



## EPISODE RECAP: MARCH 18, 2005

THE APPRENTICE | 9/8 PM THURSDAY | NBC

### RECAP:

Last night was a great review of why these people got fired. Four times we heard them saying, "I wouldn't change a thing, I'd do exactly the same thing all over again." BE REAL! That's honorable if you're being asked to do something illegal or unethical, but if you're not, THAT ENDS UP BEING A SELF DESTRUCTIVE BEHAVIOR PATTERN.

It's amazing how often we do the same thing over and over, but we expect different results. This just isn't realistic.

### STEPS:

**TO CREATE PERMANENT CHANGE, WHETHER YOU ARE AN EMPLOYEE OR AN EMPLOYER, I RECOMMEND THREE STEPS.**

#### 1. STEP BACK AND REVIEW

If you find yourself on the short end of the stick, Step back, stop blaming others, and ask yourself, what could I have done differently? If the answer is nothing, ASK SOMEONE ELSE, 'cause chances are you're not seeing the problem.

#### 2. MAKE LITTLE CHANGES:

Permanent changes happen when you add many little changes together rather than try to make big changes all at once. It's like if you're planning to run a marathon, you don't go out and run 20 miles your first time out, you start with shorter distances, first 100 yards, then 200 yards, and work your way up to bigger distances.

#### 3. FIND A BUDDY

This is more than just finding a friend. This means find someone you trust, tell them about the change you're making, and ask them to give you feedback and support along the way. That way if you get off track along the way, they can point you back in the direction of your goal.

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