

FIND YOUR GRIT SCORE

ACTIVITY

Time Needed

40 minutes

Materials

Digital device to access survey

Writing supplies

Activity Description

The Grit Survey was created by Angela Duckworth, a psychologist at the University of Pennsylvania. The survey asks 12 questions to estimate how much grit, or resilience, you show. Take the survey and then reflect on your score.

Suggested Steps

1. Take the survey at https://sasupenn.qualtrics.com/jfe/form/SV_9H6iT93yv4rozeB.
2. Reflect on your score. Does it seem right to you? How will you grow your resilience? How will you use the resilience you have?
3. Commit to one action step toward using and/or growing your resilience.



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