

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>Know that you are loved for who you are. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Live for the moments you can't put into words. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Look at yourself with kindness and love. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Love is more powerful than hate. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>
<p>No act of kindness is ever wasted. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>No one is you, and that is your power. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Spread your wings and learn to fly. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>The good things in life are better with you. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>
<p>When the skies are dark, look for the stars. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Where there is kindness there is magic. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>You make the world a beautiful place. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>You're a magnet for miracles. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>
<p>Your eyes are the windows to your soul. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Beyond the darkness, light appears. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Focus your thoughts on what inspires you. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Hope is the heartbeat of the soul. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>
<p>Make the most of your unique gifts. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Nurture more kindness in the world. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Those who plant kindness gather love. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>You have the strength to face any challenge. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>
<p>"Hope is a waking dream." ~Aristotle <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>"Still, I rise." ~ M. Angelou <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Always choose kindness. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Always find reasons to smile. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>
<p>Aspire to Inspire. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Life is precious. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Love endlessly. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></p>	<p>Love has no limits. <i>In Loving Memory of</i> Matthew R. Dille 1997 - 2014 <i>#PeytonHeartProject</i></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><i>Live fearlessly.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Live in the moment.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Live life with confidence.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Live the life you've imagined.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>
<p><i>Live your life for you.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Love changes everything.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Be always blooming.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Be the hero in your own story.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>
<p><i>Speak only words of kindness.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Spread love each day.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Take time to dream more.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>The best is yet to be.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>
<p><i>Love is all around you.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Love reflects love.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Love the life you live.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Measure your life in love.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>
<p><i>Peace is always beautiful.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Positive energy can heal the world.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Rejoice in life's beauty.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Say yes to new adventures.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>
<p><i>Scatter kindness.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Seize each and every day.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Smile often & love always.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Speak kindly to yourself.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>
<p><i>Love on purpose.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Love is infinite.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Love is the answer.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>	<p><i>Love life.</i> In Loving Memory of Matthew R. Dille 1997 - 2014 #PeytonHeartProject</p>

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

