

Gritty Grit. Grit Scale

Instructions: There are no right or wrong answers. Answer honestly, thinking about how you compare to most people you know. Circle one answer for each statement, then follow the scoring instructions at the end to find your grit score.

Response options (same for every item):

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

Part 1: Questions: For each statement, circle one number.

1. I keep showing up, even when progress feels invisible.
1 2 3 4 5
2. I believe setbacks can be stepping stones if I choose to learn from them.
1 2 3 4 5
3. I often get caught chasing new ideas before seeing the old ones through.
1 2 3 4 5
4. I stay focused on long-term goals, even when they take years to complete.
1 2 3 4 5
5. I've learned to do hard things even when the initial excitement fades.
1 2 3 4 5
6. I can lose interest when results don't come quickly.
1 2 3 4 5
7. My faith gives me strength to persevere when I'd rather quit.
1 2 3 4 5
8. Once I commit to something important, I finish strong.
1 2 3 4 5
9. I am energized by purpose more than by praise.
1 2 3 4 5
10. I've faced hardship that forced me to dig deeper and keep going.
1 2 3 4 5

Part 2: Scoring Table

After circling your answers above, transfer them into this table and compute your score.

You will **reverse** the scores for questions 3 and 6 (because they describe *less* grit when you agree with them).

- For questions 1, 2, 4, 5, 7, 8, 9, 10:
Use the number you circled as-is.
- For questions 3 and 6 (reverse-scored):
If you circled 1 → write 5
If you circled 2 → write 4
If you circled 3 → write 3
If you circled 4 → write 2
If you circled 5 → write 1

Question	Number I circled	Adjusted score
1		
2		
3*		
4		
5		
6*		
7		
8		
9		
10		

*Remember: Questions 3 and 6 are reverse-scored.

Part 3: Total and Average

1. Add up all the **adjusted scores** (the right-hand column).

Total of adjusted scores: _____

2. Divide that total by 10 (there are 10 questions).

My grit score = _____ $\div$ 10 = _____

Your grit score will be a number between 1 and 5.

Part 4: How to Read Your Score

Use your final average score from above.

- **4.5–5.0** – Unstoppable grit
You are steady, faith-fueled, and highly persistent over the long haul.
- **3.5–4.4** – Grit in progress
You show strong grit and are continuing to deepen your perseverance and focus.
- **2.5–3.4** – Developing grit
You have sparks of grit. With more consistency and intentional practice, you can grow significantly.
- **1.0–2.4** – Sparks of grit
The desire is there. Clarifying your purpose, setting realistic goals, and practicing follow-through will help your grit grow.