

GRIT SCALE

Perseverance and Passion for Long-term Goals

Participant ID: _____

Date: _____

Age: _____

Gender: _____

Education Level: _____

INSTRUCTIONS: Please read each statement and mark the number that best describes how much each statement is like you. Think about yourself as you generally are now, not as you wish to be in the future.

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

Please answer honestly and mark only one number per statement. There are no right or wrong answers.

Response Scale: 5 = Very much like me 4 = Mostly like me 3 = Somewhat like me 2 = Not much like me 1 = Not like me at all

1. I have overcome setbacks to conquer an important challenge. ___ 5 ___ 4 ___ 3 ___ 2 ___ 1

2. New ideas and projects sometimes distract me from previous ones. ___ 5 ___ 4 ___ 3 ___ 2 ___ 1

3. My interests change from year to year. ___ 5 ___ 4 ___ 3 ___ 2 ___ 1

4. Setbacks don't discourage me. I don't give up easily. ___ 5 ___ 4 ___ 3 ___ 2 ___ 1

5. I often set a goal but later choose to pursue a different one. ___ 5 ___ 4 ___ 3 ___ 2 ___ 1

6. I have difficulty maintaining my focus on projects that take more than a few months to complete. ___ 5 ___ 4 ___ 3 ___ 2 ___ 1

7. I finish whatever I begin. ___ 5 ___ 4 ___ 3 ___ 2 ___ 1

8. I am a hard worker. ___ 5 ___ 4 ___ 3 ___ 2 ___ 1

9. I am diligent. I never give up.	___ 5	___ 4	___ 3	___ 2	___ 1
<hr/>					
10. I have been obsessed with a certain idea or project for a short time but later lost interest.	___ 5	___ 4	___ 3	___ 2	___ 1
<hr/>					
11. I work hard to achieve my goals.	___ 5	___ 4	___ 3	___ 2	___ 1
<hr/>					
12. I often find myself having difficulty sticking with long-term commitments.	___ 5	___ 4	___ 3	___ 2	___ 1
<hr/>					

FOR RESEARCH USE ONLY:

Scoring Instructions: Reverse score items 2, 3, 5, 6, 10, and 12 (1=5, 2=4, 3=3, 4=2, 5=1)

Consistency of Interest Score (items 2, 3, 5, 6, 10, 12): _____ / 30

Perseverance of Effort Score (items 1, 4, 7, 8, 9, 11): _____ / 30

Total Grit Score: _____ / 60 **Average Grit Score:** _____ / 5.0

Thank you for your participation in this research study.