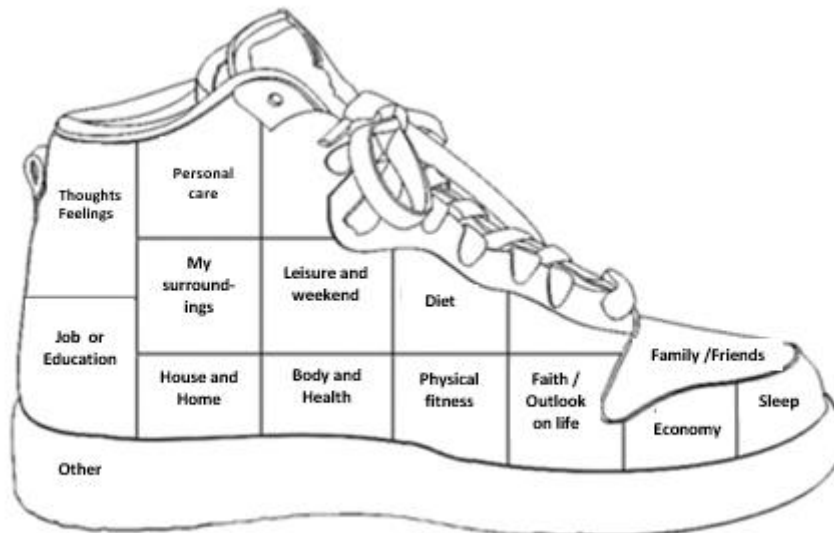


## The Shoe - a reflection task to facilitate development of individual goals<sup>1</sup>

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Imagine your everyday life illustrated as a shoe.

**What are your challenges? Which challenges are possible to influence and improve?**



This task may help you identify topics that could be relevant for your rehabilitation goals, as well as topics that do not need the same attention in your rehabilitation. Please, colour the shoe in order to identify topics that are important to include in your rehabilitation goals.

How do you consider your everyday situation according to these areas at the moment?

- Green colour: not a challenge
- Yellow colour: could be a challenge now and then
- Red colour: this is a problem or challenge

When you have finished the colouring, please consider:

- Which topics will I work on? What will I pay attention to, and offer time and efforts to improve?
- Which improvements can I manage alone? What kind of help and support do I need from the health professionals?

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<sup>1</sup>This version of The Shoe was adapted from an idea by The Rehabilitation Centre in Rauland, Norway ("Attføringscenteret"). The tool was re-processed by The National Advisory Unit for Rehabilitation in Rheumatology in Norway and made available as part of the BRIDGE-program; i.e. included in the guiding booklet for patients in the intervention group of the BRIDGE-trial. The original version was written in Norwegian. This translation was done by researchers in the BRIDGE-trial.