# How You Can Benefit from Regular Creative Visualization Practice

The practice of creative visualization can be summed up by this simple phrase, "if you can visualize it, you can achieve it." The process is a method of using visual images to bring about specific results in your life. It is a technique that is used by business people to bring them success, professional athletes to prepare for a game, and everyday people to achieve their life's dreams. Here are just some of the benefits you can gain by practicing creative visualization.

**Achieve Your Goals**

You can utilize the process of creative visualization to vividly see yourself achieving your goals in your mind's eye. When you envision yourself clearly, accomplishing your goals and achieving success, your mind starts to believe that you can achieve these goals. This helps you think that your goals are within reach and you start taking the appropriate action to accomplish them.

**Improve Your Health**

If you suffer from a medical condition or emotional problems, like anxiety or depression, you can use creative visualization techniques to help you recover. All you need to do is close your eyes and clearly envision your body renewing itself. You can use creative visualization to reduce stress, improve your mood, lower blood pressure, and so much more.

**Improve Your Happiness**

The powerful act of visualizing something that you want, or an experience that you want to have, can bring you immense happiness, even it is just in your head. When you can practice creative visualization techniques, your brain doesn’t know the difference between the vision and reality, so it responds in the same way as if the vision was real.

**Boost Your Self-Confidence**

When you see yourself doing something or obtaining things you want through your mind’s eye, it can help to boost your self-confidence. The more confidence you can build, the more likely you will be to take the necessary action to get or do those things you want. This can boost your self-confidence even further.

**Improve Your Memory**

When you hear something that you want to remember, you can create a detailed visual picture of it in your mind. This helps to embed the memory so that you can recall it much easier later on when you need it.

If you practice creative visualization for 20 to 30 minutes a day, you will start to see dramatic changes in all areas of your life. Not only will you find yourself in a better mood, but you'll begin to accomplish things that you never thought possible.