

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

5	4	3	2	1
Not at all like me	Not much like me	Somewhat like me	Very much like me	Very much like me

2. Setbacks don't discourage me. I don't give up easily.

1	2	3	4	5
Not at all like me	Not much like me	Somewhat like me	Very much like me	Very much like me

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

5	4	3	2	1
Not at all like me	Not much like me	Somewhat like me	Very much like me	Very much like me

4. I am a hard worker.

1	2	3	4	5
Not at all like me	Not much like me	Somewhat like me	Very much like me	Very much like me

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

5	4	3	2	1T
Not at all like me	Not much like me	Somewhat like me	Very much like me	Very much like me

6. I finish whatever I begin.

1	2	3	4	5
Not at all like me	Not much like me	Somewhat like me	Very much like me	Very much like me

7. My interests change from year to year.

5	4	3	2	1
Not at all like me	Not much like me	Somewhat like me	Very much like me	Very much like me

8. I am diligent. I never give up.

1	2	3	4	5
Not at all like me	Not much like me	Somewhat like me	Very much like me	Very much like me

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

5	4	3	2	1
Not at all like me	Not much like me	Somewhat like me	Very much like me	Very much like me

10. I have overcome setbacks to conquer an important challenge.

1	2	3	4	5
Not at all like me	Not much like me	Somewhat like me	Very much like me	Very much like me

Percentile

Grit Score

10%	2.5
20%	3.0
30%	3.3
40%	3.5
50%	3.8
60%	3.9
70%	4.1
80%	4.3
95%	4.5
99%	4.7

Scoring the Grit Assessment

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). You can use the chart below to see how your scores compare to a large sample of American adults.