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| Name: |  | Date: |  |

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| **GROW Model:** | **GROW with SMART *Maqāsid*** | | | | |
| **GOALS** | FAITH | LIFE | MIND | FAMILY | WEALTH |
| What is your life goal?  What do you need to achieve? | E.g., I prayed Tahajjud every Friday night | e.g., I exercised 150 minutes weekly | e.g., I read one new book per month | e.g., I spent quality time with my family once a week | e.g., I saved $25,000 for Hajj in 10 years (by 2035) |
| **REASON & REALITY** | FAITH | LIFE | MIND | FAMILY | WEALTH |
| Why is it important?  Where are you now? |  |  |  |  |  |
| **OBSTACLE & OPTION** | FAITH | LIFE | MIND | FAMILY | WEALTH |
| How can you achieve your goal?  What’s stopping you? |  |  |  |  |  |
| **WAY FORWARD** | FAITH | LIFE | MIND | FAMILY | WEALTH |
| What will you do next?  When will you do it? |  |  |  |  |  |