**My Self-Care Plan**

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| --- | --- | --- | --- |
| **Self-Care Area** | **Before Work** | **During Work** | **After Work** |
| *Sensory* |  |  |  |
| *Pleasure* |  |  |  |
| *Mental/Mastery* |  |  |  |
| *Spiritual* |  |  |  |
| *Emotional* |  |  |  |
| *Physical* |  |  |  |
| *Social* |  |  |  |