(137) Brief Grit Scale: Consistency of Interest

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|  | Please answer the following questions and circle the appropriate number based on your situation now or in the past six months.  | Not like me at all  | Not much like me | Somewhat like me | Mostly like me  | Very much like me |
| 1. | I often set a goal but later choose to pursue a different one. | 0 | 1 | 2 | 3 | 4 |
| 2. | New ideas and projects sometimes distract me from previous ones. | 0 | 1 | 2 | 3 | 4 |
| 3. | I have been obsessed with a certain idea or project for a short time but later lost interest. | 0 | 1 | 2 | 3 | 4 |
| 4. | I have difficulty maintaining my focus on projects that take more than a few months to complete. | 0 | 1 | 2 | 3 | 4 |