

HOW GRITTY ARE YOU?

Select one answer for each item. Don't overthink the questions. Go with your first answer.

	Not at all like me	Not much like me	Some-what like me	Mostly like me	Very much like me
1. New ideas and projects sometimes distract me from previous ones.	5	4	3	2	1
2. Setbacks don't discourage me. I don't give up easily.	1	2	3	4	5
3. I often set a goal but later choose to pursue a different one.	5	4	3	2	1
4. I am a hard worker	1	2	3	4	5
5. I have difficulty maintaining my focus on projects that take more than a few months to complete.	5	4	3	2	1
6. I finish whatever I begin.	1	2	3	4	5
7. My interests change from year to year.	5	4	3	2	1
8. I am diligent. I never give up.	1	2	3	4	5
9. I have been obsessed with a certain idea or project for a short time but later lost interest.	5	4	3	2	1
10. I have overcome setbacks to conquer an important challenge.	1	2	3	4	5

*The **two big ideas** about grit that have made Duckworth famous are first, that it predicts success more reliably than talent or I.Q.; and second, that anyone, man or woman, adult or child, can learn to be gritty. What does this mean as we work with our students?*

HOW TO SCORE THIS QUIZ?

To calculate your **total grit score**, add up all the points for the boxes you checked and divide by 10. The maximum score on this scale is 5 (extremely gritty), and the lowest possible score is 1 (not at all gritty).

Keep in mind that your score is a reflection of how you see yourself right now. How gritty you are at this point in your life might be different from how gritty you were when you were younger. And if you take the Grit Scale again later, you might get a different score.

Grit has two components: passion and perseverance. If you want to dig a little deeper, you can calculate separate scores for each component:

For your **passion** score, add up your points for the **odd**-numbered items and divide by 5.

For your **perseverance** score, add up your points for the **even**-numbered items and divide by 5.