

New Clinician Goal-Setting Worksheet

"fresh start; same mission"

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January is the perfect time to set intentions—not just resolutions that fade by February. This worksheet helps you create realistic, meaningful goals across three areas of your professional life. Remember: you don't have to be perfect to be helpful.

Name: _____

Date: _____

1. Clinical Skills Goal

What's one clinical skill you want to develop or strengthen this quarter? (Examples: motivational interviewing, crisis intervention, group facilitation, trauma-informed responses)

My clinical skills goal:

Why this matters to me:

One small step I can take this month:

2. Professional Development Goal

What's one thing you want to accomplish for your career growth? (Examples: complete CEUs early, find a mentor, attend a training, join a professional organization)

My professional development goal:

Resources or support I need:

Target completion date: _____

3. Sustainability & Self-Care Goal

What's one thing you'll do to protect your energy and prevent burnout? (Examples: set a hard stop time, take actual lunch breaks, use supervision for processing, say no to one thing)

My sustainability goal:

What gets in the way of this:

How I'll hold myself accountable:

Quick Check-In Prompt

Schedule 10 minutes at the end of January to revisit this worksheet. Ask yourself:

- Did I take that one small step? If not, what got in the way?
- Do these goals still feel right, or do they need adjusting?
- What's one win I can add to my 'wins folder' from this month?