

## 10-Item Self-Scoring Grit Scale

First, please read the following 10 statements and for each, check the box that best represents you.

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

Next, add up all the points for the checked boxes and divide by 10. The maximum score on this scale is 5 (extremely gritty), and the lowest scale on this scale is 1 (not at all gritty).

Finally, turn the page to compare your score to a large sample of American adults.

## How do you compare?

Percentile	Men	Women
10	2.5	2.5
20	2.8	2.8
30	3.0	3.1
40	3.2	3.2
50	3.3	3.5
60	3.5	3.6
70	3.7	3.8
80	3.9	4.0
90	4.2	4.2
100	5.0	5.0