

Considering Character

Gauging Grit: An Assessment

Questions	Value
1. New ideas and projects sometimes distract me from current ones.	
2. I often set a goal but later choose to pursue a different one.	
3. I have difficulty maintaining focus on projects that take more than a few months to complete.	
4. My interests change from year to year.	
5. I have been obsessed with an idea or project for a short time but later lost interest.	

Passion
(the willingness to form and achieve goals)

+

Persistence
(resilience when confronted with obstacles)

=

Grit

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

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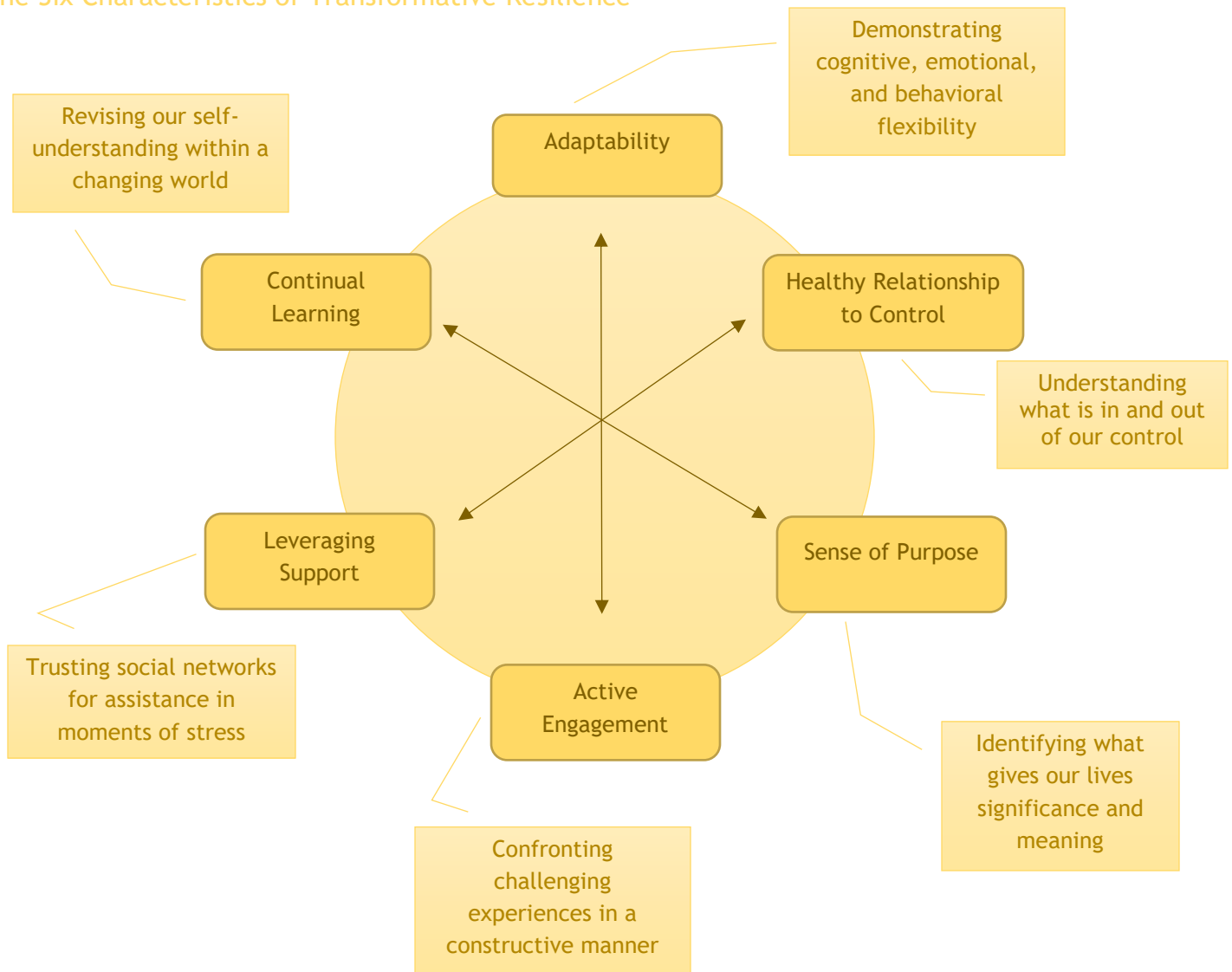
Questions	Value
6. Setbacks do not discourage me.	
7. I am a hard worker.	
8. I finish whatever I begin.	
9. I am diligent--I do not give up.	
10. I have overcome setbacks to conquer an important challenge.	

Calculation and Scoring

Calculation	Scores
1. Add the score from each set of questions	4.5: More grit than 90 percent of the population
2. Divide the total score by 10	3.8: More grit than 50 percent of the population
3. That number is your "Grit" score	2.5: More grit than 10 percent of the population

Transformative Resilience

The Six Characteristics of Transformative Resilience



Resources

Marston, Ama, and Stephanie Marston. *Type R: Transformative Resilience for Thriving in a Turbulent World*. New York: PublicAffairs, 2018.

Staley, Constance, and Steve Staley. *FOCUS on College and Career Success*. 3rd ed. Boston: Cengage Learning, 2018.