

Appendix 1

Short Grit Scale
New ideas and projects sometimes distract me from old ones [R]
Setbacks don't discourage me
I have been obsessed with a certain idea of project for a short time then lost interest [R]
I am a hard worker
I often set a goal then later choose to pursue a different one [R]
I have difficult maintaining my focus on projects that last for more than a couple of months [R]
I finish whatever I begin
I am diligent

Each question is scored from 1 (low grit) to 5 (high grit). In statements marked [R] reverse coding was used – a negative response indicates high grit and a positive answer indicates low grit.