I scored 3.7 on the Grit test. I think this is accurate. Overall I know I’m more gritty than I was growing up. Ironically I felt like I tried more as a kid and stressed way more. As an adult I realized that I have my whole life to fill up so I should prioritize understanding and doing things right over rushing, and enjoying myself over just getting things done. Something else I’ve learned as an adult is to get comfortable being uncomfortable. As a kid worrying and anxiety stopped me from doing a lot. I have been able to do “bold” things I never would have seen myself doing because I let myself be okay feeling uncomfortable. I also persevere with things I see as out of my depth (like waitressing) more because I know I can do it and enjoy it with the right frame of mind.