**10 Item Self Scoring Grit Scale**

Please read the following 10 statements and 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 and 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 a 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 on this scale is 1 (not at all gritty).