

12-Item Grit Scale*



Instructions for taking the grit test:

Answer each question honestly, and give yourself the corresponding score for that response. Keep track of your total score in the column on the far right. Your individual grit score will be the average of your responses to each question (somewhere between 1 and 5, with 1 being not at all gritty and 5 being extremely gritty). Tab two in the excel chart provides a scoring “cheat sheet” so you don’t have to do the math.

Question		Question Score	Total Score
1. I have overcome setbacks to conquer an important challenge.	Score		
Very much like me	5		
Mostly like me	4		
Somewhat like me	3		
Not much like me	2		
Not like me at all	1		
2. New ideas and projects sometimes distract me from previous ones.*	Score		
Very much like me	1		
Mostly like me	2		
Somewhat like me	3		
Not much like me	4		
Not like me at all	5		
3. My interests change from year to year.*	Score		
Very much like me	1		
Mostly like me	2		
Somewhat like me	3		
Not much like me	4		
Not like me at all	5		
4. Setbacks don’t discourage me.	Score		
Very much like me	5		
Mostly like me	4		
Somewhat like me	3		
Not much like me	2		
Not like me at all	1		

*The Grit Scale was developed by Duckworth, A.L., Peterson, C., Matthews, M.D., Kelly, D.R. (2007). Journal of Personality and Social Psychology, 9, 1087-1101.

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Question	Question Score	Total Score
5. I have been obsessed with a certain idea or project for a short time but later lost interest.*	Score	
Very much like me	1	
Mostly like me	2	
Somewhat like me	3	
Not much like me	4	
Not like me at all	5	
6. I am a hard worker.	Score	
Very much like me	5	
Mostly like me	4	
Somewhat like me	3	
Not much like me	2	
Not like me at all	1	
7. I often set a goal but later choose to pursue a different one.*	Score	
Very much like me	1	
Mostly like me	2	
Somewhat like me	3	
Not much like me	4	
Not like me at all	5	
8. I have difficulty maintaining my focus on projects that take more than a few months to complete.*	Score	
Very much like me	1	
Mostly like me	2	
Somewhat like me	3	
Not much like me	4	
Not like me at all	5	
9. I finish whatever I begin.	Score	
Very much like me	5	
Mostly like me	4	
Somewhat like me	3	
Not much like me	2	
Not like me at all	1	

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Question		Question Score	Total Score
10. I have achieved a goal that took years of work.	Score		
Very much like me	5		
Mostly like me	4		
Somewhat like me	3		
Not much like me	2		
Not like me at all	1		
11. I become interested in new pursuits every few months.*	Score		
Very much like me	1		
Mostly like me	2		
Somewhat like me	3		
Not much like me	4		
Not like me at all	5		
12. I am diligent.	Score		
Very much like me	5		
Mostly like me	4		
Somewhat like me	3		
Not much like me	2		
Not like me at all	1		

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Grit Scale Scoring Cheat Sheet

Total Score	My Grit Score
12	1.00
13	1.08
14	1.17
15	1.25
16	1.33
17	1.42
18	1.50
19	1.58
20	1.67
21	1.75
22	1.83
23	1.92
24	2.00
25	2.08
26	2.17
27	2.25
28	2.33
29	2.42
30	2.50
31	2.58
32	2.67
33	2.75
34	2.83
35	2.92
36	3.00
37	3.08
38	3.17
39	3.25
40	3.33
41	3.42
42	3.50
43	3.58
44	3.67
45	3.75
46	3.83
47	3.92
48	4.00
49	4.08
50	4.17
51	4.25
52	4.33
53	4.42
54	4.50
55	4.58
56	4.67
57	4.75
58	4.83
59	4.92
60	5.00