



Directions for taking the Grit Scale:

Please respond to the following 12 items. Be honest and there are no right or wrong answers!

1. I have overcome setbacks to conquer an important challenge.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

2. New ideas and projects sometimes distract me from previous ones.*

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

3. My interests change from year to year.*

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

4. Setbacks don't discourage me.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

5. I have been obsessed with a certain idea or project for a short time but later lost interest.*

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

6. I am a hard worker.

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all



7. **I often set a goal but later choose to pursue a different one.***

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

8. **I have difficulty maintaining my focus on projects that take more than a few months to complete.***

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

9. **I finish whatever I begin.**

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

10. **I have achieved a goal that took years of work.**

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

11. **I become interested in new pursuits every few months.***

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all

12. **I am diligent.**

- Very much like me
- Mostly like me
- Somewhat like me
- Not much like me
- Not like me at all



Scoring:

1. For questions 1, 4, 6, 9, 10 and 12 assign the following points:

- 5 = Very much like me
- 4 = Mostly like me
- 3 = Somewhat like me
- 2 = Not much like me
- 1 = Not like me at all

2. For questions 2, 3, 5, 7, 8 and 11 assign the following points:

- 1 = Very much like me
- 2 = Mostly like me
- 3 = Somewhat like me
- 4 = Not much like me
- 5 = Not like me at all

Add up all the points and divide by 12.

The maximum score on this scale is 5 (extremely gritty), and the lowest score on this scale is 1 (not at all gritty).