



GRIT

THE POWER *of* PASSION
and PERSEVERANCE

ANGELA
DUCKWORTH

THE GRIT SCALE

How gritty are you? Below is a version of the Grit Scale I developed for my study at West Point and which I used in other studies described in this book. Read each sentence and, on the right, check off the box that makes sense. Don't overthink the questions. Instead, just ask yourself how you compare—not just to your coworkers, friends, or family—but to “most people.”

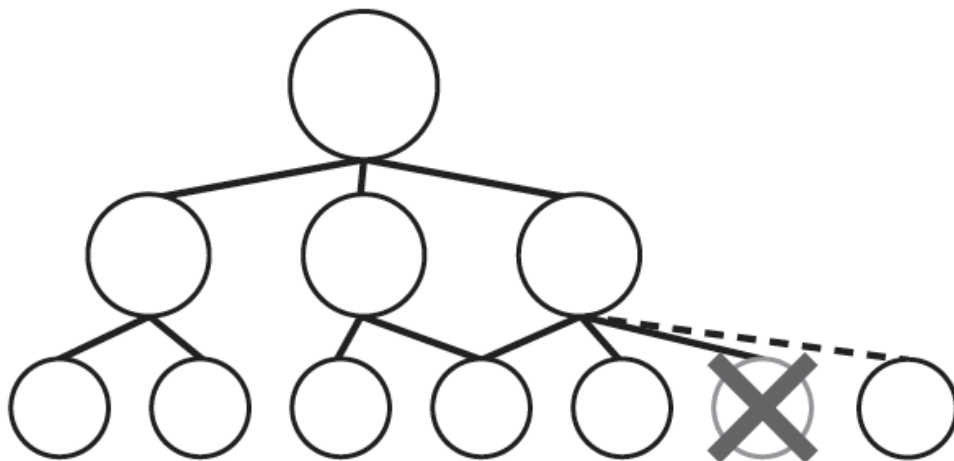
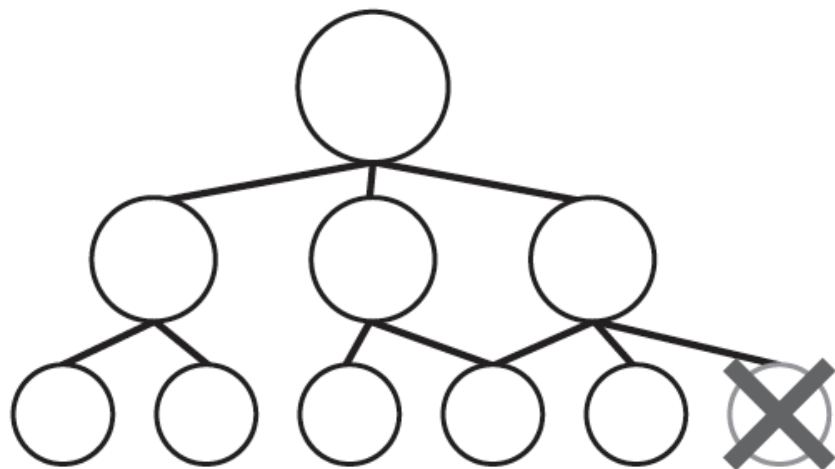
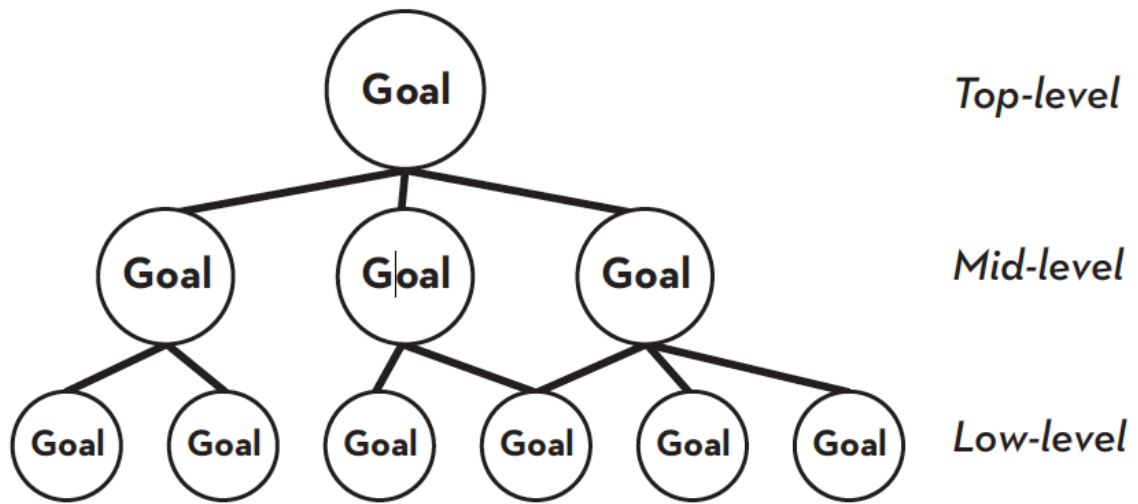
	Not at all like me	Not much like me	Some-what like me	Mostly like me	Very much like me
1. New ideas and projects sometimes distract me from previous ones.	5	4	3	2	1
2. Setbacks don't discourage me. I don't give up easily.	1	2	3	4	5
3. I often set a goal but later choose to pursue a different one.	5	4	3	2	1
4. I am a hard worker.	1	2	3	4	5
5. I have difficulty maintaining my focus on projects that take more than a few months to complete.	5	4	3	2	1
6. I finish whatever I begin.	1	2	3	4	5
7. My interests change from year to year.	5	4	3	2	1
8. I am diligent. I never give up.	1	2	3	4	5

9. I have been obsessed with a certain idea or project for a short time but later lost interest.	5	4	3	2	1
10. I have overcome setbacks to conquer an important challenge.	1	2	3	4	5

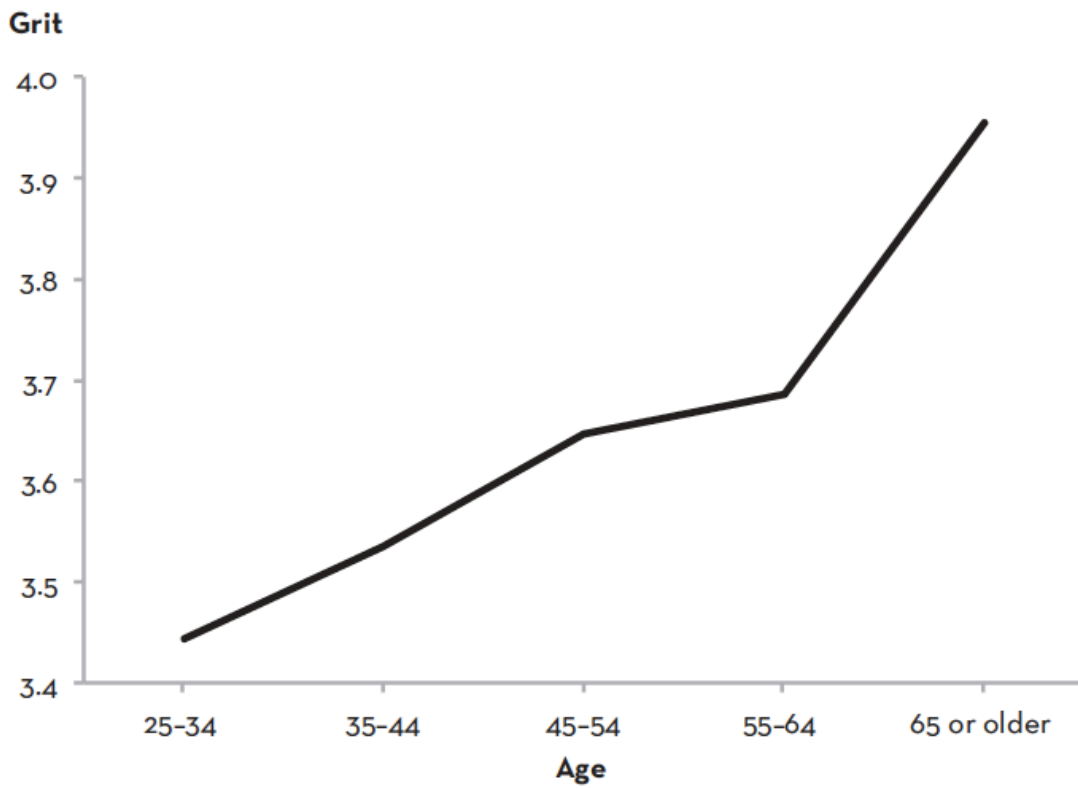
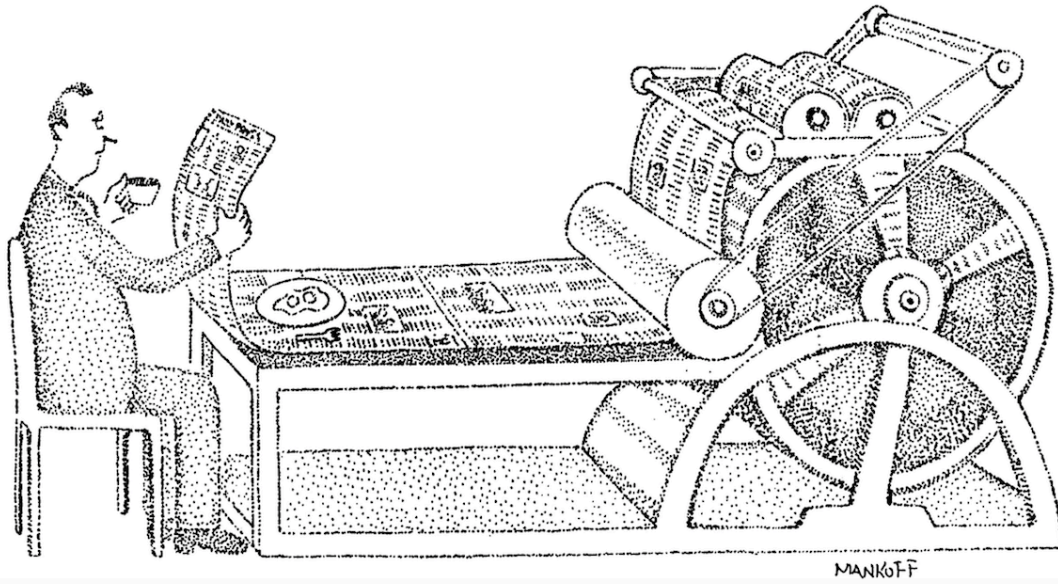
To calculate your total grit score, add up all the points for the boxes you checked and divide by 10. The maximum score on this scale is 5 (extremely gritty), and the lowest possible score is 1 (not at all gritty). You can use the chart below to see how your scores compare to a large sample of American adults.*

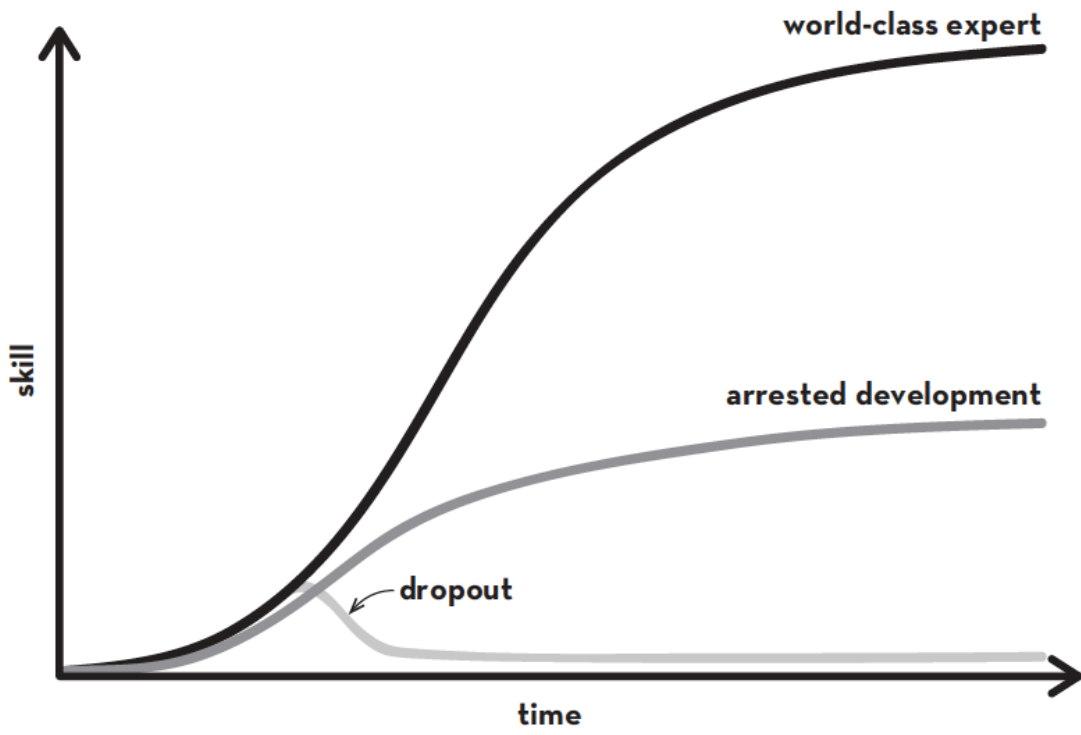
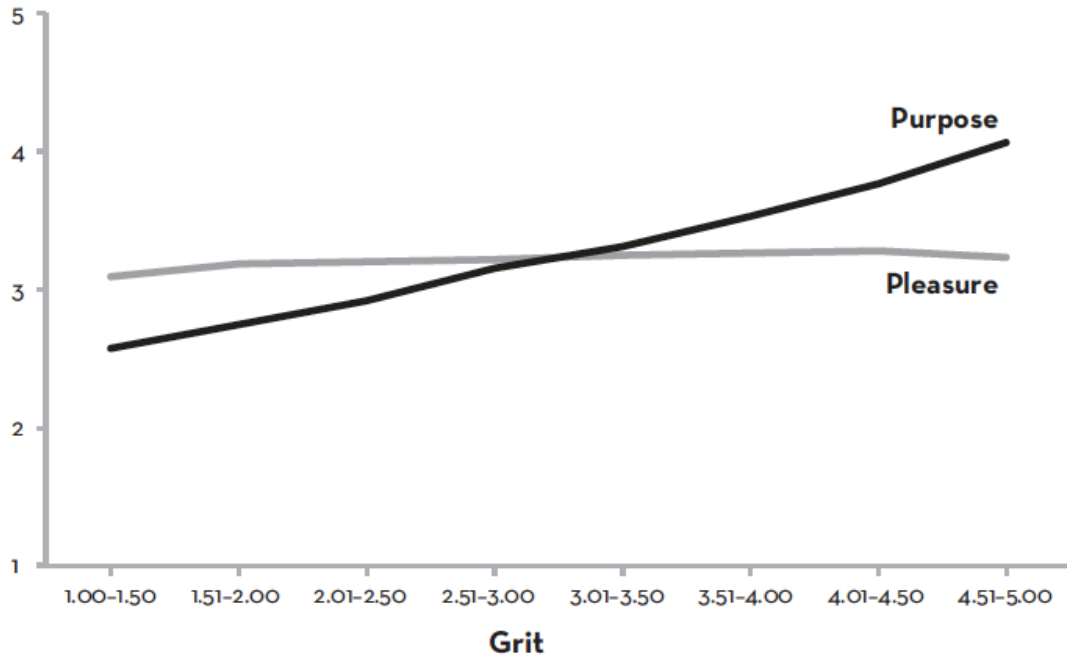
Percentile	Grit Score
10%	2.5
20%	3.0
30%	3.3
40%	3.5
50%	3.8
60%	3.9
70%	4.1
80%	4.3
90%	4.5
95%	4.7
99%	4.9

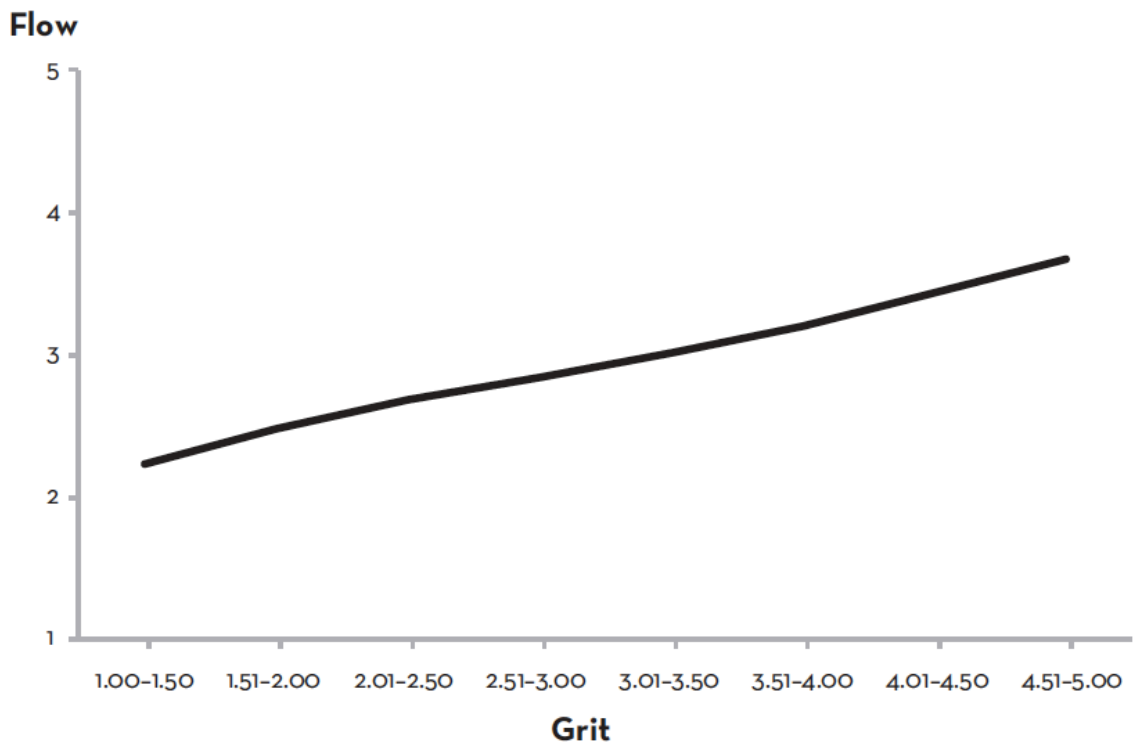
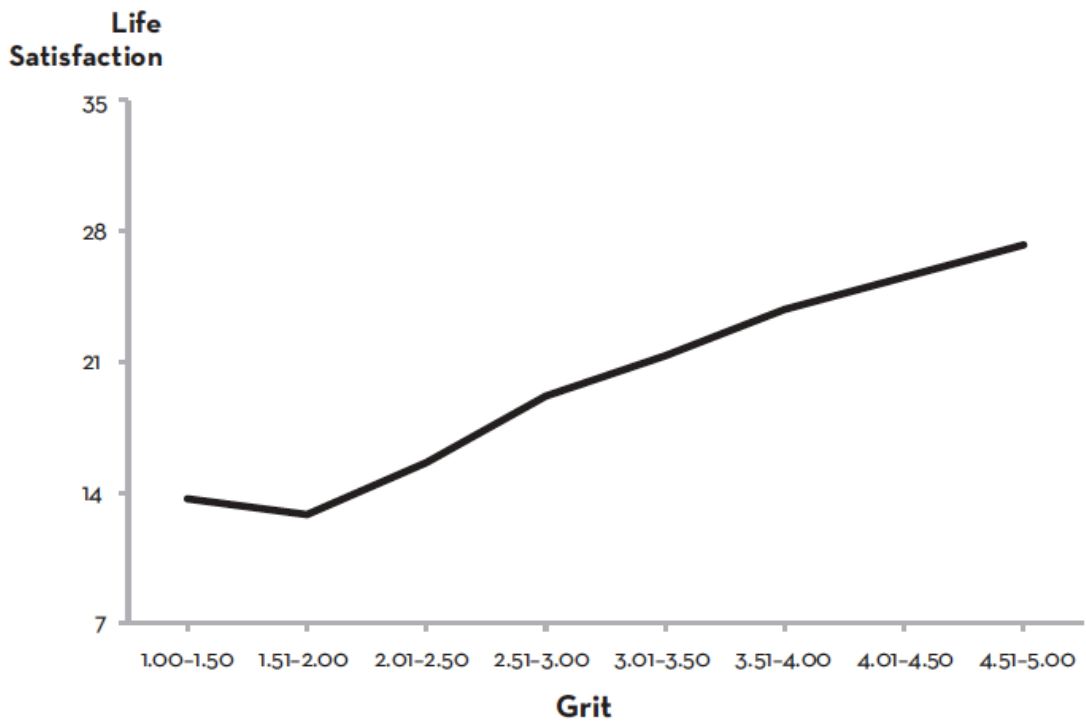
*Keep in mind that your score is a reflection of how you see yourself right now. How gritty you are at this point in your life might be different from how gritty you were when you were younger. And if you take the Grit Scale again later, you might get a different score.

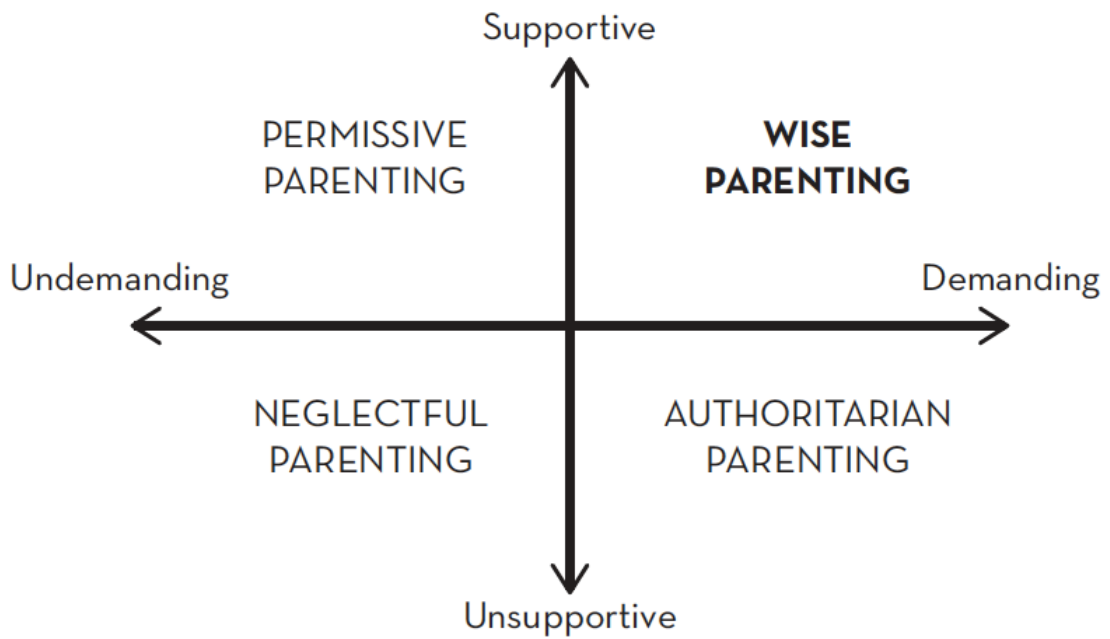
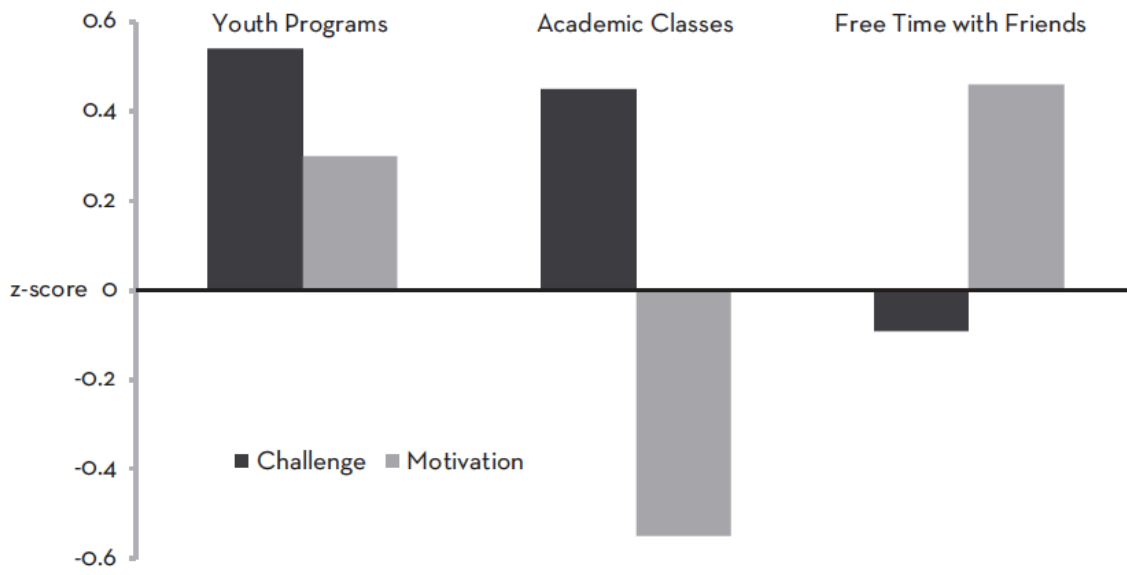


Bob Mankoff's First Published New Yorker Cartoon









Are you a psychologically wise parent?

Let's go through it now as a checklist to find out. How many of these statements would your child affirm without hesitation?

You'll notice that some of the items are "reverse-coded" items, meaning that they go in the opposite direction as the others.

Supportive: Warm

I can count on my parents to help me out if I have a problem.

My parents spend time just talking to me.

My parents and I do things that are fun together.

My parents don't really like me to tell them my troubles.

My parents hardly ever praise me for doing well.

Supportive: Respectful

My parents believe I have a right to my own point of view.

My parents respect my privacy.

My parents give me a lot of freedom.

My parents tell me that their ideas are correct and that I shouldn't question them.

My parents make most of the decisions about what I can do.

Demanding

My parents really expect me to follow family rules.

My parents point out ways I could do better.

My parents expect me to do my best even when it's hard.

My parents really let me get away with things.

When I do something wrong, my parents don't punish me.