

## GRIT

To calculate your total grit score, add up all the points for the boxes you checked and divide by 10. The maximum score on this scale is 5 (extremely gritty), and the lowest possible score is 1 (not at all gritty).

You can use the chart below to see how your scores compare to a large sample of American adults.\*

Percentile	Grit Score
10%	2.5
20%	3.0
30%	3.3
40%	3.5
50%	3.8
60%	3.9
70%	4.1
80%	4.3
90%	4.5
95%	4.7
99%	4.9

Keep in mind that your score is a reflection of how you see yourself right now. How gritty you are at this point in your life might be different from how gritty you were when you were younger. And if you take the Grit Scale again later, you might get a different score. As this book will continue to show, there is every reason to believe that grit can change.

Grit has two components: passion and perseverance. If you want to dig a little deeper, you can calculate separate scores for each component: For your passion score, add up your points for the odd-numbered

\* If, for example, you scored 4.1, you're grittier than about 70 percent of the adults in our sample.

## HOW GRITTY ARE YOU?

items and divide by 5. For your perseverance score, add up your points for the even-numbered items and divide by 5.

If you scored high on passion, you probably scored high on perseverance, too. And vice versa. Still, I'll take a guess that your perseverance score is a wee bit higher than your passion score. This isn't true for all people, but it's true for most people I've studied. For instance, I took the scale while writing this chapter, and I scored 4.6 overall. My perseverance score was 5.0, and my passion score was only 4.2. Strange as it sounds, staying focused on consistent goals over time is more of a struggle for me than working hard and bouncing back from setbacks.

This consistent pattern—perseverance scores more often topping passion scores—is a clue that passion and perseverance aren't exactly the same thing. In the rest of this chapter, I'll explain how they differ and show how to understand them as two parts of a whole.

While taking the Grit Scale, you might have noticed that none of the passion questions asked how *intensely* you're committed to your goals. This may seem odd, because the word *passion* is often used to describe intense emotions. For a lot of people, passion is synonymous with infatuation or obsession. But in interviews about what it takes to succeed, high achievers often talk about commitment of a different kind. Rather than intensity, what comes up again and again in their remarks is the idea of *consistency over time*.

For instance, I've heard of chefs who grew up watching Julia Child on television and remained fascinated with cooking into adulthood. I've heard of investors whose curiosity about the financial markets is as keen in their fourth or fifth decade of investing as it was on their very first day of trading. I've heard of mathematicians who work on a problem—the *same* problem—day and night for years, without once deciding, "Oh, to heck with this theorem! I'm moving on to something