



The Love Yourself Project
Healing Our World With Art & Self-love

Love Yourself Project 10,000 Hearts Exhibition Kit

We at the **Love Yourself Project** thank you for your efforts and commitment to spreading healing messages of self-love and shining a light for others to find their way to inner peace, freedom and joy.

This kit is designed to help you facilitate making origami hearts to send back to the Love Yourself Project to be included in our 10,000 Hearts exhibition.

Send hearts to: LYP/Michael Mut, 132 Montague St, Suite 4, Brooklyn, NY 11201

LYP Branded Products Sent via Post

1. One origami heart as a sample. Link to instructional video at: www.loveyourselfproject.org
2. 50 LYP Buttons
3. 50 LYP Stickers
4. 50 LYP Bookmarks
5. 50 LYP Origami Papers (white paper)
6. Bonus LYP T-shirt while supplies last

LYP .pdf Files included at this link: www.loveyourselfproject.org/LYPKits/10KHearts

1. LYP Master Check List (This sheet of paper)
2. LYP Bio of the organization
3. 10,000 Hearts Press Release
4. 10,000 Hearts Workshop Guide
5. A List of LYP Questions
6. 10,000 Hearts Information Strip Handouts Template
7. Signup / Release Form Templates
8. Love Yourself Extras
9. Mindful Breathing Options
10. LYPsignEnglishJPG.jpg (image) Love Yourself Sign in English
11. LYPbannerPDF.pdf (doc) Love Yourself Banner
12. LYPredheartPDF.pdf (doc) Red Heart for making a LYP sign in a language other than English

NOT INCLUDED But Highly Recommended

1. Colorful writing tools such as crayons, pens and markers, extra paper, color paper, etc. as needed
2. Protective table coverings (when markers used) where needed
3. Camera/Video for documentation