

Short Grit Scale

Directions for taking the Grit Scale: Please respond to the following 8 items. Be honest – there are no right or wrong answers!

1. 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
2. Setbacks don't discourage me.
 - ☐ Very much like me
 - ☐ Mostly like me
 - ☐ Somewhat like me
 - ☐ Not much like me
 - ☐ Not like me at all
3. 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
4. I am a hard worker.
 - ☐ Very much like me
 - ☐ Mostly like me
 - ☐ Somewhat like me
 - ☐ Not much like me
 - ☐ Not like me at all
5. 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
6. 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

7. I finish whatever I begin.
- ☐ Very much like me
 - ☐ Mostly like me
 - ☐ Somewhat like me
 - ☐ Not much like me
 - ☐ Not like me at all

8. 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 2, 4, 7 and 8 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 1, 3, 5 and 6 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 8. The maximum score on this scale is 5 (extremely gritty), and the lowest score on this scale is 1 (not at all gritty).

Grit Scale citation

Duckworth, A.L., & Quinn, P.D. (2009). Development and validation of the Short Grit Scale (Grit-S). *Journal of Personality Assessment*, 91, 166-174.

<http://www.sas.upenn.edu/~duckwort/images/Duckworth%20and%20Quinn.pdf>

Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007). Grit: Perseverance and passion for long-term goals. *Journal of Personality and Social Psychology*, 9, 1087-1101.

<http://www.sas.upenn.edu/~duckwort/images/Grit%20JPSP.pdf>