

TRANSFORMATION

AN INSIDE JOB



HEAL YOURSELF ★ GROW YOUR AWARENESS ★ TRUST THE JOURNEY

— *Dr. Donna Lee, PhD* —

WWW.DONNALEEBYDESIGN.COM

“Transformation isn’t about becoming
someone new. *It’s about remembering
who you were before survival took over.*”

— Dr. Donna Lee, PhD

From experience, not theory.



Dr. Donna Lee, PhD

As a Doctor of Holistic Medicine, I guide transformations that integrate Human Design, breath work, and neuroscience. I offer personalized pathways—whether through weight-loss journeys, life coaching, or business alignment—that help you live authentically from the inside out.

Holistic Health

Life Coaching

Business Alignment



What is the difference between a holistic doctor and a regular doctor?

A Medical Doctor (MD/DO) typically focuses on diagnosing and treating specific diseases with conventional methods (drugs, surgery), while a **Holistic Doctor takes a "whole person" approach (mind, body, spirit)**, integrating conventional care with complementary therapies (nutrition, lifestyle, herbs) to find root causes and promote overall wellness, often spending more time with patients for lifestyle factors.

Reflection

What feels unclear or heavy in my life right now?

What do I already know, but haven't been willing to admit?

Your Creating Your Vision

Vision is not about wishing. It is about alignment.

Think forward and remove all limitations.

Imagine your ideal home and location. The car that feels like freedom. The vacations, recreation, and experiences that light you up.

Let your imagination lead and begin designing the life you truly want.

Use words, images, colors, drawings, or stickers. Use, markers, crayons, paint, colored pencils; after you create this, you will come back from time to time to see where your image created your future.

Enjoy the process.

(Blank intentional) Here is where you will create
your vision board.

Closing

Transformation is not a single moment.
It is a relationship you build with yourself
over time.

Return to these pages whenever you
need clarity, grounding, or reassurance.
You are not late. You are not behind. You
are exactly where you need to be.

Dr. Donna Lee, PhD

www.donnaleebydesign.com

Live life in layers, not labels. ©





*Transformation doesn't require perfection.
It requires presence.*

This 10-day guided booklet invites you to slow down, listen inward, and reconnect with the parts of yourself ready to thrive.

Through reflections and gentle practices, *Transformation Is An Inside Job* offers a calm space for clarity, healing, and choice.

*This is not about fixing yourself.
It is about remembering who you are.*

How to Hire Dr. Donna Lee, PhD

Coaching • Consulting • Seminars • Workshops • Retreats
— *Opening Keynote* —

- Coaching
- Consulting
- Seminars & Workshops
- Retreats
- Opening Keynote

www.donnaleebydesign.com