

# Goal Setting For Dental Nurses: New Year Planner



**CAVITY**  
DENTAL STAFF.

## 1. Reflection: Looking Back

Before setting new goals, take a moment to reflect.

- One thing I'm proud of from last year:

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- One challenge I want to improve on this year:

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- One part of my role I enjoy the most:

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## 2. Professional Goals

### Professional Goal #1:

(e.g. CPD, clinical skills, career progression)

- My goal:

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- Why this matters to me:

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- Small steps to achieve it:

- ☐ Month 1

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- ☐ Month 2

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- ☐ Month 3

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### Professional Goal #2 (optional):

- My goal:

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- Small steps:

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## 3. CPD Planning

- CPD topic I'm most interested in this year:

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- Type of CPD I prefer (circle):

Online / Face-to-face / Hands-on / Reading

- One CPD course or activity I will prioritise:

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## 4. Personal Wellbeing Goals

Dental nursing is demanding — your wellbeing matters.

My wellbeing goal:

(e.g. better breaks, posture, stress management)

My goal:

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One small habit I can start now:

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## 5. Work–Life Balance Check

- One thing I will say no to more often:  

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- One thing I will make more time for:  

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- How I will use my annual leave intentionally:  

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## 6. Keeping Myself Accountable

- How often I'll review my goals (circle):  
Weekly / Monthly / Quarterly
- Who can support or encourage me:  

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Reminder to  
myself:

Progress  
doesn't have  
to be perfect  
to matter.