GRIT Questionnaire

Directions for taking the Grit Scale: Here are a number of statements that may or may not apply to you. For the most accurate score, when responding, think of how you compare to most people -- not just the people you know well, but most people in the world. There are no right or wrong answers, so just answer honestly!

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

My GRIT Score: ____

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: (the ones with a *)

   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 scale on this scale is 1 (not at all gritty).