# 6 Steps to Start Using Creative Visualization to Achieve Success

Creative visualization is a mindfulness exercise that you can use to promote success in every aspect of your life. Whatever your goal, you can use the following six steps of creative visualization to accomplish your goals and achieve success.

**Step One – Set the Mood**

It is critical that you are in a relaxed and positive state of mind when you start the creative visualization process. Before you begin, you may want to try to take a peaceful walk or soak in a hot bath to help you feel more relaxed. Once you accomplish this, you'll want to find a quiet place where you won't be disturbed.

**Step Two – Enter a Meditative State**

If you take the time to do a simple meditative exercise before you start the process, you will end up having a more intense and meaningful creative visualization session. Spend a few minutes meditating, and focusing on slowing down your breath.

**Step Three – Visualize Your Goal**

Once you feel your mind is relaxed and receptive, start to craft an image of the thing that you most desire, making sure to take some time to build in all of the details. Try to make the imagined environment as realistic as possible, and do your best to include all your senses in the experience as it relates to your goal.

**Step Four – Hold Onto the Feelings**

While the previous step is the most critical aspect of the creative visualization process, you are more likely to see your goals manifest into reality if you can allow your visualization experience to remain with you for the rest of the day. Try to hold onto the feelings of happiness, pride, confidence, and peace as you move through your day.

**Step Five – Make a Habit Out of the Creative Visualization Process**

You should ideally make the process of creative visualization a part of your daily routine. Most people find it extremely useful to set aside a specific time to practice. It is essential for you to maintain your habit of visualizing your goals until you obtain everything that you desire.

**Step Six – Work Hard to Achieve Your Goal**

Creative visualization is extremely powerful in helping you develop the life that you’ve always dreamed of, but you still have to put in the work. To increase your chances of success, you have to take the necessary action steps toward achieving your goals.

When it comes to creative visualization, it is a powerful technique that can help you achieve all your goals in life. Take every vital opportunity to practice the technique and watch as your life changes for the better.