

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 (long-edge binding): set it to print pages 2 to 11.

If your printer doesn't print both sides by itself: set it to print just the **even** pages, 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 upper LEFT corner of the front of each 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. 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.**

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.

When scattering hearts it is your responsibility to know what the laws are regarding leaving things in public in the locations you are putting them in. Please pay close attention to all laws and regulations when you are scattering your hearts, for example, No Trespassing! No state parks or national parks. Please avoid scattering hearts where they might be seen as litter. The Peyton Heart Project is not responsible for hearts left in locations where they are not permitted to be left.

Please do not insert hearts or tags into vending machine slots or ATM slots or gas pump slots or any other card reader or money slot. It can jam the machinery.

Our hearts cannot be left in mailboxes for people to find unless they have gone through the postal system with postage on them.

<p>♥ Take Me! <i>"Believe you can and you're halfway there." ~ Theodore Roosevelt</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>"Still, I rise." ~ M. Angelou</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>After every dark night, there is a brighter day.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Always choose kindness.</i> #PeytonHeartProject</p>
<p>♥ Take Me! <i>Always find reasons to smile.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Aspire to Inspire.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Be a light in the dark.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Be always blooming.</i> #PeytonHeartProject</p>
<p>♥ Take Me! <i>Be patient with yourself.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Be present, for this moment is a gift.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Be the hero in your own story.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Be the peace you seek.</i> #PeytonHeartProject</p>
<p>♥ Take Me! <i>Be true to you.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Be who you are meant to be.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Be your own kind of beautiful.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Beautiful minds inspire others.</i> #PeytonHeartProject</p>
<p>♥ Take Me! <i>Beauty comes from within.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Beauty is everywhere.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Begin each day with a positive thought.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Believe in love.</i> #PeytonHeartProject</p>
<p>♥ Take Me! <i>Believe in miracles.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Believe in the abundance of love that surrounds you.</i> #PeytonHeartProject</p>	<p>Take Me! <i>Believe in the kindness of others.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Believe in who you can be.</i> #PeytonHeartProject</p>
<p>♥ Take Me! <i>Believe in your worth.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Believe in yourself.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Beyond the darkness, light appears.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Bloom where you're planted.</i> #PeytonHeartProject</p>
<p>♥ Take Me! <i>Bloom with grace.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Capture the beauty in every moment.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Challenges are invitations to grow.</i> #PeytonHeartProject</p>	<p>♥ Take Me! <i>Change begins with you.</i> #PeytonHeartProject</p>

♥ Take Me!

***Cherish
every blessing.***

#PeytonHeartProject

♥ Take Me!

***Choose
love.***

#PeytonHeartProject

♥ Take Me!

***Collect
beautiful moments.***

#PeytonHeartProject

♥ Take Me!

***Color the world
with gratitude.***

#PeytonHeartProject

♥ Take Me!

***Compose your
own melody.***

#PeytonHeartProject

♥ Take Me!

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

#PeytonHeartProject

♥ Take Me!

***Create your
own path.***

#PeytonHeartProject

♥ Take Me!

***Create your
own sunshine.***

#PeytonHeartProject

♥ Take Me!

***Cultivate a
positive mindset.***

#PeytonHeartProject

♥ Take Me!

***Cultivate
kindness.***

#PeytonHeartProject

♥ Take Me!

***Dance like no
one is watching.***

#PeytonHeartProject

♥ Take Me!

***Discover your
hidden strengths.***

#PeytonHeartProject

♥ Take Me!

***Do all things
with love.***

#PeytonHeartProject

♥ Take Me!

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

#PeytonHeartProject

♥ Take Me!

***Do what
you love.***

#PeytonHeartProject

♥ Take Me!

***Don't let others
define your happiness.***

#PeytonHeartProject

♥ Take Me!

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

#PeytonHeartProject

♥ Take Me!

***Dream
without limits.***

#PeytonHeartProject

♥ Take Me!

***Dreams
fuel progress.***

#PeytonHeartProject

♥ Take Me!

***Embrace
change.***

#PeytonHeartProject

♥ Take Me!

***Embrace
diversity.***

#PeytonHeartProject

♥ Take Me!

***Embrace
the journey.***

#PeytonHeartProject

♥ Take Me!

***Embrace
the possibilities.***

#PeytonHeartProject

♥ Take Me!

***Embrace
who you are.***

#PeytonHeartProject

♥ Take Me!

***Embrace
your beautiful
life.***

#PeytonHeartProject

♥ Take Me!

***Embrace
your imperfections.***

#PeytonHeartProject

♥ Take Me!

***Embrace
your quirks.***

#PeytonHeartProject

♥ Take Me!

***Empathetic
hearts build bridges.***

#PeytonHeartProject

♥ Take Me!

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

#PeytonHeartProject

♥ Take Me!

***Even a small step
forward is a victory.***

#PeytonHeartProject

♥ Take Me!

***Every breath,
a chance to
bloom.***

#PeytonHeartProject

♥ Take Me!

***Every
breath, a gift.***

#PeytonHeartProject

♥ Take Me!

*Every breath,
an opportunity.*

#PeytonHeartProject

♥ Take Me!

*Every day is a
chance to sparkle.*

#PeytonHeartProject

♥ Take Me!

*Every day
is a gift.*

#PeytonHeartProject

♥ Take Me!

*Every day
is a second
chance.*

#PeytonHeartProject

♥ Take Me!

*Every moment
matters.*

#PeytonHeartProject

♥ Take Me!

*Every struggle
shapes your story.*

#PeytonHeartProject

♥ Take Me!

*Everyone
deserves love.*

#PeytonHeartProject

♥ Take Me!

*Everything
is possible.*

#PeytonHeartProject

♥ Take Me!

*Everything
unfolds in
perfect time.*

#PeytonHeartProject

♥ Take Me!

*Explore your
depths.*

#PeytonHeartProject

♥ Take Me!

*Fall in love
with life.*

#PeytonHeartProject

♥ Take Me!

*Find beauty
in the ordinary.*

#PeytonHeartProject

♥ Take Me!

*Find joy in
the unexpected.*

#PeytonHeartProject

♥ Take Me!

*Find the
extraordinary
in the ordinary.*

#PeytonHeartProject

♥ Take Me!

*Find your
rhythm.*

#PeytonHeartProject

♥ Take Me!

*Find your
strength inside you,
where magic dwells.*

#PeytonHeartProject

♥ Take Me!

*Find your tribe;
It's waiting for you.*

#PeytonHeartProject

♥ Take Me!

*Focus your
thoughts on
what inspires you.*

#PeytonHeartProject

♥ Take Me!

*Follow
your bliss.*

#PeytonHeartProject

♥ Take Me!

*Follow
your dreams.*

#PeytonHeartProject

♥ Take Me!

*Follow
your heart.*

#PeytonHeartProject

♥ Take Me!

*Give love with
all of your heart.*

#PeytonHeartProject

♥ Take Me!

*Go where your
spirit leads you.*

#PeytonHeartProject

♥ Take Me!

*Gratitude
blooms.*

#PeytonHeartProject

♥ Take Me!

*Gratitude
is a seed that
blooms into joy.*

#PeytonHeartProject

♥ Take Me!

*Gratitude
unlocks
happiness.*

#PeytonHeartProject

♥ Take Me!

*Happiness looks
beautiful on you.*

#PeytonHeartProject

♥ Take Me!

Hold onto hope.

#PeytonHeartProject

♥ Take Me!

*Hold onto
what heals.*

#PeytonHeartProject

♥ Take Me!

*Hope anchors
the soul.*

#PeytonHeartProject

♥ Take Me!

*Hope is the
heartbeat of the soul.*

#PeytonHeartProject

♥ Take Me!

*Hope is the seed
that blooms in the
cracks of despair.*

#PeytonHeartProject

♥ Take Me!

*Hope
persists.*

#PeytonHeartProject

♥ Take Me!

*Hope, a
constant ember.*

#PeytonHeartProject

♥ Take Me!

*Hope, always
within reach.*

#PeytonHeartProject

♥ Take Me!

*Inspiration is
all around you.*

#PeytonHeartProject

♥ Take Me!

*Inspire
others to grow.*

#PeytonHeartProject

♥ Take Me!

*Inspire
someone today.*

#PeytonHeartProject

♥ Take Me!

*Joy blooms
from within.*

#PeytonHeartProject

♥ Take Me!

*Keep blooming,
beautiful soul.*

#PeytonHeartProject

♥ Take Me!

*Keep your
sense of wonder.*

#PeytonHeartProject

♥ Take Me!

*Kind words
cost nothing.*

#PeytonHeartProject

♥ Take Me!

*Kindness is
contagious.*

#PeytonHeartProject

♥ Take Me!

*Kindness
is free.*

#PeytonHeartProject

♥ Take Me!

*Kindness is
love in action.*

#PeytonHeartProject

♥ Take Me!

*Kindness
will set you free.*

#PeytonHeartProject

♥ Take Me!

*You are loved
for who you are.*

#PeytonHeartProject

♥ Take Me!

*Leave a legacy
of kindness.*

#PeytonHeartProject

♥ Take Me!

*Let go
of regrets.*

#PeytonHeartProject

♥ Take Me!

*Let gratitude
bloom.*

#PeytonHeartProject

♥ Take Me!

*Let joy be
your anthem.*

#PeytonHeartProject

♥ Take Me!

*Let kindness
be your compass.*

#PeytonHeartProject

♥ Take Me!

*Let kindness
be your crown.*

#PeytonHeartProject

♥ Take Me!

*Let kindness
fill the world.*

#PeytonHeartProject

♥ Take Me!

*Let love rock
your life.*

#PeytonHeartProject

♥ Take Me!

*Let passion
ignite your soul.*

#PeytonHeartProject

♥ Take Me!

*Let the sun shine
through the darkness
and light your path.*

#PeytonHeartProject

♥ Take Me!

*Let the world see
what makes you unique.*

#PeytonHeartProject

♥ Take Me!

*Let there
be love.*

#PeytonHeartProject

♥ Take Me!

*Let your
beauty unfold.*

#PeytonHeartProject

♥ Take Me!

*Let your dreams
be your wings.*

#PeytonHeartProject

♥ Take Me!

*Let your
dreams take
flight.*

#PeytonHeartProject

♥ Take Me!

*Let your
light shine.*

#PeytonHeartProject

♥ Take Me!

*Let your smile
light the way.*

#PeytonHeartProject

♥ Take Me!

*Life burns
bright.*

#PeytonHeartProject

♥ Take Me!

*Life is a
beautiful journey.*

#PeytonHeartProject

♥ Take Me!

*Life is
a gift.*

#PeytonHeartProject

♥ Take Me!

*Life is a journey
of beautiful surprises.*

#PeytonHeartProject

♥ Take Me!

*Life is a kaleidoscope
of colors: intricate,
unexpected, beautiful.*

#PeytonHeartProject

♥ Take Me!

*Life is
amazing!*

#PeytonHeartProject

♥ Take Me!

*Life is filled with
infinite miracles.
Notice them.*

#PeytonHeartProject

♥ Take Me!

*Life is full of
possibilities waiting
to take flight.*

#PeytonHeartProject

♥ Take Me!

*Life is infinitely
beautiful.*

#PeytonHeartProject

♥ Take Me!

*Life is
precious.*

#PeytonHeartProject

♥ Take Me!

*Life is what you
make of it.*

#PeytonHeartProject

♥ Take Me!

*Life's beauty
is boundless.*

#PeytonHeartProject

♥ Take Me!

*Life's beauty will
find its way to you.*

#PeytonHeartProject

♥ Take Me!

*Life's possibilities
are endless.*

#PeytonHeartProject

♥ Take Me!

*Life's wisdom
whispers in the
quiet moments.*

#PeytonHeartProject

♥ Take Me!

*Light dispels
darkness.*

#PeytonHeartProject

♥ Take Me!

*Listen to
your heart.*

#PeytonHeartProject

♥ Take Me!

*Listen to your
intuition.*

#PeytonHeartProject

♥ Take Me!

*Live
abundantly.*

#PeytonHeartProject

♥ Take Me!

*Live
fearlessly.*

#PeytonHeartProject

♥ Take Me!

*Live for the
moments you
can't put into words.*

#PeytonHeartProject

♥ Take Me!

*Live in
gratitude.*

#PeytonHeartProject

♥ Take Me!

*Live in the
moment.*

#PeytonHeartProject

♥ Take Me!

*Live life
with confidence.*

#PeytonHeartProject

♥ Take Me!

*Live the life
you've imagined.*

#PeytonHeartProject

♥ Take Me!

*Live today with
all your heart.*

#PeytonHeartProject

♥ Take Me!

*Live with
intention.*

#PeytonHeartProject

♥ Take Me!

*Live your
life for you.*

#PeytonHeartProject

♥ Take Me!

*Live your
truth.*

#PeytonHeartProject

♥ Take Me!

*Look at yourself
with kindness
and love.*

#PeytonHeartProject

♥ Take Me!

*Look for the
magic.*

#PeytonHeartProject

♥ Take Me!

*Love
changes everything.*

#PeytonHeartProject

