

From “Grit: The Power of Passion and Perseverance”  
By Angela Duckworth

# The Grit Scale

<a href="#">Read more at: GetLighthouse.com/Blog</a>	Not at all like me	Not much like me	Somewhat like me	Mostly like me	Very much like me
New ideas and projects sometimes distract me from previous ones.	5	4	3	2	1
Setbacks don't discourage me. I don't give up easily.	1	2	3	4	5
I often set a goal but later choose to pursue a different one.	5	4	3	2	1
I am a hard worker.	1	2	3	4	5
I have a difficulty maintaining my focus on projects that take more than a few months to complete.	5	4	3	2	1
I finish whatever I begin.	1	2	3	4	5
My interests change from year to year.	5	4	3	2	1
I am diligent. I never give up.	1	2	3	4	5
I have been obsessed with a certain idea or project for a short time but later lost interest.	5	4	3	2	1
I have overcome setbacks to conquer an important challenge.	1	2	3	4	5