



# Seahawks Grit Test

Directions for taking the Grit Test: 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!

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

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

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

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

3. My interests change from year to year.

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

4. Setbacks don't discourage me.

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

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

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

6. I am a hard worker.

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

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

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

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

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

9. I finish whatever I begin.

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

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

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

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

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

12. I am a diligent worker.

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

My **GRIT SCORE** is: \_\_\_\_\_



# GRIT TEST

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).*



# Increase your grit

## **Perform “deliberate practice”**

What areas of life, school, work, sports, etc. will you commit to performing deliberate practice? Be specific.

## **Defer gratification (self-control)**

Where can you “put off the reward” just a little longer in order to get better and increase your grit? Think of particular examples and areas you want to see a change.

## **Choose to persevere**

Can you notice an aspect in your life where you can choose to persevere more than you do now?

## **Associate with people who are grittier than you**

Think of someone you know who you consider as gritty. Who is it? What qualities do they have that you would want to emulate? What are some practical things you can do to learn from them?

## **Improve self-awareness**

What are your strengths? What are your weaknesses? How can you become more aware of both your strengths and weaknesses?

## **Commit!**

What’s one aspect of this grit conversation that stands out and something you want to commit to growing in? Writing down a commitment has great power for immense positive change in your life!