

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 2 inches by 2.5 inches (5cm-6cm) 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 7.

If your printer doesn't print both sides by itself: set it to print pages 2, 4, & 6, then turn them over and run them through the printer again printing page 7 on the backs of all three pages. Make sure the same edge is up on both sides.

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  
**March 27, 2017**

**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.**

*Find the extraordinary  
in the ordinary.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*No act of  
kindness is ever wasted.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*No one is you,  
and that is your power.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*You make the world  
a beautiful place.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Beautiful  
minds inspire others.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Spread your  
wings and learn to fly.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*You're a  
magnet for miracles.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Your eyes are the  
windows to your soul.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Love is more  
powerful than hate.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*"Hope is a waking  
Dream." ~Aristotle*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Always  
choose kindness.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Always find  
reasons to smile.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Be a light  
in the dark.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Be always  
blooming.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Be true to you.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Beauty  
is everywhere.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Believe in love.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Believe in miracles.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Believe in the  
kindness of others.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Believe  
in yourself.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Capture the beauty  
in every moment.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Collect  
beautiful moments.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Create love  
in every moment.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Create your  
own path.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Create your  
own sunshine.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Dream deeper  
than the ocean.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Dream  
without limits.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Embrace  
the possibilities.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)



*Embrace  
who you are.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Embrace  
your beautiful life.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Enjoy  
life's pleasures.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Every day  
is a gift.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Every day  
is a second chance.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Everyone  
deserves love.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Everything  
is possible.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Follow  
your bliss.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Follow  
your dreams.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Follow  
your heart.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Go where your  
spirit leads you.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Inspiration is  
all around you.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Inspire  
someone today.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Keep your  
sense of wonder.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Kindness is free.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Kindness  
matters.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Kindness  
will set you free.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Let there be love.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Life is amazing!*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Life is precious.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Life's possibilities  
are endless.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Listen to  
your heart.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Live fearlessly.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Live in the  
moment.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Live your  
life for you.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Love  
changes everything.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Love endlessly.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Love has  
no limits.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)



*Love is all  
around you.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Love is infinite.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Love life.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Love  
reflects love.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Love the life  
you live.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Measure  
your life in love.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Positive energy  
can heal the world.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Rejoice in  
life's beauty.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Smile often  
& love always.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Speak  
kindly to yourself.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Spread love  
each day.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Take time  
to dream more.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*The best is  
yet to be.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*The world  
needs more love.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*The world  
needs you.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*There's no wrong  
way to be you.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Tomorrow  
brings new hope.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Trust your soul.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*You are a  
burst of beautiful.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*You are a gift  
to the Universe.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*You are limitless.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*You are loved.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*You are  
truly beautiful.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*You are worth it.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*You deserve  
happiness.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Your journey  
will be worth it.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Your life matters.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

*Your soul is  
made of stars.*

In loving memory of  
Matthew R. Dille 1997-2014  
To learn more, go to  
[www.thepeytonheartproject.org/Dille](http://www.thepeytonheartproject.org/Dille)

