

# THE WELLNESS WARRIOR HANDBOOK



*A Compass to Evolved  
Consciousness and Wellbeing*



*The Wellness Ambassador  
Mrs. Shannon Denard*



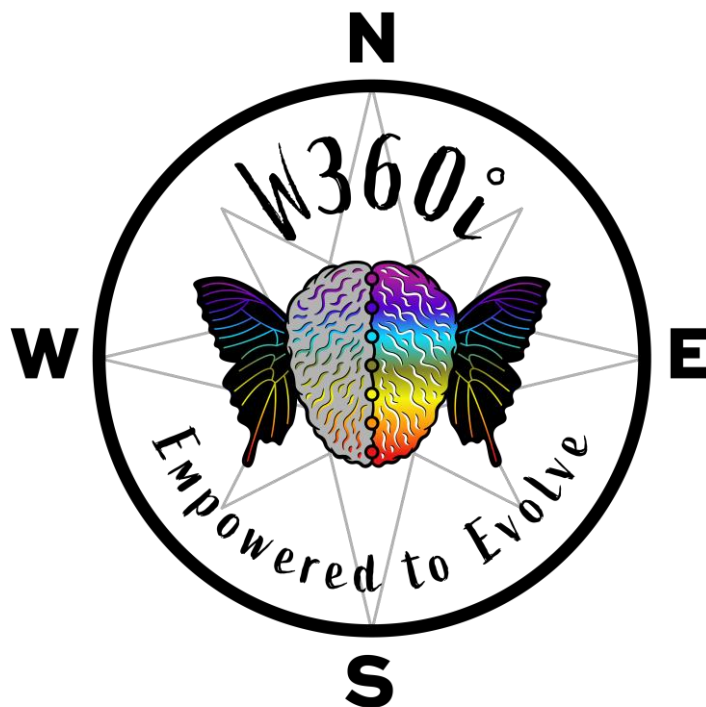
Copyright Denard 2020

**Wellness**  
**EMBASSY**  
W360i | Empowered to Evolve



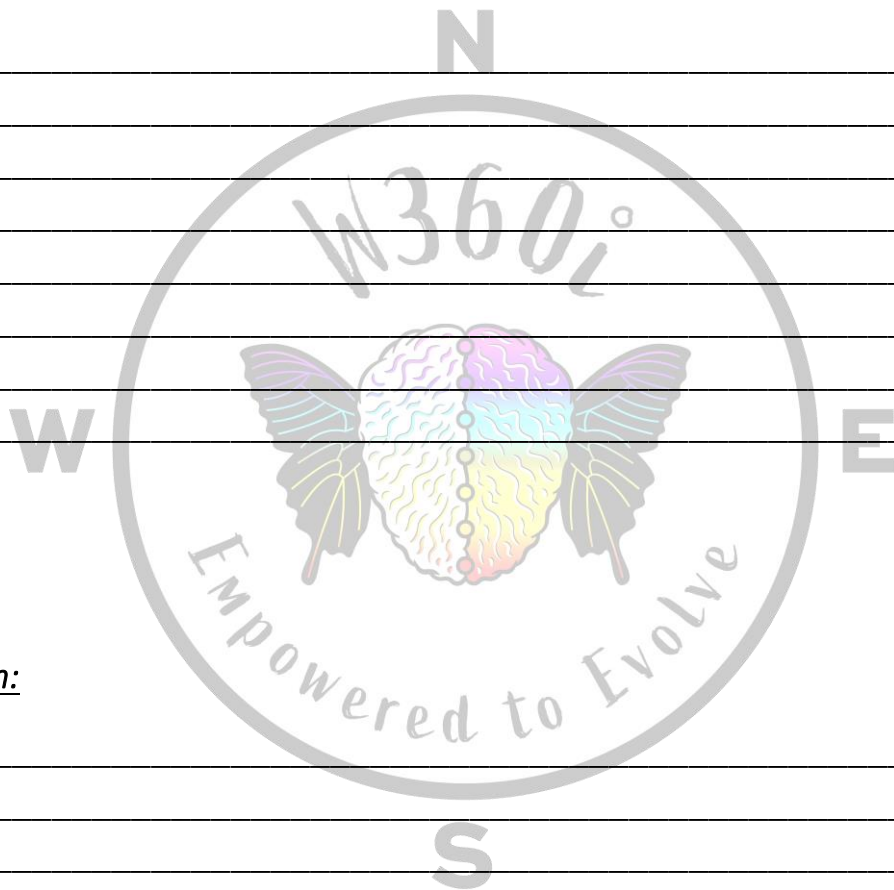
The Wellness Ambassador  
*n/r. Shannon Inland*

# THE EIGHT PLATFORMS



**THE EIGHT PLATFORMS**  
**WEST COMPASS**

1. *Spiritual:* In a paragraph express your view of internal and external purpose of existence.



Reflection of Truth:

**THE EIGHT PLATFORMS**  
**WEST COMPASS**

2. Ego/Personality: In a paragraph express your perception of your Spirit.

N

---

---

---

---


---

---

---

---

W E



Reflection of Truth:

S

---

---

---

---

---

---

---

---

---

---

**THE EIGHT PLATFORMS**  
**WEST COMPASS**

3. **Body Temple:** *In a paragraph express your perception of your body's purpose.*

---

---

---

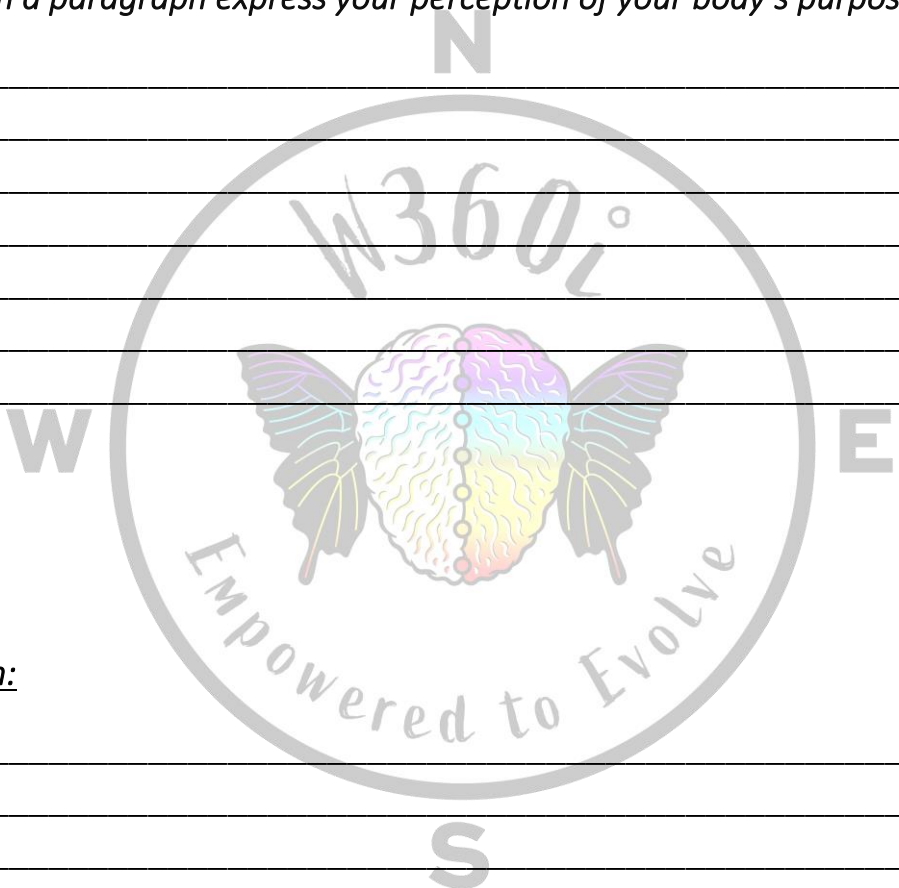
---

---

---

---

---



**Reflection of Truth:**

---

---

---

---

---

---

---

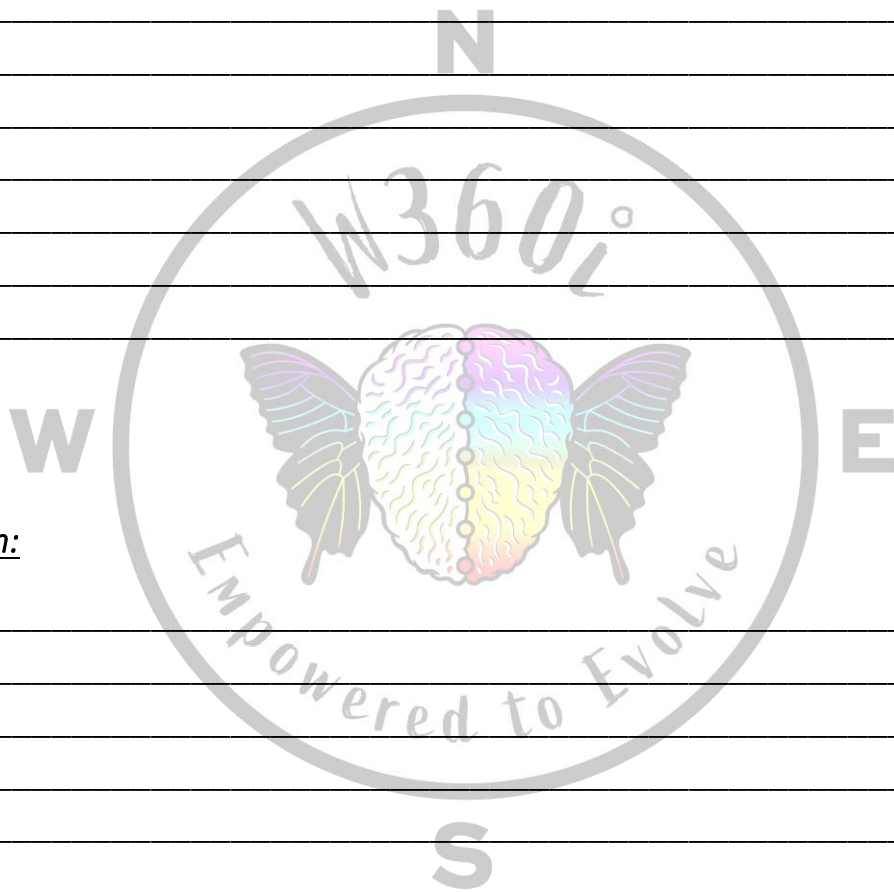
---

---

---

**THE EIGHT PLATFORMS**  
**WEST COMPASS**

4. Livelihood: In a paragraph identify your internal and external resources.



Reflection of Truth:

---

---

---

---

---

---

---

---

---

---

---

---



*The Wellness Ambassador  
and  
Wealth Creator  
Dr. Shannon Denard*

*For 20 years Dr. Shannon Denard has assisted individuals along their Personal Performance Empowerment journey, discovering and accessing motivational styles, values consciousness, and inherent technology to charter a course of skill set building that is as unique and authentic as each individual. She has received recognition from the Centers for Disease Control and has been described as the "Einstein of Consciousness", incorporating her expertise in Neuro Linguistic Psychology , Metaphysical Science and Holistic Medicine to help individuals and Corporations reach full spectrum wellness goals transforming their lives....Health, Finance, Career and Family.*

*Access your highest potential with  
The Wellness Ambassador and Wealth Creator  
Empowering You to Evolve!*



*The Wellness Ambassador  
Dr. Shannon Denard*