Having lived with ADHD all my life, the results I got from the Grit quiz did not surprise me in the slightest. I am extremely distractable, constantly bouncing from idea to idea, project to project, and interest to interest. Supposedly, my ENFP personality type is also partially to blame. The ENFP is known as “The Entrepreneur”, and usually has a set of core interests to bounce between. Learning to fully utilize my spikes of passion and hyper focus has become critical for me, as has finding ways to stick through a project to the end.