

Thank you for wanting to help make and scatter Peyton Heart Project hearts in your area. We are eager to know if you will be scattering hearts in locations that we don't already have many people scattering hearts in. Although people in every country are welcome to join us we would love to hear if you will be scattering hearts in countries outside of the US, Canada, The Netherlands or Australia. We love updating our world map and want to know which countries we should add.

The hearts you make should be about 1.5 to 2 inches (4cm-5cm) in size with **two** strands of 5 inches (12cm) each coming from the **center of the top** of the hearts that you tie together into an overhand or figure eight knot (not a granny knot or square knot) before you attach the tags. Please do not make this loop long enough for a child to wear as a necklace. A child could become entangled in it. The hearts should be bright colors – not black. **Please do not attach buttons, beads, etc. to the hearts because a small child might find the heart and it could present a choking hazard.**

Below are the pages for the fronts and backs of the tags for the Peyton Heart Project. If your printer does automatic double-sided printing: set it to print pages 2 to 11.

If your printer doesn't print both sides by itself: set it to print pages 2, 4, 6, 8, & 10 then turn them over and run them through the printer again printing page 3 on the backs of all the pages. Make sure the same edge is up on both sides. (Test one first.)

Use a hole punch to place a hole in the corner of the tag. Then, attach the tags to the hearts. We use brightly colored card stock for our tags. It helps them get noticed when they are left in public places. Only use thick paper to print out the tags please. At least **"65lb"** weight card stock. Regular 20-24lb copy paper is just not strong enough.

Have fun and please take some photos along the way. Be sure to share them on our Facebook page or Instagram/Twitter. Be sure to mention that you are scattering the hearts when you post the photos. When posting on social media please add the hashtag #PeytonHeartProject to your photos.

**Our quotes are only to be used for the Peyton Heart Project.  
The hearts should never be sold. They are always FREE.**

For further information and updates to our guidelines, please go to our Facebook page where you can find the updated answers to our Frequently Asked Questions. You can find this post in our "notes" section on the left of our main page. Thank you.

Sincerely,  
The Peyton Heart Project  
**June 26, 2019**

**Please do not alter the files in any way. This includes changing any quotes; changing the layout; changing the font; changing any colors; adding or deleting icons.**

<p><b>Know that you are loved for who you are.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Live for the moments you can't put into words.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Look at yourself with kindness and love.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Love is more powerful than hate.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b>No act of kindness is ever wasted.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>No one is you, and that is your power.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Spread your wings and learn to fly.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>The good things in life are better with you.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b>When the skies are dark, look for the stars.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Where there is kindness there is magic.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>You make the world a beautiful place.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>You're a magnet for miracles.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b>Your eyes are the windows to your soul.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Beyond the darkness, light appears.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Focus your thoughts on what inspires you.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Hope is the heartbeat of the soul.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b>Make the most of your unique gifts.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Nurture more kindness in the world.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Those who plant kindness gather love.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>You have the strength to face any challenge.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b>"Hope is a waking dream." ~Aristotle</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>"Still, I rise." ~ M. Angelou</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Always choose kindness.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Always find reasons to smile.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b>Aspire to Inspire.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Life is precious.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Love endlessly.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b>Love has no limits.</b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>



***Be the peace  
you seek.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Embrace  
the possibilities.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Be who you  
are meant to be.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Be your own  
kind of beautiful.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Beauty comes  
from within.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Beauty  
is everywhere.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Embrace  
who you are.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Embrace  
your beautiful life.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Believe in the  
goodness of life.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Believe in the  
kindness of others.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Believe in  
who you can be.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Believe in  
your worth.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Believe  
in yourself.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Capture the beauty  
in every moment.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Collect  
beautiful moments.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Create love  
in every moment.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Create your  
own path.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Create your  
own sunshine.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Cultivate  
kindness.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Dance like no  
one's watching.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Do what makes  
your soul shine.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Enjoy  
life's pleasures.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Dream deeper  
than the ocean.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Dream  
without limits.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Be true to you.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Believe in love.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Believe in miracles.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*

***Do what you love.***

*In Loving Memory of  
Matthew R. Dille  
1997 - 2014  
#PeytonHeartProject*



**Every day  
is a gift.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Every day  
is a second chance.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Everyone  
deserves love.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Everything  
is possible.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Follow  
your bliss.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Follow  
your dreams.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Follow  
your heart.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Give love with  
all of your heart.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Go where your  
spirit leads you.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Hope anchors  
the soul.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Inspiration is  
all around you.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Inspire  
someone today.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Keep your  
sense of wonder.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Kind words  
cost nothing.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Kindness in  
giving creates love.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Kindness is  
contagious.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Life is infinitely.  
beautiful**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Be a light  
in the dark.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Life's possibilities  
are endless.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Listen to  
your heart.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Let your  
beauty unfold.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Let your  
light shine.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Kindness  
matters.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Kindness  
will set you free.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Kindness is free.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Life is a gift.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Life is amazing!**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject

**Let there be love.**

In Loving Memory of  
**Matthew R. Dille**  
1997 - 2014  
#PeytonHeartProject



<p><b><i>Live fearlessly.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Live in the moment.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Live life with confidence.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Live the life you've imagined.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b><i>Live your life for you.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Love changes everything.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Be always blooming.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Be the hero in your own story.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b><i>Speak only words of kindness.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Spread love each day.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Take time to dream more.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>The best is yet to be.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b><i>Love is all around you.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Love reflects love.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Love the life you live.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Measure your life in love.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b><i>Peace is always beautiful.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Positive energy can heal the world.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Rejoice in life's beauty.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Say yes to new adventures.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b><i>Scatter kindness.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Seize each and every day.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Smile often &amp; love always.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Speak kindly to yourself.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b><i>Love on purpose.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Love is infinite.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Love is the answer.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Love life.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>





<p><b><i>The world needs more love.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>The world needs you.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>There is always hope.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>There is always light to be found.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b><i>There's no wrong way to be you.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Tomorrow brings new hope.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Trust the magic of new beginnings.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Trust your soul.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b><i>Unlock the beauty inside you.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Use your life to create miracles.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Value those you love.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>We rise by lifting others.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b><i>You are a burst of beautiful.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>You are a gift to the Universe.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>You are a miracle.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>You are a treasure.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b><i>Your soul is made of stars.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Your love can move mountains.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>You are stronger than the storm.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>You are truly beautiful.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b><i>Your life is your message.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>You deserve happiness.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>You dwell in possibility.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Your journey will be worth it.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>
<p><b><i>You are worth it.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>Your life matters.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>You are loved.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>	<p><b><i>You are limitless.</i></b>          In Loving Memory of  <b>Matthew R. Dille</b>          1997 - 2014          #PeytonHeartProject</p>

