# 3 Powerful Visualization Techniques that You Need to Try

Creative visualization is the process where you see things in your mind how you would like them to be in reality. People of all walks of life, from professional athletes to Fortune 500 CEOs have found the creative visualization process helpful for achieving their desires and accomplishing their goals. Effective visualization requires you to imagine precise details. It isn't good enough to just see yourself in your new home, but you have to provide that mental image the particular information, like where the new house is located, how many rooms it has, or what color the house will be. It is important to know that the clearer your mental image, the more real it will become. Here are three powerful visualization techniques that you can try to help you manifest your greatest desires.

**The Mental Movie**

Think about what would be included if you were to make a movie about your life. What would it be like? This particular technique requires you to act as the director of the film of your life where anything and everything is possible. You get to create the scenery, the plot, and the characters that are included in your film. You become the start of your movie, and every single detail that is included in the movie is up to you to determine.

**The Obituary**

After you die, how do you want to be remembered by society? What kind of things do you want people to say about you at your memorial service? This creative visualization technique allows you to determine exactly what you want to be said about you when you are gone. The script that you ultimately write will highlight your career, your friends, and your family. It will point out all of your strengths and your successes. You can picture yourself in any manner that you want and use this technique to define the essential things in your life.

**The Letter to a Friend**

This visualization technique has you writing a letter to your closest friend, but rather than the usual format, you will be projecting how you see yourself in five or ten years. When you write the letter, picture yourself as having already accomplished everything you want in your life, being as specific as possible.

Regardless of the technique that you chose to practice your creative visualization, you want to be sure to practice regularly. By utilizing one of these powerful techniques, you will see your results skyrocket while manifesting everything you want and desire.