



# 100 WORDS – To Stimulate Creativity

When you're stuck in your art, here's a great way to stimulate your creativity, or push you into new directions: Use this list of 100 words.

*Close your eyes, breathe deeply and connect with your core.*

*Do NOT look at the list of words and choose two numbers between 1 and 100.*

Look up those two numbers you chose and that's what you have to paint.

For example, let's say you chose 70 and 56. Your words would be: *Obsession AND Sacrifice*. Now paint that! Trust me, if you have taken the time to connect, you will either choose 2 words that are immediately meaningful to you, or the meaning/purpose of your choice will emerge as you paint.

- |                     |                        |                        |                      |
|---------------------|------------------------|------------------------|----------------------|
| 1. Love             | 26. Lost               | 51. Deep in Thought    | 76. Test             |
| 2. Light            | 27. Sorrow             | 52. Keeping a Secret   | 77. Drink            |
| 3. Dark             | 28. Happiness          | 53. Tower              | 78. Starvation       |
| 4. Seeking Comfort  | 29. Under the Rain     | 54. Waiting            | 79. Words            |
| 5. Break Away       | 30. Flowers            | 55. Danger Ahead       | 80. Pen and Paper    |
| 6. Heaven           | 31. Night              | 56. Sacrifice          | 81. Can You Hear Me? |
| 7. Innocence        | 32. Expectations       | 57. Procrastination    | 82. Heal             |
| 8. Determination    | 33. Stars              | 58. No Way Out         | 83. Out in the Cold  |
| 9. Breathe Again    | 34. Hold My Hand       | 59. Rejection          | 84. Spiral           |
| 10. Memory          | 35. Precious Treasure  | 60. Fairy Tale         | 85. Seeing Red       |
| 11. Insanity        | 36. Eyes               | 61. Magic              | 86. Underground      |
| 12. Misfortune      | 37. Abandoned          | 62. Do Not Disturb     | 87. Pain             |
| 13. Smile           | 38. Dreams             | 63. Multitasking       | 88. Through the Fire |
| 14. Silence         | 39. A Princess         | 64. Horror             | 89. Clouds           |
| 15. Questioning     | 40. Teamwork           | 65. Traps              | 90. Drowning         |
| 16. Blood           | 41. Standing Still     | 66. Playing the Melody | 91. All That I Have  |
| 17. Rainbow         | 42. Dying              | 67. Hero               | 92. Give Up          |
| 18. Grey            | 43. Two Roads          | 68. Annoyance          | 93. Last Hope        |
| 19. Isolation       | 44. An Illusion        | 69. Almost There       | 94. Love Again       |
| 20. An Apple Tree   | 45. Family             | 70. Obsession          | 95. In the Storm     |
| 21. Mother Nature   | 46. Creation           | 71. Mischief           | 96. Safety First     |
| 22. Cat             | 47. Childhood          | 72. I Can't            | 97. Puzzle           |
| 23. No Time Left    | 48. Stripes            | 73. Birds              | 98. Solitude         |
| 24. Trouble Lurking | 49. Breaking the Rules | 74. Mirror             | 99. Relaxation       |
| 25. Tears           | 50. Fields             | 75. Broken Pieces      | 100. Help!           |