



# THE ART OF GOOD ENOUGH

# The Art of “Good Enough”

🕒 Time: 30+ Minutes

📊 Difficulty: Moderate

According to Barry Schwartz's "The Paradox of Choice: Why More is Less" we may assume that having more options and choices will lead to greater satisfaction and happiness, but in reality, having too many choices can be overwhelming and lead to dissatisfaction. Schwartz argues that when we are presented with too many options, we may struggle to make a decision or second-guess our choices, leading to regret and anxiety. Additionally, having too many options can make us focus on the potential negatives of our choices rather than the positives, leading to a sense of missed opportunities.

**Schwartz suggests that instead of striving for more choices, we should focus on finding "good enough" choices that meet our basic needs and allow us to make decisions without feeling overwhelmed or regretful.** This may involve simplifying our choices, such as by limiting the number of options we consider, or by focusing on the most important factors in our decision-making process. By doing so, we may be able to increase our overall well-being and avoid overthinking.

## SATISFICERS VS. MAXIMIZERS

In the context of decision-making, satisficers and maximizers are two distinct types of individuals with different approaches to decision-making, and preferences for choice.

**Satisficers are individuals who are content with finding choices that meet their basic needs and criteria.** They seek to make a decision that is "good enough" to meet their needs and do not obsess over finding the absolute best option. They may consider a few options and then select one that satisfies their needs without exploring all available options.

**Maximizers, on the other hand, are individuals who seek to find the absolute best option available.** They may explore all available options and may spend a lot of time and effort in their decision-making process. They want to make the best decision possible and may experience regret or dissatisfaction if they feel they made a suboptimal choice.

The main difference between satisficers and maximizers is the level of expectation they have for their decisions. Satisficers are content with finding an option that meets their needs, while maximizers want to find the absolute best option available. This can lead to different decision-making strategies and outcomes. **Satisficers may make quicker decisions and experience greater satisfaction with their choices, while maximizers may spend more time and effort in the decision-making process and may experience greater regret or anxiety if their choice does not meet their expectations.**

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## ARE YOU A MAXIMIZER OR A SATISFICER?

Rate the following statements on a scale of 1 to 10. One means that it does not apply to you at all, while ten means it applies to you in most situations.

**01. I prefer to explore all available options before making a decision.**

Does Not Apply to Me At All  1  2  3  4  5  6  7  8  9  10 Completely Applies to Me

**02. I find it difficult to make decisions quickly.**

Does Not Apply to Me At All  1  2  3  4  5  6  7  8  9  10 Completely Applies to Me

**03. I often second-guess my decisions or feel regret after making a choice.**

Does Not Apply to Me At All  1  2  3  4  5  6  7  8  9  10 Completely Applies to Me

**04. I enjoy the process of comparing and looking for the perfect item**

Does Not Apply to Me At All  1  2  3  4  5  6  7  8  9  10 Completely Applies to Me

**05. I feel like I need to make the best decision possible**

Does Not Apply to Me At All  1  2  3  4  5  6  7  8  9  10 Completely Applies to Me

**06. I often compare my choices to those of others to ensure I made the right choice.**

Does Not Apply to Me At All  1  2  3  4  5  6  7  8  9  10 Completely Applies to Me

**07. I feel like I have missed out if I do not explore all available options.**

Does Not Apply to Me At All  1  2  3  4  5  6  7  8  9  10 Completely Applies to Me

**08. I believe that there is always a "best" option out there.**

Does Not Apply to Me At All  1  2  3  4  5  6  7  8  9  10 Completely Applies to Me

**09. I feel anxious or dissatisfied when I think about the choices I have made in the past.**

Does Not Apply to Me At All  1  2  3  4  5  6  7  8  9  10 Completely Applies to Me

**Write down your total score:**

Then turn to the next page to find out what it means.

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## INTERPRETING THE SCORE

- Score of 9-30** Your decision making style is “Satisficer”. You generally don’t have a problem with making decisions with limited information.
- Score of 31-59** Your decision making style is balanced between “Satisficer” and “Maximizer”. You can take snap decisions in certain situations, but tend to analyze in depth in others.
- Score of 60-90** Your decision making style is “Maximizer”. You tend to want to analyze things in depth.

## REMEMBER THAT...

Both satisficers and maximizers have their merits, and it's important to recognize when to lean towards either style. For significant decisions, it's advisable to put more thought into them (leaning towards maximizing) and make snap decisions in matters of little importance (leaning towards satisfying). **By being mindful of your decision-making style and adjusting accordingly, you can make effective decisions that align with your goals and values, without causing unnecessary stress.**

Answer the following question:

01

What are some “Good Enough” decisions you could make in your life that would reduce? Or, if you find it easier, think of the decisions that cause you distress and try to come up with “Good Enough” solutions.

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01

What are some aspects of your life in which you’re currently a “Maximizer” while the decisions you make don’t have that important impact for your life?

02

Think of the decisions that cause you distress and anxiety. Now come up with one “Good Enough” solution to each one that will solve the problem.

03

What happens long term if you are unable to take these decisions? What will you be missing out on?

Note that this question is not meant for you to start focusing on all the downsides. It’s purpose is to help you prioritize making a decision (any decision) over just analyzing!

## THE TAKEAWAY

It’s impossible to know all of the aspects of anything. Neither is it possible to play out all of the possible scenarios in your head. There’s innate uncertainty to life and the best you can do is to learn to embrace it. What’s your takeaway from this exercise?

How will you implement it in your life?