

Grit Scale

Directions for taking the Grit Scale: Please respond to the following 17 items. Be honest – there are no right or wrong answers!

1. I aim to be the best in the world at what I do.
 - Very much like me
 - Mostly like me
 - Somewhat like me
 - Not much like me
 - Not like me at all

2. 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

3. 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

4. I am ambitious.
 - Very much like me
 - Mostly like me
 - Somewhat like me
 - Not much like me
 - Not like me at all

5. 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

6. Setbacks don't discourage me.
 - Very much like me
 - Mostly like me
 - Somewhat like me
 - Not much like me
 - Not like me at all

7. 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

8. I am a hard worker.

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

9. 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

10. 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

11. I finish whatever I begin.

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

12. Achieving something of lasting importance is the highest goal in life.

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

13. I think achievement is overrated.

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

14. 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

15. I am driven to succeed.

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

16. 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

17. I am diligent.

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

Directions for scoring the Grit Scale

For questions 1, 2, 4, 6, 8, 11, 12, 14, 15, and 17, assign the following points:

- 5 = Very much like me
- 4 = Mostly like me
- 3 = Somewhat like me
- 2 = Not much at all like me
- 1 = Not like me at all

For questions 3, 5, 7, 9, 10, 13, and 16, assign the following points:

- 1 = Very much like me
- 2 = Mostly like me
- 3 = Somewhat like me
- 4 = Not much at all like me
- 5 = Not like me at all

Grit is calculated as the average score for items 2, 3, 5, 6, 7, 8, 9, 10, 11, 14, 16, and 17. The Consistency of Interest subscale is calculated as the average score for items 3, 5, 7, 9, 10, and 16. The Perseverance of Effort subscale is calculated as the average score for items 2, 6, 8, 11, 14, and 17.

The Brief Grit Scale score is calculated as the average score for items 3, 6, 7, 8, 9, 10, 11, and 17.

Ambition is calculated as the average score for items 1, 4, 12, 13, and 15.

Grit Scale citation

Duckworth, A.L., & Quinn, P.D. (2009). Development and validation of the Short Grit Scale (Grit-S). *Journal of Personality Assessment, 91*, 166-174.

<http://www.sas.upenn.edu/~duckwort/images/Duckworth%20and%20Quinn.pdf>

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.