



listen  
love  
understand  
empathize  
forgive

It Starts Inside...  
You cannot give away  
what you don't  
possess.

ACA Workshop Opportunity

## It Starts Inside: The Journey to Self-Love

ACA Promise I: We will discover our real identities by **LOVING** and accepting **OURSELVES**.

Visit <http://www.itstartsinside.org/>  
for all the information and scheduling

I will come to your location to lead a 90  
minute workshop based on my personal  
recovery journey to self-love.

Led by Matt W: Lake Barrington ACA IL-212