

## 12- Item Grit Scale

*Directions for taking the Grit Scale: Here are a number of statements that may or may not apply to you. For the most accurate score, when responding, think of how you compare to most people -- not just the people you know well, but most people in the world. There are no right or wrong answers, so just answer honestly!*

1. 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

2. 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

3. 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

4. Setbacks don't discourage me.

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

5. 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

6. I am a hard worker.

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

7. 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

8. 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

9. I finish whatever I begin.

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

10. I have achieved a goal that took years of work.

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

11. I become interested in new pursuits every few months.\*

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

12. I am diligent.

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

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Scoring:

1. For questions 1, 4, 6, 9, 10 and 12 assign the following points:  
5 = Very much like me  
4 = Mostly like me  
3 = Somewhat like me  
2 = Not much like me  
1 = Not like me at all
2. For questions 2, 3, 5, 7, 8 and 11 assign the following points:  
1 = Very much like me  
2 = Mostly like me  
3 = Somewhat like me  
4 = Not much like me  
5 = Not like me at all

Add up all the points and divide by 12. The maximum score on this scale is 5 (extremely gritty), and the lowest score on this scale is 1 (not at all gritty).

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Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007). Grit: Perseverance and passion for long-term goals. *Journal of Personality and Social Psychology*, 9, 1087-1101.