

IS IT TIME FOR A NEW OPPORTUNITY?

Use this checklist to reflect on your current role, satisfaction, and future career goals.

HOW TO USE THIS

Mark one response per question:

YES – This area is going well

SOMETIMES – There's some inconsistency or uncertainty

NO – This area needs improvement

For each question, mark the option that best reflects your experience and add notes where helpful.

QUESTION	YES	SOMETIMES	NO
1. Do I dread going to work more days than not?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Am I still growing professionally in this role?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do I feel respected and valued by my team?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Am I fairly compensated for my work and experience?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Do I have a healthy work-life balance?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Are my values aligned with the office culture?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Does the work environment foster positivity and collaboration?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Do I feel supported in difficult situations?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Am I staying here just because it's comfortable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Can I picture myself here in one year? Five years?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT YOUR RESPONSES MAY REVEAL:

MOSTLY YES: You're likely in a role that supports your goals. Keep building on what's working!

A MIX OF SOMETIMES AND NO: You may be facing friction or uncertainty. Identify what is most important to you in your career. It may be time to make a change to reach your goals.

MOSTLY NO: It may be time to explore opportunities that better align with your career goals, values, and long-term vision.

WHAT'S NEXT?

If this checklist revealed gaps in your current role, it may be time to think about a change. Use your insights to guide honest conversations, seek mentorship, or take the next step toward a role that truly supports your growth.

Heartland Dental could be the right place to start. With access to a network of supported practices, competitive benefits, and a strong commitment to continuing education and professional development, Heartland Dental helps hygienists grow personally and clinically, fostering a healthy work-life balance so they can focus on patient care.



Ready for what's next?

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Jobs.Heartland.com/Dental-Hygienists/