

Michael Arnold ([00:14](#)):

Hey, Hey, welcome to episode one. The fuel behind Monday state of mind. My name is Michael Arnold. I am your Monday woman. I am also known as the hurricane of happiness. Let me tell you a little bit about myself and it's kind of a list. I am a person in recovery. I am a certified peer and family specialist. I am a recovery coach, recovery coach trainer. I am also a published author and my most favorite of this list. I am the director of alumni and recovery support services for the harmony foundation in Estes park, Colorado. I want to tell you something about the harmony foundation. Harmony has over a 50 year history. Let me say that again. Over a 50 year history of treating and helping people in recovery, and we have the expertise and knowledge to help people navigate those steps to recovery and want to tell you all something else about me.

Michael Arnold ([01:16](#)):

I am a harmony alum. I know what it's like to lose everything. I know what it's like to have no hope. And I also know what it's like to feel that dying would be better than living. What I also know. I know recovery, I know how powerful it is to ask for help. And I know how uncomfortable asking for help is, but I also know what it can do for you. I know how incredible it feels to actually have a choice on how I live my life. I know the good that happens when I choose to be consciously aware of my state of mind. I want to let you know that harmony was my foundation for all of this. And I continue to use the tools that were given to me while I was there as a client, as my life, you guys continue to grow and recovery and I continue to use the tools that were given to me.

Michael Arnold ([02:18](#)):

Things just started to happen for me. My life continued to just get better and better. And all I wanted to do was literally, literally shout recovery from every single mountain top. I wanted to be able to just share with the world how powerful recovery is. So let's fast forward, about three years and an opportunity presented itself, where I finally got to do exactly what I had been waiting to do, and that is helping people thrive in recovery. At harmony, I get to help alumni implement the foundation. They learn harmony their daily lives and help show them how to continue to take their power back by creating and living lives that are filled. I mean, literally filled with continuous growth, meaningful connection, service, gratitude, and so much more. I love what I get to do for harmony. I get to offer opportunities for alumni to come back to the harmony campus where their recovery journey started so that they can now share their hope with current clients and how they have been able to change their state of mind.

Michael Arnold ([03:36](#)):

Did you hear what I said? Change their state of mind to help them and not hurt them. I am extremely passionate about recovery and I am so grateful that harmony supports this podcast because together we want you to know that change is possible and that you have a choice, change, and choice are rooted in recovery. And more specifically in the tools you learn on your recovery journey. All right, now let's get into what Monday State of Mind is all about on this podcast. You'll be given thought provoking questions that relate to recovery and how to apply them into your daily life. This podcast will help you gain awareness around what you were thinking about, and it will challenge you to ask yourself if your state of mind is helping you to cat a pull your week, or is it harming your week? This podcast is about growth, transparency and inspiring you to get out there and change your state of mind. Stay tuned for next week. As we kick off this podcast, talking about the stories we tell ourselves and how that affects our state of mind. As we wrap up this first intro, the fuel behind Monday State of Mind, if you or

someone you know, is struggling with addiction, please call the Harmony Foundation at 866-686-7867.
See you next week.