

# THE WELLNESS WARRIOR HANDBOOK



*A Compass to Evolved  
Consciousness and Wellbeing*



The Wellness Ambassador  
*Dr. Shannon Denard*



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# THE WELLNESS WARRIOR HANDBOOK

*Welcome Wellness Warrior and Congratulations on investing in your  
journey of Self-Mastery.*

*With this uniquely designed Warrior Compass System you are on a fast track to  
accessing the Universal Keys of Personal Growth and Development for  
Evolving Consciousness and Well-being.*

*This is the answer!*

*Choose Your Pathway, Reshape Your World, Empowered To Evolve!*



*Choose Your Pathway!*

# NORTH COMPASS

1. What situation immediately comes to mind that you feel you have experienced a cyclic circumstance?



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Reflection of Truth:

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# EAST COMPASS

2. Was it a business or personal relationship and how did the cycle of events make you feel? What was your emotional choice?



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Empowered to Evolve

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Reflection of Truth:

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# SOUTH COMPASS

3. *What would you correct or what would you change about your actions to liberate yourself? What emotional choice would you like to assert as an Energetic anchor?*

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Reflection of Truth:

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# WEST COMPASS

4. How would you co-operate with the Law of Iteration and Rectification and what course of action you would take if you encountered this again?

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Reflection of Truth:

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*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*