

Example
Personas List:

Relationships

Skeptic
Saboteur
Wounded Healer
Jealous One
Detective
Wounded lover
Teacher
Nurturer
People Pleaser
Invisible One
Easy Going One
Cheerleader
Giver
Empathic
Abandoned One
Orphan

Purpose Work

Procrastinator
Insecure One
Strategist
Student

View of Self

Entitled One
Unacceptable physically
Lazy One
Nice Girl
Day Dreamer
Weak One
Lonely One
Unlucky One
Flawed One
Coward
Lonely One
Responsible One
Outcast
Unlucky One
Phony
Hypocritical One
Judge
Confused

Finances

Coward
Stupid
Child
Always behind
Too late

The One who Lacks/can't handle too much
Mother figure only giving out what persona thinks I can handle
Dependent
Middle Class

Career

Stuck One
Overlooked One
Confused One
Exhausted One
Incapable One
Not enough
Undeserving One
Lost One
Bored One
Afraid of change
Doesn't know how
Stupid One
Left Behind One
Too Old One
Too Young One
Too Inexperienced One