

## Grit Test

How Gritty are YOU? Let's find out!

Answer the following questions as you see yourself in comparison to "most people":

1. New ideas and projects sometimes distract me from previous ones.

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

2. Setbacks don't discourage me. I don't give up easily.

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

3. I often set a goal but later choose to pursue a different one.

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

4. I am a hard worker.

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

5. I have difficulty maintaining my focus on projects that take more than a few months to complete.

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

6. I finish whatever I begin.

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

7. My interests change from year to year.

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

8. I am diligent. I never give up.

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

9. I have been obsessed with a certain idea or project for a short time but later lost interest.

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

10. I have overcome setbacks to conquer an important challenge.

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