

## Short 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 don't discourage me.
  - 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 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 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.

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

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

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**Grit Scale Citation**

Duckworth, A.L., & Quinn, P.D. (2009). Development and validation of the Short Grit Scale (Grit-S). *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.