

Angela Duckworth's

How Gritty Are You?

	Not at all like me	Not much like me	Somewh at 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.	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

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).

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

Angela Duckworth - If, for example, you scored 4.1, you're grittier than about 70% of the adults in our sample. Pg. 56