

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.