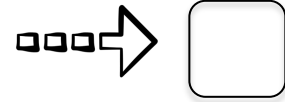


# GRIT Questionnaire

*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!*

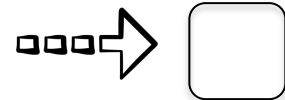
## 1. I have overcome setbacks to conquer an important challenge.

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



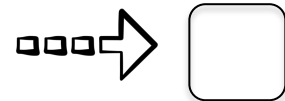
## 2. New ideas and projects sometimes distract me from previous ones.\*

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



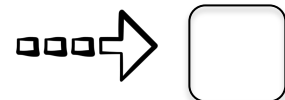
## 3. My interests change from year to year.\*

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



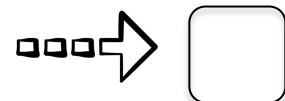
## 4. Setbacks don't discourage me.

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



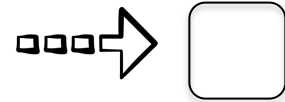
## 5. I have been obsessed with a certain idea or project for a short time but later lost interest.\*

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



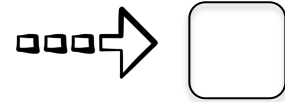
**6. I am a hard worker.**

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



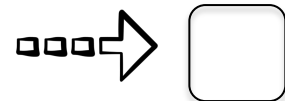
**7. I often set a goal but later choose to pursue a different one.\***

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



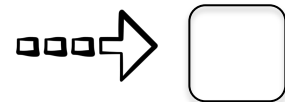
**8. I have difficulty maintaining my focus on projects that take more than a few months to complete.\***

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



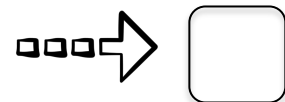
**9. I finish whatever I begin.**

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



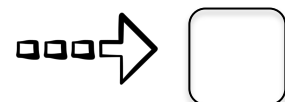
**10. I have achieved a goal that took years of work.**

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



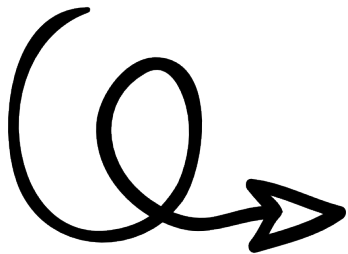
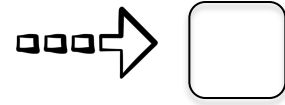
**11. I become interested in new pursuits every few months.\***

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