

# THE ROLE OF GRIT AS A MEDIATOR IN THE RELATIONSHIP BETWEEN WISDOM AND PERMA WELL-BEING

*Research Survey*

## DEMOGRAPHIC INFORMATION

Participant Name: \_\_\_\_\_ Date: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Socio-Economic Status: \_\_\_\_\_ Upper \_\_\_\_\_ Middle \_\_\_\_\_ Lower

Area: \_\_\_\_\_ Rural \_\_\_\_\_ Urban

Education Level: \_\_\_\_\_ High School \_\_\_\_\_ Intermediate \_\_\_\_\_ Under Graduate \_\_\_\_\_ Other

**GENERAL INSTRUCTIONS:** This survey consists of three parts that measure different psychological traits. Please read each statement carefully and respond honestly. There are no right or wrong answers - we are interested in your genuine thoughts and feelings.

**Part 1:** Wisdom Assessment - 20 questions using a 5-point scale

**Part 2:** Grit Scale - 12 questions using a 5-point scale

**Part 3:** PERMA Well-being Assessment - 23 questions using a 0-10 scale

Please complete all sections and mark only one response per question. Thank you for your participation!

## PART 1: WISDOM ASSESSMENT

**Instructions:** Rate each statement on how much it describes you: 5=Very much like me, 4=Mostly like me, 3=Somewhat like me, 2=A little like me, 1=Not like me at all

<b>W1.</b> I enjoy creating things that are new and different.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W2.</b> I do not have many questions.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W3.</b> I consider the positives and negatives of every option when I am making a decision.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W4.</b> If there is a chance to learn something new, I jump right in.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W5.</b> Others tell me that I give good advice.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W6.</b> I see myself as a very creative person.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W7.</b> I am curious about how things work.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W8.</b> I carefully think about the opinions of others before I make a decision.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W9.</b> I get excited when I see there is something new to learn.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W10.</b> My friends ask for my opinion before they make an important decision.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W11.</b> I often figure out different ways of doing things.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W12.</b> I frequently ask questions.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W13.</b> I wait until I have all the facts before I make a decision.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W14.</b> I love learning about how to do different things.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W15.</b> People tell me that I am a wise person.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W16.</b> I always like to do things in different ways.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W17.</b> I am always full of questions.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W18.</b> I think about all my choices before I make a decision.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W19.</b> When I want to learn something, I try to find out everything about it.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>W20.</b> I am able to solve problems in a way that is pleasing to everyone.	___ 5	___ 4	___ 3	___ 2	___ 1

## PART 2: GRIT SCALE

**Instructions:** Rate each statement: 5=Very much like me, 4=Mostly like me, 3=Somewhat like me, 2=Not much like me, 1=Not like me at all

<b>G1.</b> I have overcome setbacks to conquer an important challenge.	___ 5	___ 4	___ 3	___ 2	___ 1
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<b>G2.</b> New ideas and projects sometimes distract me from previous ones.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>G3.</b> My interests change from year to year.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>G4.</b> Setbacks don't discourage me. I don't give up easily.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>G5.</b> I often set a goal but later choose to pursue a different one.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>G6.</b> I have difficulty maintaining my focus on projects that take more than a few months to complete.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>G7.</b> I finish whatever I begin.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>G8.</b> I am a hard worker.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>G9.</b> I am diligent. I never give up.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>G10.</b> I have been obsessed with a certain idea or project for a short time but later lost interest.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>G11.</b> I work hard to achieve my goals.	___ 5	___ 4	___ 3	___ 2	___ 1
<b>G12.</b> I often find myself having difficulty sticking with long-term commitments.	___ 5	___ 4	___ 3	___ 2	___ 1

### PART 3: PERMA WELL-BEING ASSESSMENT

**Instructions:** Rate each question on a scale from 0 to 10, where the meaning of 0 and 10 varies by question block as indicated below.

Response	0	1	2	3	4	5	6	7	8	9	10
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*0 = never, 10 = always*

**PA1.** How much of the time do you feel you are making progress towards accomplishing your goals? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PE1.** How often do you become absorbed in what you are doing? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PP1.** In general, how often do you feel joyful? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PN1.** In general, how often do you feel anxious? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PA2.** How often do you achieve the important goals you have set for yourself? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

*0 = terrible, 10 = excellent*

**PH1.** In general, how would you say your health is? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

*0 = not at all, 10 = completely*

**PM1.** In general, to what extent do you lead a purposeful and meaningful life? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PR1.** To what extent do you receive help and support from others when you need it? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PM2.** In general, to what extent do you feel that what you do in your life is valuable and worthwhile? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PE2.** In general, to what extent do you feel excited and interested in things? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PLon.** How lonely do you feel in your daily life? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

*0 = not at all, 10 = completely*

**PH2.** How satisfied are you with your current physical health? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

*0 = never, 10 = always*

**PP2.** In general, how often do you feel positive? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PN2.** In general, how often do you feel angry? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PA3.** How often are you able to handle your responsibilities? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PN3.** In general, how often do you feel sad? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PE3.** How often do you lose track of time while doing something you enjoy? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

*0 = terrible, 10 = excellent*

**PH3.** Compared to others of your same age and sex, how is your health? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

*0 = not at all, 10 = completely*

**PR2.** To what extent do you feel loved? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PM3.** To what extent do you generally feel you have a sense of direction in your life? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PR3.** How satisfied are you with your personal relationships? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

**PP3.** In general, to what extent do you feel contented? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

*0 = not at all, 10 = completely*

**Phap.** Taking all things together, how happy would you say you are? \_0 \_1 \_2 \_3 \_4 \_5 \_6 \_7 \_8 \_9 \_10

## FOR RESEARCH USE ONLY - SCORING SUMMARY:

**WISDOM SCORES:** Total: \_\_\_\_/100 | Creativity: \_\_\_\_/20 | Curiosity: \_\_\_\_/40 | Judgment: \_\_\_\_/20 | Social: \_\_\_\_/20

**GRIT SCORES:** Total: \_\_\_\_/60 | Consistency of Interest: \_\_\_\_/30 | Perseverance of Effort: \_\_\_\_/30  
Reverse score items G2, G3, G5, G6, G10, G12 for Grit calculations

**PERMA SCORES:** P (Positive): \_\_\_\_ | E (Engagement): \_\_\_\_ | R (Relationships): \_\_\_\_ | M (Meaning): \_\_\_\_  
| A (Achievement): \_\_\_\_ | Health: \_\_\_\_ | Negative Emotions: \_\_\_\_ | Loneliness: \_\_\_\_ | Overall Happiness: \_\_\_\_

Thank you for participating in this comprehensive well-being research study.