

Grit Scale

Duckworth, A. L., & Quinn, P. D. (2009). Development and validation of the Short Grit Scale (Grit-S). *Journal of Personality Assessment*, 91, 166-174.

Eight items are assessed using a Likert-like scale (1 = Not like me at all, 5 = Very much like me).

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.
2. Setbacks don't discourage me
3. I have been obsessed with a certain idea or project for a short time but later lost interest.
4. I am a hard worker.
5. I often set a goal but later choose to pursue a different one.
6. I have difficulty maintaining my focus on projects that take more than a few months to complete.
7. I finish whatever I begin.
8. I am diligent.

Scoring:

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

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).

