

The Grit Test

1) New ideas and projects sometimes distract me from previous ones.

- (1) Very much like me
- (2) Mostly like me
- (3) Somewhat like me
- (4) Not much like me
- (5) Not like me at all

2) Setbacks don't discourage me.

- (5) Very much like me
- (4) Mostly like me
- (3) Somewhat like me
- (2) Not much like me
- (1) Not like me at all

3) I have been obsessed with a certain idea or project for a short time but later lost interest.

- (1) Very much like me
- (2) Mostly like me
- (3) Somewhat like me
- (4) Not much like me
- (5) Not like me at all

4) I am a hard worker.

- (5) Very much like me
- (4) Mostly like me
- (3) Somewhat like me
- (2) Not much like me
- (1) Not like me at all

5) I often set a goal but later choose to pursue a different one.

- (1) Very much like me
- (2) Mostly like me
- (3) Somewhat like me
- (4) Not much like me
- (5) Not like me at all

6) I have difficulty maintaining my focus on projects that take more than a few months to complete.

- (1) Very much like me
- (2) Mostly like me
- (3) Somewhat like me
- (4) Not much like me
- (5) Not like me at all

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7) I finish whatever I begin.

- (5) Very much like me
- (4) Mostly like me
- (3) Somewhat like me
- (2) Not much like me
- (1) Not like me at all

8) I am diligent.

- (5) Very much like me
- (4) Mostly like me
- (3) Somewhat like me
- (2) Not much like me
- (1) Not like me at all

9) My interests change from year to year.

- (1) Very much like me
- (2) Mostly like me
- (3) Somewhat like me
- (4) Not much like me
- (5) Not like me at all

10) I have achieved a goal that took two years of work.

- (5) Very much like me
- (4) Mostly like me
- (3) Somewhat like me
- (2) Not much like me
- (1) Not like me at all

11) I become interested in new pursuits every few months.

- (1) Very much like me
- (2) Mostly like me
- (3) Somewhat like me
- (4) Not much like me
- (5) Not like me at all

12) I have overcome setbacks to conquer an important challenge.

- (5) Very much like me
- (4) Mostly like me
- (3) Somewhat like me
- (2) Not much like me
- (1) Not like me at all

To score - add up items 1-12 and Divide by 12

Scale 1 (not gritty) - 5 (extremely gritty)

Total = _____