

## 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

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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.