

## Maximiser - Satisficer Scale

Indicate how much you agree with each of the following by **circling the appropriate number**:

1. No matter how satisfied I am with my job, it's only right for me to be on the lookout for better opportunities.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

2. When I am in the car listening to the radio, I often check other stations to see if something better is playing, even if I am relatively satisfied with what I'm listening to.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

3. Whenever I make a choice, I'm curious about what would have happened if I had chosen differently.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

4. When I watch TV, I channel surf, often scanning through the available options even while attempting to watch one program.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

5. I treat relationships like clothing: I expect to try a lot on before finding the perfect fit.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

6. I often find it difficult to shop for a gift for a friend

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

7. Choosing a movie is really difficult. I'm always struggling to pick the best one.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

8. When shopping, I have a hard time finding clothing that I really love.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

9. I'm a big fan of lists that attempt to rank things (the best movies, the best singers, the best athletes, the best novels, etc.).

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

10. Whenever I make a choice, I try to get information about how the other alternatives turned out.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

11. I find that writing is very difficult, even if it's just writing a letter to a friend, because it's so hard to word things just right. I often do several drafts of even simple things.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

12. I never settle for second best.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

13. If I make a choice and it turns out well, I still feel like something of a failure if I find out that another choice would have turned out better.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

14. Whenever I'm faced with a choice, I try to imagine what all the other possibilities are, even ones that aren't present at the moment.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

15. I often fantasize about living in ways that are quite different from my actual life.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

16. No matter what I do, I have the highest standards for myself.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

17. When I think about how I'm doing in life, I often assess opportunities I have passed up.

1	2	3	4	5	6	7
Completely Disagree						Completely Agree

## Scoring:

Add up all of your answers:

- If your score was less than 45, you are very much a Satisficer.
- If your score was between 45 and 75, you embody some of both mindsets.
- If your score was greater than 75, you are very much a Maximiser.

Satisficer  
< 45

A little of both ...  
45 - 75

Maximiser  
> 75

## Developer Reference:

Adapted from Schwartz & Ward (2002) *Maximizing Versus Satisficing: Happiness Is a Matter of Choice*. *Journal of Personality and Social Psychology for the original*.