

## Ambition Scale

*Directions for taking the Ambition Scale: Please respond to the following 5 items. Be honest – there are no right or wrong answers!*

1. I aim to be the best in the world at what I do.
    - Very much like me
    - Mostly like me
    - Somewhat like me
    - Not much like me
    - Not like me at all
  
  2. I am ambitious.
    - Very much like me
    - Mostly like me
    - Somewhat like me
    - Not much like me
    - Not like me at all
  
  3. Achieving something of lasting importance is the highest goal in life.
    - Very much like me
    - Mostly like me
    - Somewhat like me
    - Not much like me
    - Not like me at all
  
  4. I think achievement is overrated.
    - Very much like me
    - Mostly like me
    - Somewhat like me
    - Not much like me
    - Not like me at all
  
  5. I am driven to succeed.
    - Very much like me
    - Mostly like me
    - Somewhat like me
    - Not much like me
    - Not like me at all
- 

### Scoring:

1. For questions 1, 2, 3 and 5 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

2. For question 4 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 5. The maximum score on this scale is 5 (extremely ambitious), and the lowest score on this scale is 1 (not at all ambitious).

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Duckworth, A.L., Peterson, C., Matthews, M.D., & Kelly, D.R. (2007). Grit: Perseverance and passion for long-term goals. *Journal of Personality and Social Psychology*, 9, 1087-1101.