8- Item Grit Scale

Directions for taking the Grit Scale: Please respond to the following 8 items. Be honest – there are no right or wrong answers!

- 1. 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

2. Setbacks (delays and obstacles) don't discourage me. I bounce back from disappointments faster than most people.

- □ Very much like me
- □ Mostly like me
- □ Somewhat like me
- □ Not much like me
- □ Not like me at all
- 3. 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
- 4. I am a hard worker.
 - □ Very much like me
 - □ Mostly like me
 - □ Somewhat like me
 - □ Not much like me
 - □ Not like me at all
- 5. I often set a goal but later choose to pursue (follow) a different one. *
 - □ Very much like me
 - □ Mostly like me
 - □ Somewhat like me
 - □ Not much like me
 - □ Not like me at all

6. I have difficulty maintaining (keeping) 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

7. I finish whatever I begin.

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

8. I am diligent (hard working and careful).

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

Scoring:

- 1. For questions 2, 4, 7 and 8 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 1, 3, 5 and 6 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 8. The maximum score on this scale is 5 (extremely gritty), and the lowest scale on this scale is 1 (not at all gritty).

Duckworth, A.L, & Quinn, P.D. (2009). Development and validation of the Short Grit Scale (GritS). 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. http://www.sas.upenn.edu/~duckwort/images/Grit%20JPSP.pdf Do not duplicate or distribute without the consent of the author.