

12- Item Grit Scale

Directions for taking the Grit Scale: Please respond to the following 12 items. Be honest – there are no right or wrong answers!

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

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).

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.