the Environment
- ▶ Concern for Others
- ▶ Creativity
- ▶ Financial Prosperity
- ▶ Health and Activity

- ▶ Humility
- ▶ Independence
- ▶ Interdependence
- ▶ Objective Analysis
- ▶ Privacy
- ▶ Responsibility
- ▶ Spirituality

High Priority	Over-Attention	Under- Attention	Medium/Low Priority

Exercise 4
Self-reflection (continued)

Has this revealed anything new about yourself and your writing? Any 'a-ha' moments? Is there anything you'd like to change to bring balance?

Final thoughts...
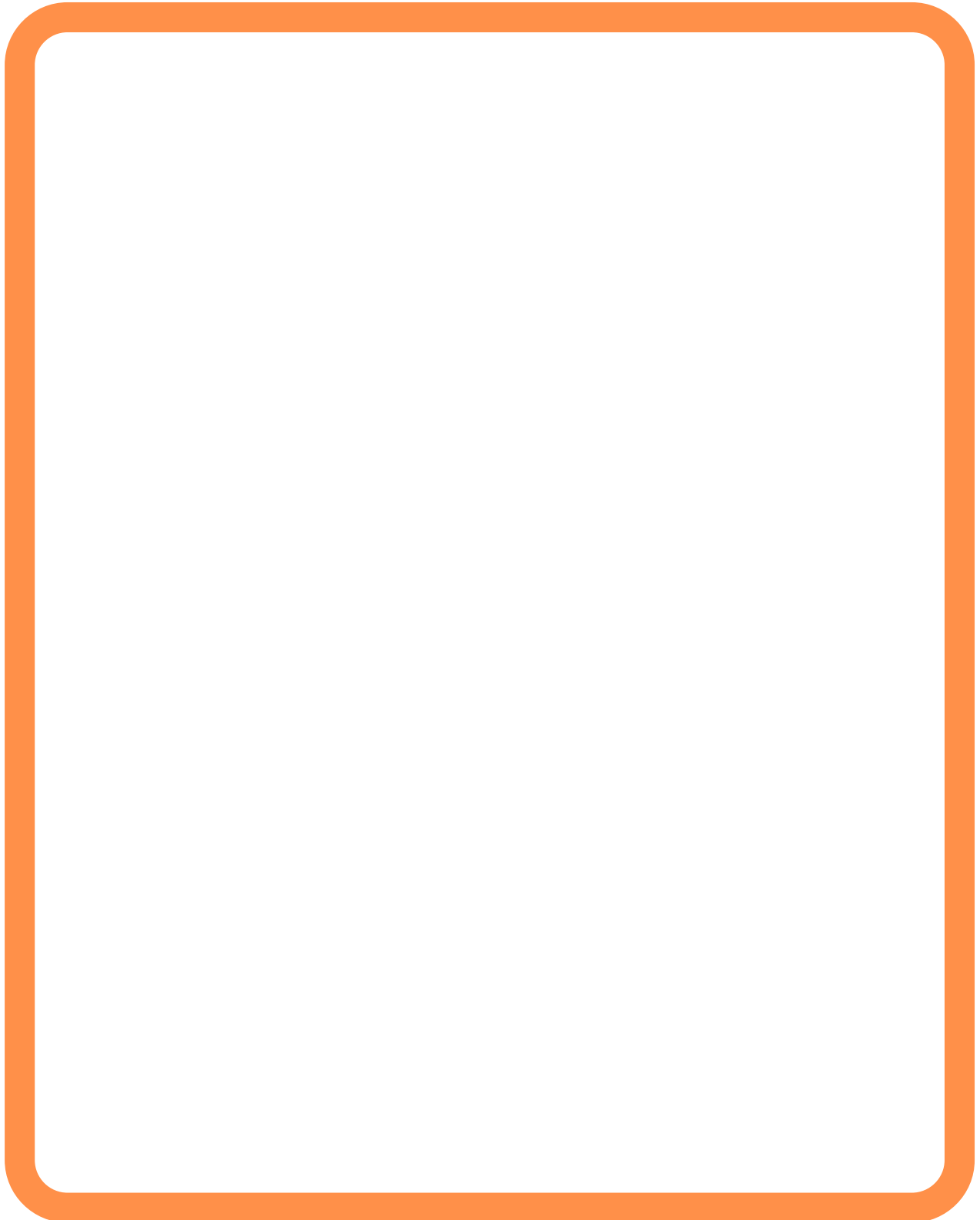
Have your expectations been met?
What have you learnt about writing, your self?

APPENDIX

Supplementary charts for reference and brainstorming

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Full list of values

Abundance	Detailed	Innovation	Rational	Warmth
Acceptance	Determined	Inquisitive	Reflective	Wealth
Accountability	Determined	Integrity	Relationships	Well-being
Achievement	Development	Intelligent	Reliable	Well-off
Activism	Devotion	Interdependence	Responsibility	Wonder
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Connection	Honourable	Personal Space	Tolerance	
Connectivity	Humble	Plenty	Traditions	
Conservation	Humility	Polite	Trustworthy	
Control	Imagination	Preservation	Truthful	
Creativity	Inclusion	Privacy	Unity	
Curiosity	Independence	Quiet	Vigour	
Dependable	Individual	Rapport	Vitality	

Core Values in categories with definitions

ACHIEVEMENT: It is important to challenge myself and work hard to improve.	BELONGING: It is important to be accepted by others and feel included.	CONCERN FOR THE ENVIRONMENT: It is important to protect and preserve the environment.
Challenge	Acceptance	Activism
Determined	Attachment	Charitable
Development	Connectivity	Conservation
Drive	Inclusion	Eco-conscious
Hard work	Loyalty	Nature
Leadership	Love	Preservation
Mastery	Rapport	Survival
Risk	Relationships	Sustainability
Success	Warmth	World Peace

CONCERN FOR OTHERS: The well-being of others and helping others is important.	CREATIVITY: It is Important to have new ideas, create new things, or be creatively expressive.	FINANCIAL PROSPERITY: It is important to be financially successful.
Caring	Curiosity	Abundance
Empathetic	Discovery	Ambitious
Helpful	Exploration	Business
Honest	Expressive	Plenty
Friendly	Imagination	Thriving
Mentor	Innovation	Security
Nurture	Inquisitive	Successful
Selfless	Originality	Well-off
Teach	Wonder	Wealth

HEALTH AND ACTIVITY: It is important to be healthy and physically active.	HUMILITY: It is important to be humble and modest about my accomplishments.	INDEPENDENCE: It is important to have a sense of autonomy with my decisions and actions.
Activity	Fair	Ambitious
Energy	Humble	Autonomy
Fitness	Modest	Capable
Lively	Noble	Control
Sporty	Obedient	Determined
Strength	Polite	Freedom
Vigour	Self-controlled	Opinionated
Vitality	Self-effacing	Self-reliant
Well-being	Quiet	Strong

INTERDEPENDENCE: It is important to have a sense of autonomy with my decisions and actions.	OBJECTIVE ANALYSIS: It is important to use logical principles to understand and solve problems.	PRIVACY: It is important for me to have time alone.
Alliance	Analytical	Alone
Community	Calm	Individual
Connection	Detailed	Introvert
Family	Factual	Personal Freedom
Friendships	Intelligent	Personal Space
Kinship	Logical	Reflective
Group Concern	Methodical	Solitude
Team player	Rational	Thoughtful
Traditions	Technical	Quiet

RESPONSIBILITY: It is important to me to be dependable and trustworthy.	SPIRITUALITY: It is important to have spiritual beliefs that reflect being part of something greater than my self.
Accountability	Altruism
Dependable	Balance
Fair	Beliefs
Integrity	Devotion
Honourable	Harmony
Logical	Peace
Reliable	Salvation
Truthful	Tolerance
Trustworthy	Unity

14 Core Values with Definitions

Achievement	It is important to challenge myself and work hard to improve.
Belonging	It is important to be accepted by others and feel included.
Concern for the Environment	It is important to protect and preserve the environment.
Concern for Others	The well-being of others and helping others is important.
Creativity	It is Important to have new ideas, create new things, or be creatively expressive.
Financial Prosperity	It is important to be financially successful.
Health and Activity	It is important to be healthy and physically active.
Humility	It is important to be humble and modest about my accomplishments.
Independence	It is important to have a sense of autonomy with my decisions and actions.
Interdependence	It is important to have a sense of autonomy with my decisions and actions.
Objective Analysis	It is important to use logical principles to understand and solve problems.
Privacy	It is important for me to have time alone.
Responsibility	It is important to me to be dependable and trustworthy.
Spirituality	It is important to have spiritual beliefs that reflect being part of something greater than my self.

Charts for Core Value sorting

Character:

Character:

Charts for Prioritising Core Values

Character:

High Priority	Over-Attention	Under- Attention	Medium/Low Priority

Character:

High Priority	Over-Attention	Under- Attention	Medium/Low Priority

Character:

Character: