

# The Story Foundation Builder

(Writing 101: How Stories Work)

*Use this worksheet to clarify your story's foundation before outlining or drafting. Keep your answers simple and specific.*

## Part 1: Character Clarity

*Strong stories begin with clear characters.*

Character Name:

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In one sentence, who are they?

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What makes them interesting or different?

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What weakness or flaw might hold them back?

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## Part 2: Core Desire

*Desire creates direction. If the goal is unclear, the story will wander.*

At the beginning of the story, my character wants:

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They want this because:

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They believe achieving this will give them:

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Underneath that desire, they are really seeking (belonging, security, freedom, control, love, validation, safety, etc.):

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### **Part 3: Resistance**

*The stronger the resistance, the stronger the story.*

The biggest external obstacle in their way is:

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The internal obstacle that complicates things is:

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If they try and fail, what are the immediate consequences?

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If they never succeed, the worst-case outcome is:

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## Part 4: The Shift

*Stories are about transformation, not just outcomes.*

By the end of the story, this belief must change:

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This fear must be confronted:

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This truth must be accepted:

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By the end of the story, they understand:

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## Part 5: The One-Sentence Foundation

This is a story about a \_\_\_\_\_ who wants \_\_\_\_\_  
but must overcome \_\_\_\_\_ in order to \_\_\_\_\_.

### Clarity Check

Does your character clearly want something?

Is there real resistance?

Will they be different by the end?

If you hesitate on any of these, strengthen that section before moving forward.