

HOW TO MEASURE GRIT

Directions for taking the Grit Scale: Here are a number of statements that may or may not apply to you. For the most accurate score, when responding, think of how you compare to most people -- not just the people you know well, but most people in the world. There are no right or wrong answers, so just answer honestly!

Your choices are:

Very much like me, Mostly like me, Somewhat like me, Not much like me, Not like me at all

