

## Scale Description

**This scale assesses the two types of persistence: Flexible and Rigid persistence. There are 4 items for each of the two persistence subscales assessed on a 7-point scale.**

## References

Vallerand, R.J., Chichekian, T., Verner-Filion, J. & Bélanger J.J. (2023). The two faces of persistence: how harmonious and obsessive passion shape goal pursuit. *Motivation Science*, Volume 9, No. 3, 175-192.

**While thinking of your favorite activity and using the scale below, please indicate your level of agreement with each item.**

Not Agree at All 1	Very Slightly Agree 2	Slightly Agree 3	Moderately Agree 4	Mostly Agree 5	Strongly Agree 6	Very Strongly Agree 7
1. I work hard at my activity goals, but other things matter as well.	1	2	3	4	5	6 7
2. I work hard to achieve an activity goal, but I can stop if necessary.	1	2	3	4	5	6 7
3. I really focus on my activity when it's time to do it.	1	2	3	4	5	6 7
4. I try to reach my activity goals but not at the expense of other life goals.	1	2	3	4	5	6 7
5. I am willing to do anything to reach the top at my activity.	1	2	3	4	5	6 7
6. When it comes to reaching my goals at my activity, nothing else matters.	1	2	3	4	5	6 7
7. It is OK for me to focus only on my activity goals, in order to succeed.	1	2	3	4	5	6 7
8. I am willing to let go of some things in life, in order to excel at my activity.	1	2	3	4	5	6 7

**CODIFICATION**

**# 1, 2, 3, 4**

**Flexible Persistence**

**# 5, 6, 7, 8**

**Rigid Persistence**