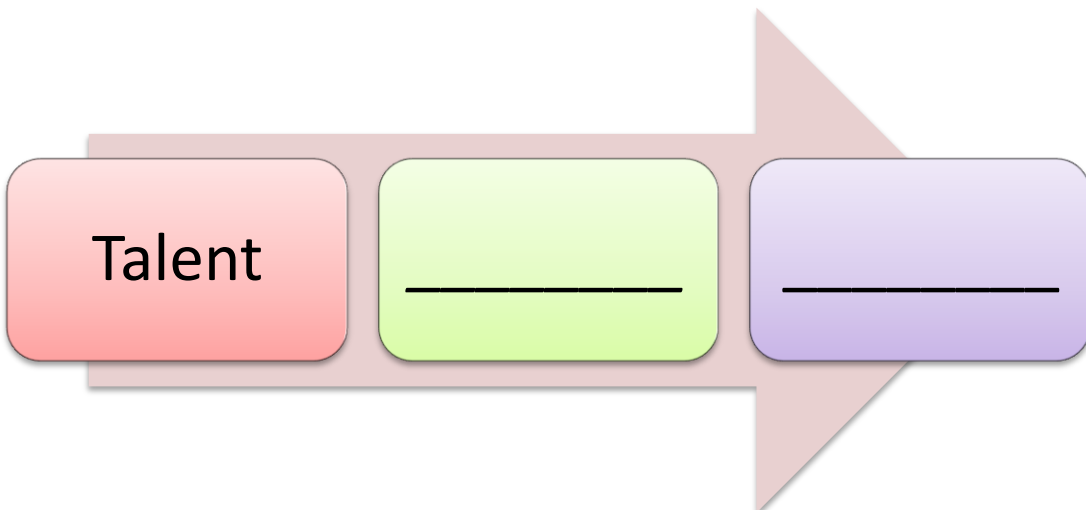
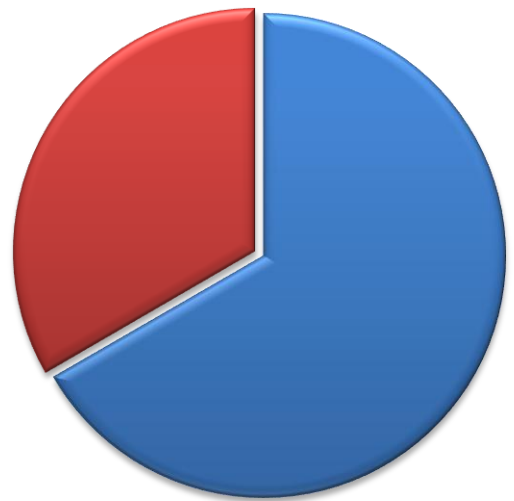


# True Grit

achievement, passion  
and perseverance

Why do some individuals accomplish more than others of equal intelligence?



## Grit Survey

<i>Directions for taking the Grit Scale: Please respond to the following 12 items. Be honest – there are no right or wrong answers!</i>		Very much like me	Mostly like me	Somewhat like me	Not much like me	Not like me at all
1.	I have overcome setbacks to conquer an important challenge.					
2.	New ideas and projects sometimes distract me from previous ones.*					
3.	My interests change from year to year.*					
4.	Setbacks don't discourage me.					
5.	I have been obsessed with a certain idea or project for a short time but later lost interest.*					
6.	I am a hard worker.					
7.	I often set a goal but later choose to pursue a different one.*					
8.	I have difficulty maintaining my focus on projects that take more than a few months to complete.*					
9.	I finish whatever I begin.					
10.	I have achieved a goal that took years of work.					
11.	I become interested in new pursuits every few months.*					
12.	I am diligent.					

### Scoring:

1. For questions 1, 4, 6, 9, 10 and 12 assign the following points:

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

2. For questions 2, 3, 5, 7, 8 and 11 assign the following points:

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

Add up all the points and divide by 12. The maximum score on this scale is 5 (extremely gritty), and the lowest score on this scale is 1 (not at all gritty).

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.

## Developing Grit:

Find your \_\_\_\_\_

Establish and maintain \_\_\_\_\_

Manage your \_\_\_\_\_

Nurture \_\_\_\_\_

Develop an accurate \_\_\_\_\_

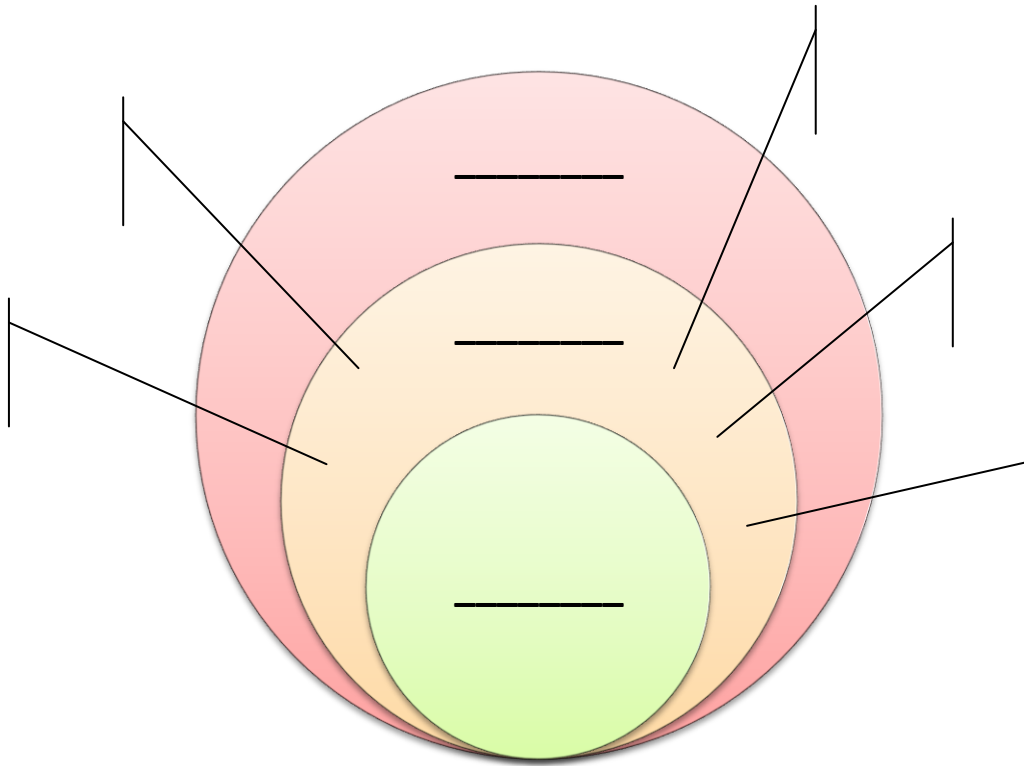
Don't worry about \_\_\_\_\_

Focus on things you can \_\_\_\_\_

Accept \_\_\_\_\_ as part of life

Learn to learn from \_\_\_\_\_

Engage in opportunities of \_\_\_\_\_



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