Plot Plan 7 - How to Write a Character from Start to Finish

Summarized from Writer's Digest, February 11, 2013

http://www.writersdigest.com/online-editor/how-to-write-a-character-from-start-to-finish

Initial Condition (including the "Knot"): The thing that is wrong with your character.
Inciting Event: Something that forces your character to deal with it.
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Escalation: Make it progressively harder for your character to ignore their choices.
Moment of Truth: The hanging-in-the-balance moment when your character makes a choice.
Final State - The aftermath of that choice.