

# Duckworth Grit Scale

Directions for taking the Grit Scale: Please respond to the following 10 items. Be honest – there are no right or wrong answers and don't overthink it...

Grit Scale					
	Not at all like me	Not much like me	Somewhat like me	Mostly like me	Very much like me
New ideas and projects sometimes distract me from previous ones.	5	4	3	2	1
Setbacks don't discourage me. I don't give up easily.	1	2	3	4	5
I often set a goal but later choose to pursue a different one.	5	4	3	2	1
I am a hard worker.	1	2	3	4	5
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
My interests change from year to year.	5	4	3	2	1
I am diligent. I never give up.	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
I have overcome setbacks to conquer an important challenge.	1	2	3	4	5

### Now the Math

- **Add up the sum total of your scores**
- **Now divide that by ten (10)**
- **In the chart below you can see where you sit in relation to a large sample of study participants**

Sum Total	Divided by 10	Equals
	/ 10	=
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	
90%	4.5	
95%	4.7	
99%	4.9	

### Interpretation

- **Your percentile score gives you an indication what your level of ‘grit’ is in comparison to the sample study group.**
- **For example, you scored 4.1, you’re ‘grittier’ then 70% of the adult sample group.**

**Source:**

Duckworth, A.L., & Quinn, P.D. (2009). Development and validation of the Short Grit Scale (Grit- S). *Journal of Personality Assessment, 91*, 166-174. <http://www.sas.upenn.edu/~duckwort/images/Duckworth%20and%20Quinn.pdf>

Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007). Grit: Perseverance and passion for long-term goals. *Journal of Personality and Social Psychology, 9*, 1087-1101. <http://www.sas.upenn.edu/~duckwort/images/Grit%20JPSP.pdf>