

Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007). Grit: Perseverance and passion for long-term goals. Journal of Personality and Social Psychology, 9, 1087-1101.*	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 lost 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 work.					
11) I become interested in new pursuits every few months.					
12) I am diligent.					

For questions, 1, 4, 6, 9, 10 and 12 assign the following points:

5 = Very much like me

4 = Mostly like me

3 = Somewhat like me

2 = Not much like me

1 = Not like me at all

For questions, 2, 3, 5, 7, 8 and 11 assign the following points:

1 = Very much like me

2 = Mostly like me

3 = Somewhat like me

4 = Not much like me

5 = Not like me at all

Add up all the points and divide by 12. The maximum score on this scale is 5 (extremely gritty), and the lowest score on this scale is 1 (not at all gritty).

*modified for PDAC purposes