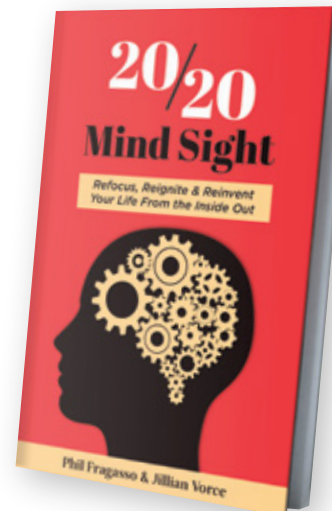


## Chapter 5: “*Singing in the Lifeboats*” Grit Your Teeth

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### Sight Line Worksheet

This worksheet is provided as a supplement to **Chapter 5** of *20/20 Mind Sight*. For maximum benefit, please read the chapter prior to completing the exercise.



AVAILABLE AT:



# 20/20 Sight Line: The Grit Scale

In a November 2013 interview on NPR's "TED Radio Hour," Angela Duckworth defined grit as "the disposition to pursue very long-term goals with passion and perseverance." Duckworth is a Harvard- and Oxford-educated professor at the University of Pennsylvania who received a MacArthur Genius Grant for her work on the psychological origins and implications of grit. Professor Duckworth has studied West Point cadets, first-year teachers in tough inner city neighborhoods, and corporate salespeople to determine which individuals were most likely to stick it out through the hard times and achieve success in their given field. Through her research, Duckworth has identified grit as significantly more important in predicting success than traditional measures like IQ, emotional intelligence, and interpersonal skills.

One of Duckworth's findings is that grit (aka irrepressibility) can be learned and developed via practice and self-awareness. Professor Duckworth and UPenn offer several free online assessments of your grittiness. You can begin with the "12-Item Grit Scale" at: [20-20MindSight.com/chapter5](https://20-20MindSight.com/chapter5)

As you work on ascending to the peak levels of irrepressibility, keep in mind Winston Churchill's definition of true success and personal fulfillment:

**“the ability to go from failure to failure without losing your enthusiasm.”**

# 20/20 Sight Line: The Grit Scale

## 12- Item Grit Scale

Directions for taking the Grit Scale: Please respond to the following 12 items. Be honest – there are no right or wrong answers!

**1.** I have overcome setbacks to conquer an important challenge.

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

**2.** New ideas and projects sometimes distract me from previous ones.\*

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

**3.** My interests change from year to year.\*

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

**4.** Setbacks don't discourage me.

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

**5.** I have been obsessed with a certain idea or project for a short time but later lost interest.\*

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

**6.** I am a hard worker.

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

# 20/20 Sight Line: The Grit Scale

**7.** I often set a goal but later choose to pursue a different one.\*

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

**10.** I have achieved a goal that took years of work.

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

**8.** I have difficulty maintaining my focus on projects that take more than a few months to complete.\*

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

**11.** I become interested in new pursuits every few months.\*

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

**9.** I finish whatever I begin.

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

**12.** I am diligent.

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

**1** 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

**2** 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).