

THE GRIT SCALE

The Grit Scale assesses a person's level of grit, which refers to one's passion and perseverance for long-term goals. Grit is an aspect of character that is related to long-term success and the achievement of goals.

INSTRUCTIONS FOR SCORING

Items 3, 5, 7, 9, 10, 13, and 16 are reversed scored. For example, if you scored a '7', give yourself a '1'. If you scored a '6', give yourself a '2'.

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.

KEY REFERENCE

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

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.

TIME TAKEN TO COMPLETE

5 minutes

THE GRIT SCALE

Please respond to the following 17 items using the 1-5 scale below. Be honest - there are no right or wrong answers!

5 = Very much like me

4 = Mostly like me

3 = Somewhat like me

2 = Not much like me

1 = Not like me at all

_____ I aim to be the best in the world at what I do.

_____ I have overcome setbacks to conquer an important challenge.

_____ New ideas and projects sometimes distract me from previous ones.

_____ I am ambitious.

_____ My interests change from year to year.

_____ Setbacks don't discourage me.

_____ I have been obsessed with a certain idea or project for a short time but later lost interest.

_____ I am a hard worker.

_____ I often set a goal but later choose to pursue a different one.

_____ I have difficulty maintaining my focus on projects that take more than a few months to complete.

_____ I finish whatever I begin.

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

_____ I think achievement is overrated.

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

_____ I am driven to succeed.

_____ I become interested in new pursuits every few months.

_____ I am diligent.

_____ **Grit**

_____ **Perseverance of Effort**

_____ **Ambition**

_____ **Consistency of Interest**

_____ **Brief Grit Scale**