# Considering Character

## Gauging Grit: An Assessment

### Questions

<table>
<thead>
<tr>
<th>Questions</th>
<th>Value</th>
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<tbody>
<tr>
<td>1. New ideas and projects sometimes distract me from current ones.</td>
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<td>2. I often set a goal but later choose to pursue a different one.</td>
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<td>3. I have difficulty maintaining focus on projects that take more than a few months to complete.</td>
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<td>4. My interests change from year to year.</td>
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<td>5. I have been obsessed with an idea or project for a short time but later lost interest.</td>
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<td>6. Setbacks do not discourage me.</td>
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<td>7. I am a hard worker.</td>
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<td>8. I finish whatever I begin.</td>
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<td>9. I am diligent--I do not give up.</td>
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<td>10. I have overcome setbacks to conquer an important challenge.</td>
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### Calculation and Scoring

**Calculation**

1. Add the score from each set of questions
2. Divide the total score by 10
3. That number is your “Grit” score

**Scores**

- 4.5: More grit than 90 percent of the population
- 3.8: More grit than 50 percent of the population
- 2.5: More grit than 10 percent of the population
Transformative Resilience

The Six Characteristics of Transformative Resilience

- Adaptable
- Healthy Relationship to Control
- Sense of Purpose
- Active Engagement
- Continual Learning
- Leveraging Support

- Demonstrating cognitive, emotional, and behavioral flexibility
- Understanding what is in and out of our control
- Identifying what gives our lives significance and meaning
- Revising our self-understanding within a changing world
- Trusting social networks for assistance in moments of stress
- Confronting challenging experiences in a constructive manner

Resources