

**Worksheet 4.11 Satisficing Versus Maximizing Homework Instructions**

Having choices is important to well-being; however, too much choice can actually get in the way, especially if you are a person who is almost always looking to get the best or to maximize. If you are a person who strives to maximize, you must know what all the possibilities are, hence, you must also pursue all the possible alternatives when making a choice or decision. Such a process can be extremely exhausting, especially in a world that is full of choices and options! Instead of maximizing, you are being encouraged to satisfice or to make a “good enough” choice or decision by searching through alternatives only until you find one that meets your needs. The goal is to help you realize that you will be more satisfied when you satisfice instead of maximizing because maximizing often leads to frustration, regret that not every possible alternative could be considered, and a mismatch between expectations and reality (Schwartz et al., 2002).

For this homework assignment, you are being asked to think and write about ways to increase satisficing in your own life and to create a personal satisficing plan.

1. Please write down an example of a decision that you have made in which your aim was to maximize (i.e., consider all the options and pick the best one).
2. How much time did it take to make this decision? Did you feel frustrated? Did you regret that you didn't look at every possible alternative?
3. Please write down an example of a decision that you made in which you satisficed (i.e., looked at only a limited number of options and stopped when you found something good enough).
4. How much time did it take to make this decision? Did you feel frustrated? Did you feel regret about not considering all the possible options?
5. How can you increase satisficing when making decisions in your life? How will you catch yourself when you slip into maximizing mode?