**Science of Success: How Conscientious and Gritty Are You?**

Answering these fourteen questions will help you assess how conscientious and gritty you are. This assessment will be most useful if you answer the questions yourself, ask others to rate you, and then assess whether your perceptions match others’ perceptions of you.

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|  | Hardly ever true of me |  |  |  | Almost always true of me |
| 1. I strive for excellence |  |  |  |  |  |
| 1. I work very hard |  |  |  |  |  |
| 1. I am self-motivated |  |  |  |  |  |
| 1. I am self-disciplined |  |  |  |  |  |
| 1. I persevere until a job is completed |  |  |  |  |  |
| 1. Others can count on me to come through on my commitments. |  |  |  |  |  |
| 1. I am organized |  |  |  |  |  |
| 1. I am thorough and detail-oriented |  |  |  |  |  |
| 1. I create systematic plans for achieving my goals |  |  |  |  |  |
| 1. I create back-up plans |  |  |  |  |  |
| 1. I follow organizational and social rules. |  |  |  |  |  |
| 1. I do what’s right, not what’s easy. |  |  |  |  |  |
| **Additional Grit Questions** |  |  |  |  |  |
| 1. I have a passion for a single long-term goal |  |  |  |  |  |
| 1. Nothing will stop me from trying to achieve this goal |  |  |  |  |  |

1. Are there some areas in which you are more conscientious than others?
2. Are there some areas in which you grittier than others?
3. Are there gaps between how you see yourself and how others see you?
4. What is the most important action you can take to become more conscientious?
5. What is the most important action you can take to become grittier?