

"You cannot have a positive life and a negative mind."

- Joyce Meyer

JANUARY

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Sandra Jyun BURNETT

CREATE A POSITIVE LIFE PLANNER

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Sandra Jyun BURNETT

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JANUARY 7 MY POSITIVE THOUGHT OF THE DAY THINGS TO DO TODAY **CHALLENGES I MAY FACE & HOW I'LL MAINTAIN A POSITIVE ATTITUDE** THREE THINGS I'M GRATEFUL FOR TODAY 1.

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CREATE A POSITIVE LIFE PLANNER

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CREATE A POSITIVE LIFE PLANNER

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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"Every Day Brings New Choices."

- Martha Beck

February

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Sandra Jyun Burnett **FEBRUARY 1**

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Sandra Jyun BURNETT **FEBRUARY 2**

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

CREATE A POSITIVE Life PLANNER

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun Burnett

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

" Love yourself. It is important to stay positive because beauty comes from the inside out."

MARCH

- Jenn Proske

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" Your positive action combined with positive thinking results in success." - Shiv Khera

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"Yesterday is not ours to recover, but tomorrow is ours to win or lose."



- Lyndon B. Johnson

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"Perpetual optimism is a force multiplier." - Colin Powell	JUNE
MY POSITIVE GOALS FOR JUNE	
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MY PROGRESS AND RESULTS

CREATE A POSTIVE LIFE PLANNER

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"Live life to the fullest and focus on the positive."

- Matt Cameron



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/IY PROGRESS AND RESULTS

Sandra Jyun BURNETT

CREATE A POSITIVE LIFE PLANNER

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"Keep your face to the sunshine and you cannot see a shadow."

AUGUST

- Helen Keller

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Sandra Jyun Burnett

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Sandra Jyun Burnett

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

CREATE A POSITIVE Life PLANNER

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"Delete the negative; accentuate the positive!"

- Donna Karan

SEPTEMBER

MY POSITIVE GOALS	FOR SEPTEMBER	
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Sandra Jyun BURNETT

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Sandra Jyun HBURNETT

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Sandra Jyun BURNETT

CREATE A POSITIVE Sife PLANNER

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

"Positive thinking will let you use the ability which you have, and that is awesome. - Zig Ziglar

OCTOBER

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Sandra Jyun HBURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun Burnett **OCTOBER 7**

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

I surround myself with good people who make me feel great and give me positive energy." - Ali Krieger

NOVEMBER

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Sandra Jyun BURNETT

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Sandra Jyun Burnett

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Sandra Jyun BURNETT

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Sandra Jyun Burnett

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Sandra Jyun BURNETT

CREATE A POSITIVE LIFE PLANNER

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CREATE A POSITIVE LIFE PLANNER

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CREATE A POSITIVE LIFE PLANNER

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Sandra Jyun BURNETT

"In order to carry a positive action, we must develop a positive vision." - Dalai Lama

DECEMBER

MY POSITIVE GOALS FOR DECEMBER	
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Sandra Jyun BURNETT

CREATE A POSITIVE LIFE PLANNER

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Sandra Jyun BURNETT

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Sandra Jyun BURNETT

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Sandra Jyun Burnett

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Sandra Jyun Burnett

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Sandra Burnett is native of Raleigh, NC and lives part time in Santa Fe, NM



After graduating from Peace College in Raleigh, she moved near Liverpool, England and studied at Whiston Hospital for three years.

Most of her training was actually working with patients. During this time she also achieved the distinction of becoming the Chairman of The Royal College of Nursing at Whiston Hospital and graduated with a SRN degree. Burnett's specialized studies included the burns unit and midwifery ward.

Later Burnett became very passionate about health and nutrition. She owned and operated an award-winning catering company for 30+ years and was knighted in as a la Chaîne des Rôtisseurs Chef.

Burnett works independently now consulting and sharing strategic natural therapies with emphasis on nutrition with her clients.

For the latest health and wellness tips, please connect with Sandra's Premier Facebook Group at: facebook.com/sandralynnburnett

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