

# Create 2026

## CREATION BOOK



**TASHA CHEN**  
VISION & MIND-MASTERY

# 2025 REFLECTIONS

## WINS

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## GROWTH

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## LESSONS

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# 3 STEPS FOR CHOOSING YOUR WORD OF THE YEAR

**1. DISSECT:** Look Back At The Last 12 Months - How Did Your Word For The Current Year Guide, Support, Manifest And Create Experiences For You. If You Did Not Choose A Word, Document A General Overview Of Your Life This Past Year.

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**2. DECIDE:** Take Some Quiet Time To Ask Your Soul "what's Next?" What Does Your Higher Self Want You To Expand, Experience And Evolve Into? Once You Have Some Insight On That - Sit Quietly And Allow The Word That Represents What You Became Aware Of To Come To You.

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## THE WORD SHOULD CHOOSE YOU

**3. DEFINE:** What Is Your Meaning Of This Word?

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How will living 12 months of this word feel to you?

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How will it impact you personally?

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How will it impact your family/friends and those you care about?

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How will it impact/manifest for those you serve or in your business results?

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How will the manifestation of this word in your life impact humanity?

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# Create Your 2026

## MY HEART'S DESIRES/INTENTIONS

*"You must form a clear and definite mental picture of what you want; you cannot transmit an idea unless you have it yourself...remember it must be done with a coherent statement; you must know what you want and be definite."*

### The Science of Getting Rich

**GRATITUDE STATEMENT:** It is now [date desired for manifestation, ideally 12 months from today]:

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**RELATIONSHIP:** \_\_\_\_\_

**SPIRITUALITY:** \_\_\_\_\_

**FINANCES:** \_\_\_\_\_

**HEALTH:** \_\_\_\_\_

**LEISURE:** \_\_\_\_\_

**BUSINESS/CAREER:** \_\_\_\_\_

*"Act as if what you intend to manifest in life is already a reality. Eliminate thoughts of conditions, limitations, or the possibility of it not manifesting. If left undisturbed in your mind and in the mind of intention simultaneously, it will germinate in the physical world."*

**- Wayne Dyer**



# VISIONING

## LET'S CREATE YOUR "WEALTH SCENE"

Describe your *Goal or Intention* as Manifested

### SCRIPT YOUR IDEAL SCENE

**LOCATION:** \_\_\_\_\_

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**SMELL / TASTE / HEAR:** \_\_\_\_\_

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**PEOPLE PRESENT:** \_\_\_\_\_

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**MY THOUGHTS ARE:** \_\_\_\_\_

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**I AM FEELING:** \_\_\_\_\_

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**THIS MOMENT MEANS:** \_\_\_\_\_

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*"What you seek is seeking you"*

**- Rumi**