**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

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| **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

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| **W1.** I enjoy creating things that are new and different. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W2.** I do not have many questions. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W3.** I consider the positives and negatives of every option when I am making a decision. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W4.** If there is a chance to learn something new, I jump right in. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W5.** Others tell me that I give good advice. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W6.** I see myself as a very creative person. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W7.** I am curious about how things work. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W8.** I carefully think about the opinions of others before I make a decision. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W9.** I get excited when I see there is something new to learn. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W10.** My friends ask for my opinion before they make an important decision. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W11.** I often figure out different ways of doing things. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W12.** I frequently ask questions. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W13.** I wait until I have all the facts before I make a decision. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W14.** I love learning about how to do different things. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W15.** People tell me that I am a wise person. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W16.** I always like to do things in different ways. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W17.** I am always full of questions. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W18.** I think about all my choices before I make a decision. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W19.** When I want to learn something, I try to find out everything about it. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **W20.** 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

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| **G1.** I have overcome setbacks to conquer an important challenge. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **G2.** New ideas and projects sometimes distract me from previous ones. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **G3.** My interests change from year to year. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **G4.** Setbacks don't discourage me. I don't give up easily. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **G5.** I often set a goal but later choose to pursue a different one. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **G6.** I have difficulty maintaining my focus on projects that take more than a few months to complete. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **G7.** I finish whatever I begin. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **G8.** I am a hard worker. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **G9.** I am diligent. I never give up. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **G10.** I have been obsessed with a certain idea or project for a short time but later lost interest. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **G11.** I work hard to achieve my goals. | **☐ 5 ☐ 4 ☐ 3 ☐ 2 ☐ 1** |

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| **G12.** 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

*0 = never, 10 = always*

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| **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** |

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| **PE1.** How often do you become absorbed in what you are doing? | **☐0 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10** |

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| **PP1.** In general, how often do you feel joyful? | **☐0 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10** |

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| **PN1.** In general, how often do you feel anxious? | **☐0 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10** |

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| **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*

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| **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*

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| **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** |

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| **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** |

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| **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** |

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| **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** |

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| **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*

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| **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*

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| **PP2.** In general, how often do you feel positive? | **☐0 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10** |

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| **PN2.** In general, how often do you feel angry? | **☐0 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10** |

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| **PA3.** How often are you able to handle your responsibilities? | **☐0 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10** |

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| **PN3.** In general, how often do you feel sad? | **☐0 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10** |

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| **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*

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| **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*

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| **PR2.** To what extent do you feel loved? | **☐0 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10** |

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| **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** |

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| **PR3.** How satisfied are you with your personal relationships? | **☐0 ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8 ☐9 ☐10** |

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| **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*

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| **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.*