The Grit Scale

	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 lose 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 hard work.					
11. I become interested in new pursuits every few months.					
12. I am diligent.					

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