

Enhanced Character Builder

Task: I want you to write a new story of your life, in one paragraph.

It will be guided with the following sub-headings so make some notes before you write this. Try to make the paragraph a description of a character in a movie about your life that is your ideal, how you would be in your finest glory.



How do you exercise?

How do you eat daily?

How does your body look and feel?

Handling lifestyle habits: Alcohol, smoking, sleep, stress

How is your energy?

How is your ability to focus?

What can you do physically/performance wise?

Character Description



Utilize the above to write a story of who you will become...

Read this back. How do you feel about this character?

What do you like your future story?