

Angela Duckworth

Grit Scale

Here are a number of statements that may or may not apply to you. There are no right or wrong answers, so just answer honestly, considering how you compare to most people. At the end, you'll get a score that reflects how passionate and persevering you see yourself to be.

1. New ideas and projects sometimes distract me from previous ones.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

2. Setbacks don't discourage me. I don't give up easily.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

3. I often set a goal but later choose to pursue a different one.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

4. I am a hard worker.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me

- ☐ Not much like me
- ☐ Not like me at all

5. I have difficulty maintaining my focus on projects that take more than a few months to complete.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

6. I finish whatever I begin.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

7. My interests change from year to year.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

8. I am diligent. I never give up.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

9. I have been obsessed with a certain idea or project for a short time but later lost interest.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

10. I have overcome setbacks to conquer an important challenge.

- ☐ Very much like me
- ☐ Mostly like me
- ☐ Somewhat like me
- ☐ Not much like me
- ☐ Not like me at all

GET YOUR SCORE