100 Days Project Kick Off with CBTV Live

Chapter 1 - Chapter 1
100 Days Kick Off
^(upbeat music) - Hi everybody, this is Liana. - And Courtney. - And we are here. - Live, like we always are. - On Tuesdays and Thursdays. - That's right, which means you can write in and ask us some questions. (laughing) - We're here today to talk about something really exciting that a lot of you are probably already doing, or some of you have never heard about, called the 100 days project. If you have heard about this and are planning to do something, make sure to write in the comments section and tell us what you're making. We're totally fascinated. - Yeah, we're really curious about what kind of journey you're going to embark on for 100 days. - 100 days, so let's tell you a little bit about it for those that are not in the know. It is a thing, I think there are actually a lot of different places where it has started or universities it's traveled through. - Yeah, the great discontent started it, and then was popularized, familiarized with it a couple of other bloggers, Instagramers, artists. But the point is it's a community project in the sense that you are going to take up any activity, action, inspiration and do it everyday for 100 days. - That's right, and it could be anything creative, I think that's what a lot of people do, so it could be playing guitar everyday for 100 days, or - Writing down a single line, a sentence. - Yeah, so, the challenge is entirely up to you. We first became really aware of how widespread and popular the 100 days project is last year when we were doing our daily challenges. - Yes. - So on Creativebug, I don't know if you guys have checked it out, but we have a whole bunch of daily challenges, I think about a year's worth, where you can go and watch a little tiny class everyday, and they're usually around drawing. We're doing one right now that's all about lettering, - That's awesome. - So if you ever wanted to learn how to letter in a really stress-free, bite-sized way, then you could focus on doing what would be three and a third monthly challenges. - Right, the daily challenges are perfect for something like the 100 day project, because it's that little bit of inspiration, that little bit of how to that should get you started, even if you just did one daily challenge for a full month, it should get you a nice foundation to then continue on your own for the rest of the 100 days project, which I think would be pretty awesome. - Yes! And, don't worry, it's not just art. If you are a knitter or a crocheter, if you sew, it could really be anything. - It's pretty much anything you can take a picture of, or talk about, I feel like this is essentially a social kind of movement, you need to be able to share it in some way, whether that is in your own community, just with a group of friends, and maybe you're embarking on an exercise 100 day project, that's totally great, but if there's something to take a picture of, that's where we're seeing the activities on Instagram and Facebook. And friends are challenging one another to do 100 day project. - That's right. And here's what you need to know, okay, first of all, it starts today. - It starts today. - Don't be scared. - April fourth. - It's not too late to join, it's not too late to think up an idea, you also should know that whatever you come up with, it should be realistic, it should be something you could actually stick to everyday for 100 days. - Yeah, you wanna feel good about this at the end of it. You don't wanna present a challenge, immediately, that you can only stick to for three days and then feel like a bummer for not doing it. - Right. - After. - It should be something you can do when you're traveling, or on vacation, and you won't feel bogged down by it, because I assume you're going to go away somewhere, in the next 100 days. Are there any other rules? - You wanna use the hashtag, The 100 Day Project, I believe is the exact hashtag, also hashtag Creativebug or tag us, so that we can see what you're up to. - And cheer you on! - Yeah! And really,

© CBTV Live and Creativebug Inc., 2026

I think we talked about how we became aware of this because of our daily challenge, but we noticed that a ton of people who were doing the daily challenges and hashtagging Creativebug, they were also hashtagging 100 day project, which is like, what is the 100 day project? And that's why we're participating in this year, just as individuals, and parts of the Creativebug team. - That's right, well, what are you gonna do? - I've been doing a color a day since the beginning of January, since January one 2017, that project is called "The Colors of 2017". - Let's see it! - I think this whole thing is about setting yourself up for success, so in order for me to commit to doing a color everyday, I just dedicated a single sketchbook to this project. And I actually gridded out my lines in advance with the days, so it became very apparent if I was missing a day, and I would fill it in. So everyday I put a color in, most likely it's a color that relates to something that happened to me in my day, something I saw, something I read, an outfit. - But they're really unique. Maybe share a couple of your favorites. - The first seven, the first week, was kinda scattered in a million sketchbooks, and I was like, 'kay, (claps) I'm gonna commit to this. So the first one in this book is freshly milled pine, it rained the next day and the next one is city slicked with rain. On the tenth was my boyfriend's birthday and Charlie had an accident, his toenail got ripped out. So this is the color of mac and cheese, teddy marigolds and Charlie's bandage. So I remember what happened on that day because of the color. - So it's a little bit of a diary, too. - Yeah, it reminds me. Above all, I will miss your voice, this is the last day that Obama was in office. And I miss his voice the most. This is a library catalog number with the title Unwinding Threads, I spent that evening in the Cal State Library, which is open 'til ten pm, which was a very happy discovery. (Liana laughing) So these things do relate to my life. - They're really personal. - And it's a great way for me to do something everyday, I'm a painter but I don't always have the time to sit down and do a painting, so again, this is a project that I could do hopefully for the entire year. So for the next 100 days I will continue to do this project, but I also put it out there on Instagram if anybody wants to join me, I'd love to see your color palettes. I have a lot of friends who are painters, or people who are interested in watercolor but are afraid to start, this is the perfect way to start, get to know your watercolors, get to know how to mix color without having the pressure of having to paint something. - Right. - And then pairing the phrase, a reflection or a color with it, I think for me works really well. Maybe you'll have some other kind of system. I know someone wrote today to me on Instagram, saying that they were gonna do things from things that they're reading, colors from things that they're reading. So for that, you're gonna hashtag the 100 colors of 2017. So if you want to participate in that as your 100 days project. - We'll have to do a roundup of all these hashtags. In the comments section. - Which is gonna be awesome. I love colors, so awesome, but because I did want to participate in the 100 day project in addition to my colors, I'm gonna do a postcard a day, and that is because I send a lot of mail already, and it feels like a very doable thing and it'll give me the opportunity to write postcards to people I've maybe forgotten about in the last few months. - Love this idea, 100 people! - Yeah, it's gonna be awesome. Some people might get more than one postcard. (both laughing) What're you gonna do? - Well I have decided, I did a journal in January where I painted a spread every single night, and then the next day I wrote in my journal and I love keeping a journal and I love combining it with painting, it kind of keeps both of those practices fresh and it felt really doable to me. So I'm gonna continue doing it and carry on with 100 days, I'm gonna have to fill about three journals I think. - And Liana's going to Italy next week, so you have to be able to do it while there. - I have to be able to do it, so I went ahead and I've started my official 100 days journal. - Can you share this quote with us? - I will, it says, if you do not tell the truth about yourself, you cannot tell it about other people. And that's from Virginia Woolf. - Love her. It's a good way to start. - So, a lot of

© CBTV Live and Creativebug Inc., 2026

journal keeping I think is setting intentions, so, especially when you're starting a project like this, like you're doing it because maybe you wanna get to the bottom of something, or-- - Explore something. - Yeah, so on this first page, I went ahead and I started last night, actually. So I created the first page painting and asked myself, what do you want to get? So I'll probably be writing about that later today. And I started numbering the pages, so, just all sorts of-- - So, your progression. - Different watercolor spreads, so I will be recording my deepest thoughts there, and then taking pictures of them and posting them on Instagram, and blurring them out, if they're too personal. So that should be-- - That's awesome. - It's always an interesting challenge. - And this is a Strathmore mixed media journal, right, that you like to paint in? - That's right. - So it's good for, if you're a Dawn Sokol fan, Pam Garrison fan, you're using acrylic paint, if you're a Liana Allday fan, you wanna use some watercolor, this notebook will do either of those things for you, perform well. Also, people have been asking about your watercolor backgrounds and florals and you have a couple of days in our Creativebug monthly challenge where you talked about that, right? - I do, I don't remember exactly what day. - Day 12 and day 17. - How do you know that? - I just know! (Liana laughing) I just recently had to answer a customer service question about that, we actually read all of your comments and questions, thank you, that's both in the livestream and our site, so, I had to look it up. And Liana shares some of those ideas, so if you need some ideas about how to paint your backgrounds, in the Creativebug daily challenge, it's all of our Creativebug staff on day 12 and 17. - That's right! We've got ideas. - So if you do want to do the postcard thing and the whole, really, to make all of this manageable, I think setting yourself up for success is the way to get started and to continue the momentum, I think that's the biggest challenge for people when they embark on something like this. - Yep. - So, for you, if that's setting up your little watercolor kit, like you can throw in your bag and have with you at all times. For me, for the postcard, the thing that I thought would be the best way to set myself up for success is to create my address labels in advance. 'Cause I hate writing the address, I'm not a letterer, some of you out there may be really into the address and that might be the thing that motivates you to do the next postcard, that's awesome, thinking of Shasta Garcia for that, Shasta Blasta with her fabulous lettering. So I thought maybe we could do a little quick project together. - Yeah, and I'm doing this because I'm going on vacation in Italy next week, and I wanna send postcards while I'm there, so it will be helpful for me if I have them already written out. - Totally. - And then I can just stick 'em right on while I'm traveling. - This seriously makes it so easy, you spend ten minutes doing this and it saves you like having a postcard that's unaddressed in your backpack for two weeks. - There you go. - So, we've got just a sheet of, I think these are one and a half inch round circle labels. You know, you can get these at your office supply store. And we're going to pre-pattern them with some really light marker pen. We're using the Sakura of America Koi Brush Pens, which we all love and use all the time. So this is really fun, it's just scribbling. Stick with light colors, 'cause you want to be able to write an address. - [Liana] Okay, I'm starting with this light pink. - [Courtney] I love it, I'm having a one that's dying, I have one pink that's dying. (pens scribbling) - [Liana] It's beautiful. - [Courtney] Oh, good. You wanna make sure that you are getting color, oh this is the pink that's dying, you wanna make sure that you're getting color on all of the stickers. (pens scribbling) So I'm just making sure that I don't have-- - [Liana] Is this one of those things that looks a little crazy when you're doing it, but later it's gonna look really cool? - It looks insane, but it's gonna look really awesome on your mail. I also like to do these kind of dashes with overlapping color, I'm trying not to do them right in the center of my circles. The actual perforation might be hard for you to see on the camera here. But I'm just drawing between the two circles, so they're on the top and the bottom. - [Liana] Okay. - [Courtney] These little dashes are

© CBTV Live and Creativebug Inc., 2026

fun. (pens scribbling) Maybe I want one more, one or two more colors. Just like really quick strokes, if you guys saw my pattern in a day or my surface design workalong, I talk about making quick marks, repetitive marks. - [Liana] I can't even tell where my circles are anymore, so. - I can't either. - It'll just be a surprise. - [Courtney] That's great, just stay away from super dark gray, dark blue, just because you wanna be able to see, you want the postman to be able to see the address. - [Liana] Oops, I used a dark color. - Oh no, no, that's fine, it's fine. (Liana cackles) No, no, that's not too dark. - It's not too dark? Okay. - Yeah, so you can see when I peel off a label how fun that is, right? (Liana gasps) - Love that! - [Courtney] So you can really see that. I'm just gonna try to carefully place that back down. So once you've patterned your sticker paper, this is ready to go, and you can start writing your addresses. So I have some here, where I've already started, and I actually put a blank space with a line, and then 100, so I could actually number each of my postcards. (Liana oohs) So someone will know if they're getting three of 100 cards, or 90 of 100. So that's something I wanted to do, you don't have to do that, here this one's going to Liana Allday, and it has a blank space, and then it's got a 100, this is going to Alicia. - Yay! - And this is a good way, obviously, some people I'm going to be sending more than one to, 'cause there are people I send mail to often, and some people are people I haven't connected with in a while, and why not send them a fun little postcard? These are my friends at Arch. - Do you have an address book that you keep? Or do you like send out a mass text and -- - It's all on my phone, like anyone I write to on the regular, I always have addresses. Actually just texted Jody Alexander right before this, she's actually the first Creativebug artist, because she just moved her studio to her house, she has this really cool new studio in her backyard, and I didn't have her new address, so I needed to get that. - Perfect! - So this just makes me have no capability for excuses, like I have to do it, I have everything setup for me. I've got my address labels, I can fold this into quarters and throw it in my backpack. You can buy blank postcards and draw on these, the way I started sending a lot of postcards was just traveling to Creativebug a lot, I would just bring a whole stack of index cards with me on the plane and I was doing these neon ladies, which is an example. We might have a cameraman or two that also had to participate in some of these postcard writing challenges. (both chuckling) I picked this one up for my mom, I'm definitely going to be sending this to my mom, this is a Barbara Kruger image, and I love vintage postcards too, I found a bunch of San Francisco postcards. So I think these would be fun to send to friends who moved away or just anybody, just because the vintage imagery is super fun. - Nice you've taken the pressure off of yourself with having to make all of them. Because again, be realistic folks! - Right, I'm not gonna make 100 of these, probably, and the idea is to do it daily, so I'm not saying that you can't sit down and make ten if you know you're gonna be on a time crunch one week, but the idea is to, I think, establish a habit, that's what the 100 days does, and I've said this a million times, nobody really wants to get up in the middle of the night when they've fallen asleep in bed and go brush their teeth, but because you've been doing it since you were two years old, you feel guilty going to bed without brushing your teeth. - That's right. - So, it's about establishing that habit and doing something for 100 days. - Guilt motivated. - Exactly. (Liana laughs) Or time, history, you have a history of brushing your teeth. Then I think that's really about how you create a new practice for yourself, how you open up space in your daily life, even when that's really hectic, to be creative. Anything you can do to help yourself be inspired, or to set yourself up for success, one other thing that also makes me really love to send mail is their stamps, just having stamps ready. These are new stamps that are made to look like old circus posters, but these are also vintage stamps that have not been cancelled. - [Liana] Oh, so pretty! - [Courtney] Right, you have to put really a lot, you could in fact do an entire postcard just of vintage stamps, because the

© CBTV Live and Creativebug Inc., 2026

postage on these are really low, five cents apiece. So I would need seven or eight of those for the current postal rate. But this is another thing, you know, I could just pick a few of these and add a fun bit of stamps to the postcard, and that again makes it that much more special. And me more likely to send it. - Do we have any questions? - ... a couple questions. - [offscreen helper] We do, Briann wants to know-- - Hi Briann! - Hi Briann. - [offscreen helper] do you need to do anything special to the index cards so that they're durable for transport? - Oh, the question is about the index cards, because that's how I started. The index cards are a little floppy, they are not a true cardstock, they will get damaged in the mail, but I didn't mind that, for me that practice was really about not being overly precious with things, I didn't want to hold on to all these drawings of girls that I was making or all these patterns. I really wanted to just get them out there. And sometimes that kind of wear and tear that happens in the postal service is part of the beauty of the final object. - Just kind of cool that you don't have to get a pre-made official postcard, like you really can just grab a piece of paper. - Four by six is the way to go, you don't wanna anything smaller than three by five, and if you have any wonky dimensions, you have to pay an extra rate. Anything square you also have to pay an extra rate. So in lieu of the index cards, if you want something else that's quick and easy, at your local craft store, you can get little cardstock packs of four by six flat cards, also paper stores have some great colors, really heavy duty cardstock, and you can draw on those. Good question, Briann. Anybody else have questions or maybe you're participating in your 100 days project? Let us know, hashtag Creativebug, hashtag the 100 day project. We'd love to see what you create! - See you on Thursday, everybody! And be sure to comment and tell us what you're making! - See you then. - Bye. (soft music)

© CBTV Live and Creativebug Inc., 2026