

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  
**February 23, 2025**

**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>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Live for the moments you can't put into words.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Look at yourself with kindness and love.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Love is more powerful than hate.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>
<p><b>No act of kindness is ever wasted.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>No one is you, and that is your power.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Spread your wings and learn to fly.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>The good things in life are better with you.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>
<p><b>When the skies are dark, look for the stars.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Where there is kindness there is magic.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>You make the world a beautiful place.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>You're a magnet for miracles.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>
<p><b>Your eyes are the windows to your soul.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Beyond the darkness, light appears.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Focus your thoughts on what inspires you.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Hope is the heartbeat of the soul.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>
<p><b>Make the most of your unique gifts.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Nurture more kindness in the world.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Those who plant kindness gather love.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>You have the strength to face any challenge.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>
<p><b>"Hope is a waking dream." ~Aristotle</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>"Still, I rise."  ~ M. Angelou</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Always choose kindness.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Always find reasons to smile.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>
<p><b>Aspire to Inspire.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Life is precious.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Love endlessly.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>	<p><b>Love has no limits.</b>  <i>In Loving Memory of</i>  <b>Abbey Wolf</b>  2006-2020  #PeytonHeartProject</p>



<p><b>Be the peace you seek.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Embrace the possibilities.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Be who you are meant to be.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Be your own kind of beautiful.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>
<p><b>Beauty comes from within.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Beauty is everywhere.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Embrace who you are.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Embrace your beautiful life.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>
<p><b>Believe in the goodness of life.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Believe in the kindness of others.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Believe in who you can be.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Believe in your worth.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>
<p><b>Believe in yourself.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Capture the beauty in every moment.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Collect beautiful moments.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Create love in every moment.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>
<p><b>Create your own path.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Create your own sunshine.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Cultivate kindness.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Dance like no one's watching.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>
<p><b>Do what makes your soul shine.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Enjoy life's pleasures.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Dream deeper than the ocean.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Dream without limits.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>
<p><b>Be true to you.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Believe in love.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Believe in miracles.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>	<p><b>Do what you love.</b></p> <p>In Loving Memory of <b>Abbey Wolf</b> 2006-2020 #PeytonHeartProject</p>





**Every day  
is a gift.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Every day  
is a second chance.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**You  
deserve love.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Everything  
is possible.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Follow  
your bliss.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Follow  
your dreams.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Follow  
your heart.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

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

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Go where your  
spirit leads you.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Hope anchors  
the soul.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Inspiration is  
all around you.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Inspire  
someone today.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Keep your  
sense of wonder.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Kind words  
cost nothing.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Kindness in  
giving creates love.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Kindness is  
contagious.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Life is infinitely.  
beautiful**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Be a light  
in the dark.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Life's possibilities  
are endless.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Listen to  
your heart.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Let your  
beauty unfold.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Let your  
light shine.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Kindness  
matters.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Kindness  
will set you free.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Kindness is free.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Life is a gift.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Life is amazing!**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject

**Let there be love.**

In Loving Memory of  
**Abbey Wolf**  
2006-2020  
#PeytonHeartProject



<p><b><i>Live fearlessly.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Live in the moment.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Live life with confidence.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Live the life you've imagined.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>
<p><b><i>Live your life for you.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Love changes everything.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Be always blooming.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Be the hero in your own story.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>
<p><b><i>Speak only words of kindness.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Spread love each day.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Take time to dream more.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>The best is yet to be.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>
<p><b><i>Love is all around you.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Love reflects love.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Love the life you live.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Measure your life in love.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>
<p><b><i>Peace is always beautiful.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Positive energy can heal the world.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Rejoice in life's beauty.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Say yes to new adventures.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>
<p><b><i>Scatter kindness.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Seize each and every day.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Smile often &amp; love always.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Speak kindly to yourself.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>
<p><b><i>Love on purpose.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Love is infinite.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Love is the answer.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Love life.</i></b>          In Loving Memory of  <b>Abbey Wolf</b>          2006-2020          #PeytonHeartProject</p>





<p><b><i>The world needs more love.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>The world needs you.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>There is always hope.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>There is always light to be found.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>
<p><b><i>There's no wrong way to be you.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Tomorrow brings new hope.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Trust the magic of new beginnings.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Trust your soul.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>
<p><b><i>Unlock the beauty inside you.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Use your life to create miracles.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Value those you love.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>We rise by lifting others.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>
<p><b><i>You are a burst of beautiful.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>You are a gift to the Universe.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>You are a miracle.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>You are a treasure.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>
<p><b><i>Your soul is made of stars.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Your love can move mountains.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>You are stronger than the storm.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>You are truly beautiful.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>
<p><b><i>Your life is your message.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>You deserve happiness.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>You dwell in possibility.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Your journey will be worth it.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>
<p><b><i>You are worth it.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>Your life matters.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>You are loved.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>	<p><b><i>You are limitless.</i></b>          In Loving Memory of  <b><i>Abbey Wolf</i></b>          2006-2020          #PeytonHeartProject</p>



