A big strong tree needs big strong roots. A little happy sunlight shining through there. It's a super day, so why not make a beautiful sky? Don't be afraid to make these big decisions. Once you start, they sort of just make themselves.

All you need is a dream in your heart, and an almighty knife. Let's put some happy little clouds in our world. Just let this happen. We just let this flow right out of our minds. I think there's an artist hidden in the bottom of every single one of us. Let's have a little bit of fun today.

Be careful. You can always add more - but you can't take it away. Imagination is the key to painting. We spend so much of our life looking - but never seeing. You can create beautiful things - but you have to see them in your mind first. But we're not there yet, so we don't need to worry about it. Water's like me. It's laaazy ... Boy, it always looks for the easiest way to do things

You need the dark in order to show the light. I guess that would be considered a UFO. A big cotton ball in the sky. We'll lay all these little funky little things in there. And I know you're saying, 'Oh Bob, you've done it this time.' And you may be right.

We tell people sometimes: we're like drug dealers, come into town and get everybody absolutely addicted to painting. It doesn't take much to get you addicted. Maybe there's a happy little waterfall happening over here. That's why I paint - because I can create the kind of world I want - and I can make this world as happy as I want it.

Pretend you're water. Just floating without any effort. Having a good day. Nature is so fantastic, enjoy it. Let it make you happy. Maybe there's a little something happening right here. Be so very light. Be a gentle whisper. I guess I'm a little weird. I like to talk to trees and animals. That's okay though; I have more fun than most people. Nice little fluffy clouds laying around in the sky being lazy.

Painting should do one thing. It should put happiness in your heart. You better get your coat out, this is going to be a cold painting. It's hard to see things when you're too close. Take a step back and look. Only think about one thing at a time. Don't get greedy.