

# Communities: **Let's Get Started!**






Version 1.0 (May 2023)



# Communities: Let's Get Started!

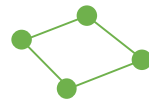
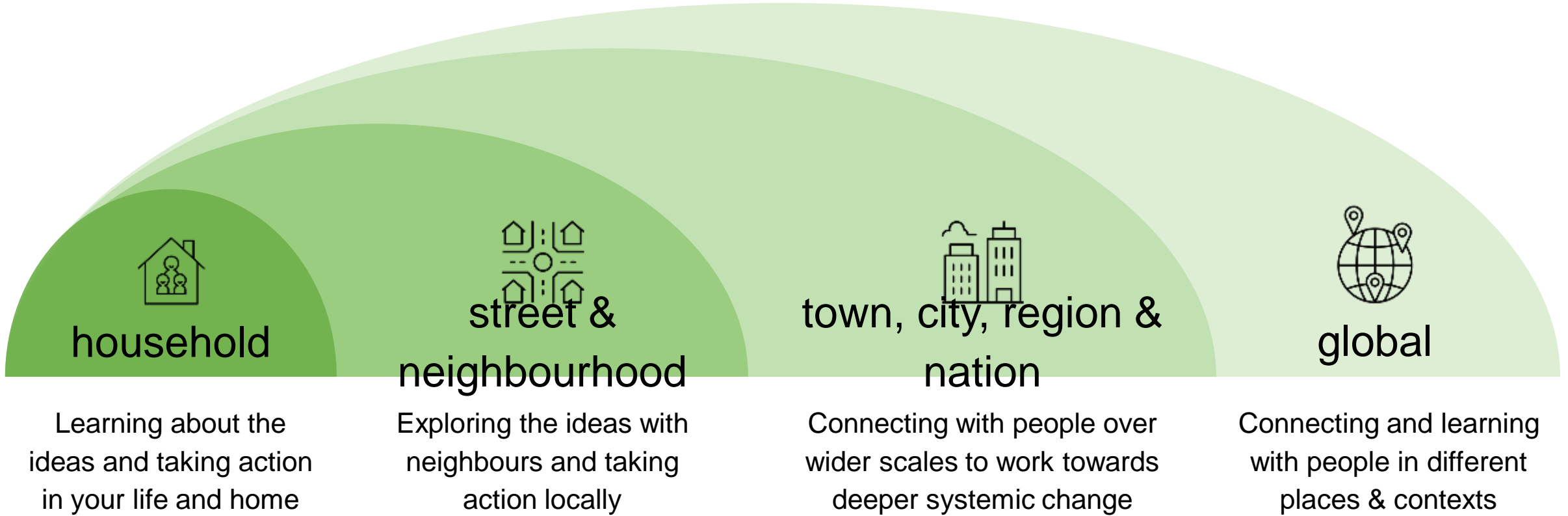
Doughnut Economics covers so much that it can feel overwhelming! Use this tool to find ways to get started in putting the ideas into practice with your community.

**Use it as a signpost to see things you would like to...**

-  **do straight away**
-  **do in future**
-  **share with others**

You can also add  
your own story  
(just click here)

# Community action at all scales



# What's in this tool?

1 What is Doughnut Economics?

2 How can I learn about Doughnut Economics with others?

3 How can I introduce the ideas of Doughnut Economics to my community?

4 How can we apply the ideas of Doughnut Economics within our community?

5 How can I apply the ideas of Doughnut Economics in my own life?

6 How can I connect with others locally to create a network for change?

7 How can we take action for deeper systemic change?

8 What is the DEAL Community and how can I connect with others globally?

9 How can I ask other questions, find out more, or contribute a story?

# 1 What is Doughnut Economics?

Let's start by introducing the Doughnut  
- the idea at the heart of Doughnut  
Economics - and some tools you can  
use to learn more about it, including  
translations in your language.

# We have a world in crisis

## Financial meltdown



New York, US

## Climate breakdown



Sofala, Mozambique

## COVID lockdown



Kuala Lumpur, Malaysia



Athens, Greece

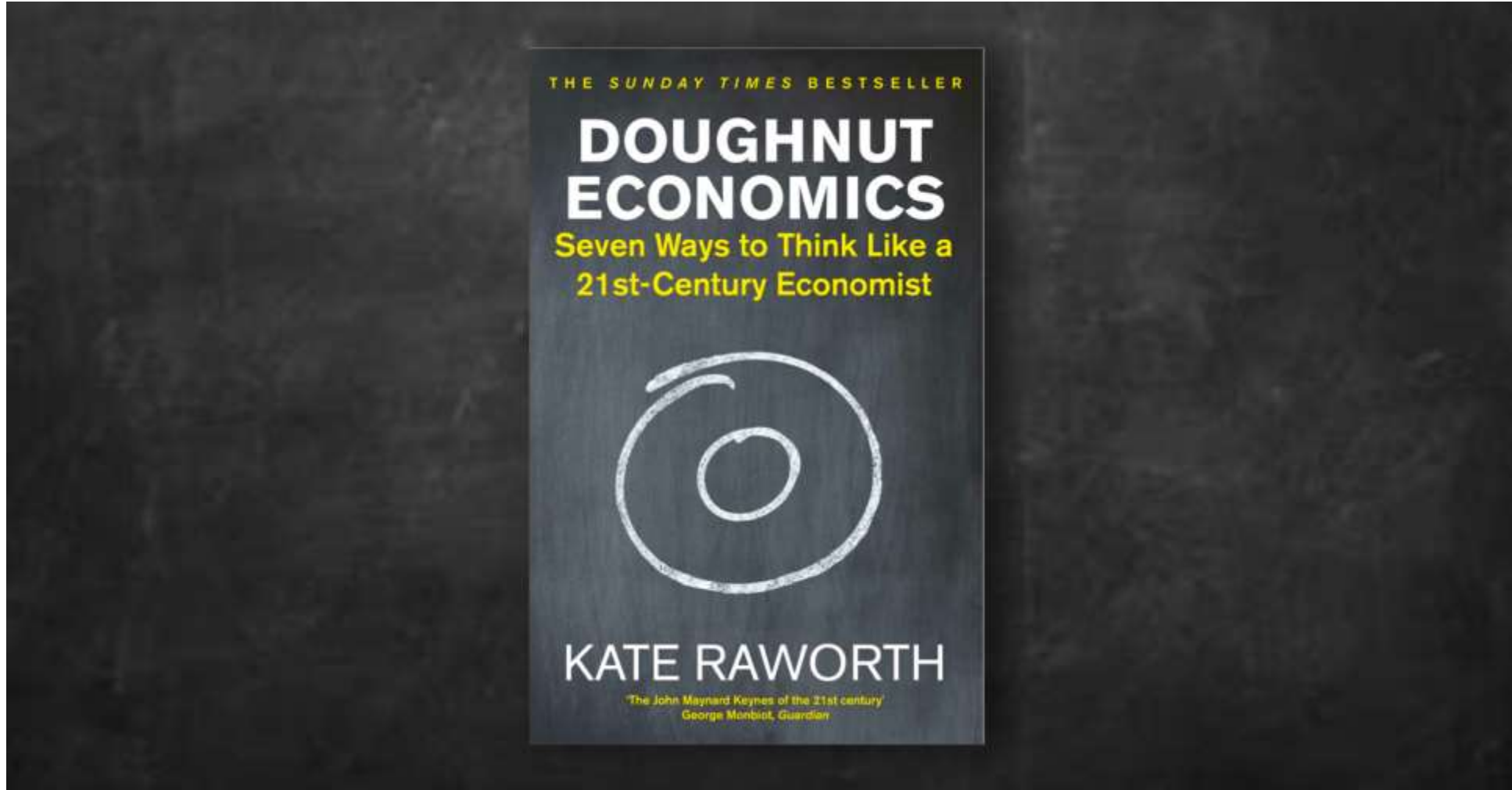


Sydney, Australia



Bogotá, Colombia

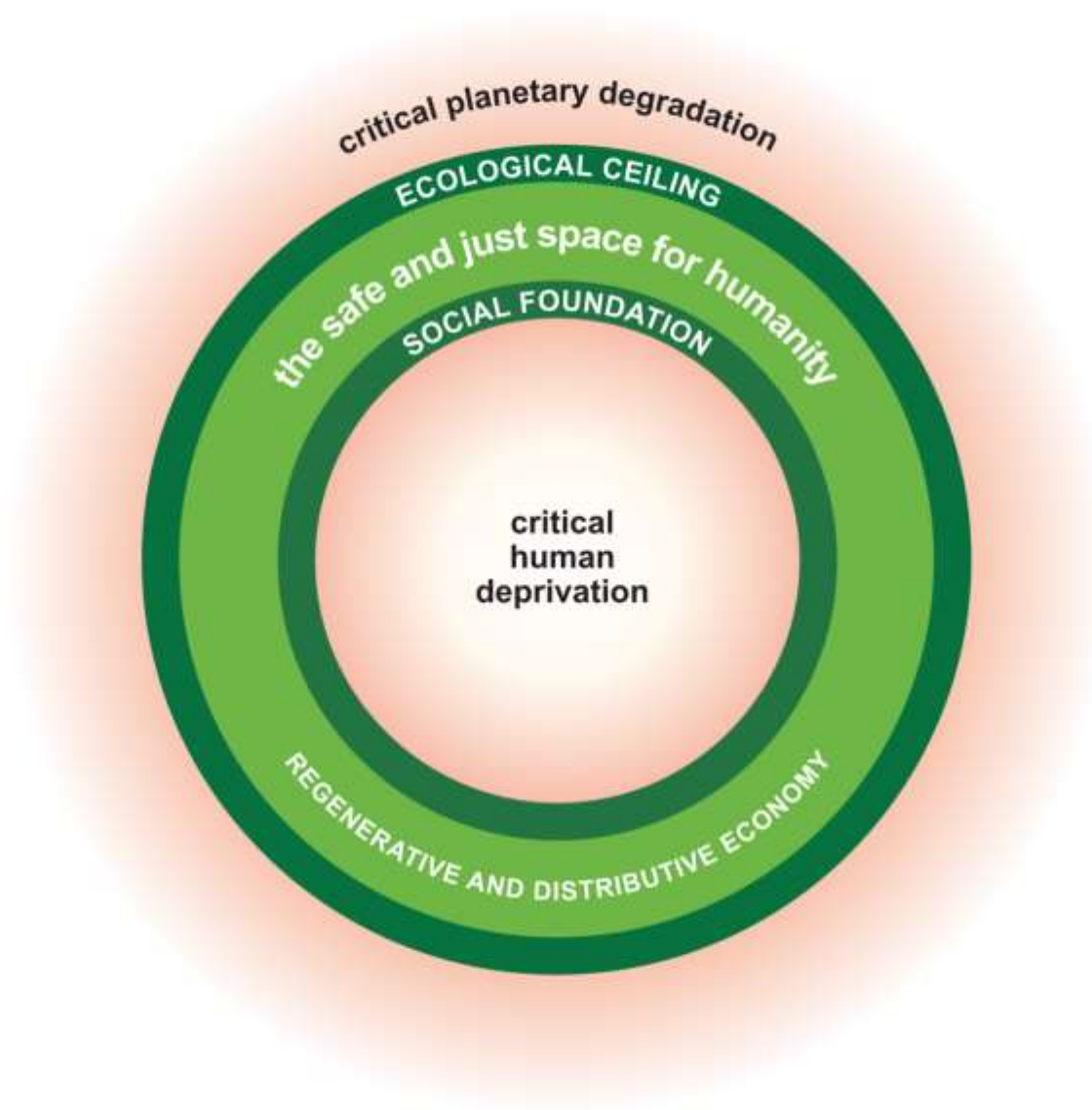
# It's time for new economic thinking





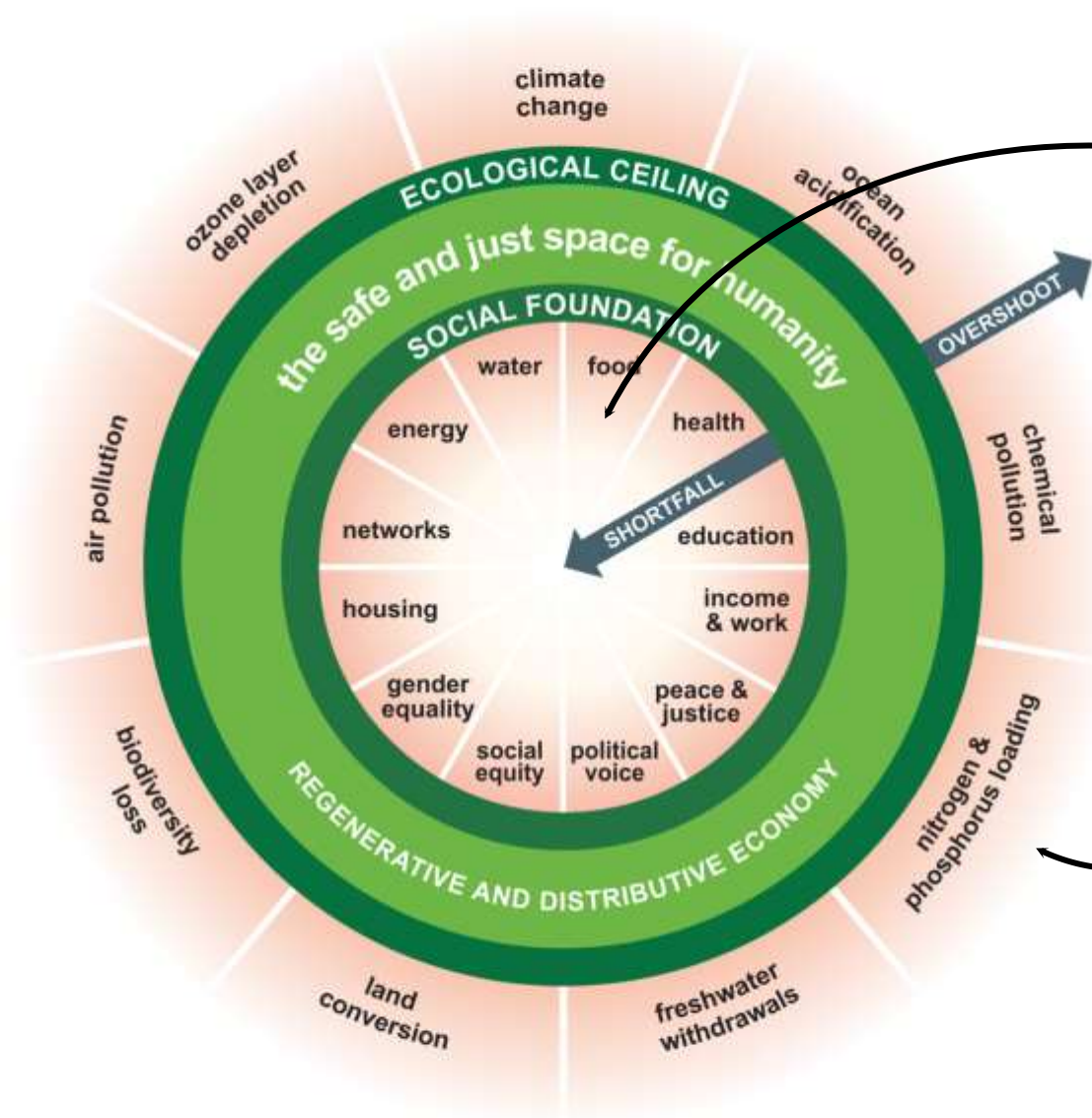
Doughnut Economics offers a **goal** for the 21st century:

*“To meet the needs of all people within the means of the living planet”*



# A compass for human prosperity:

*Based on the social priorities of the UN Sustainable Development Goals and the nine planetary boundaries of Earth Systems Science*



Social priorities of the UN SDGs

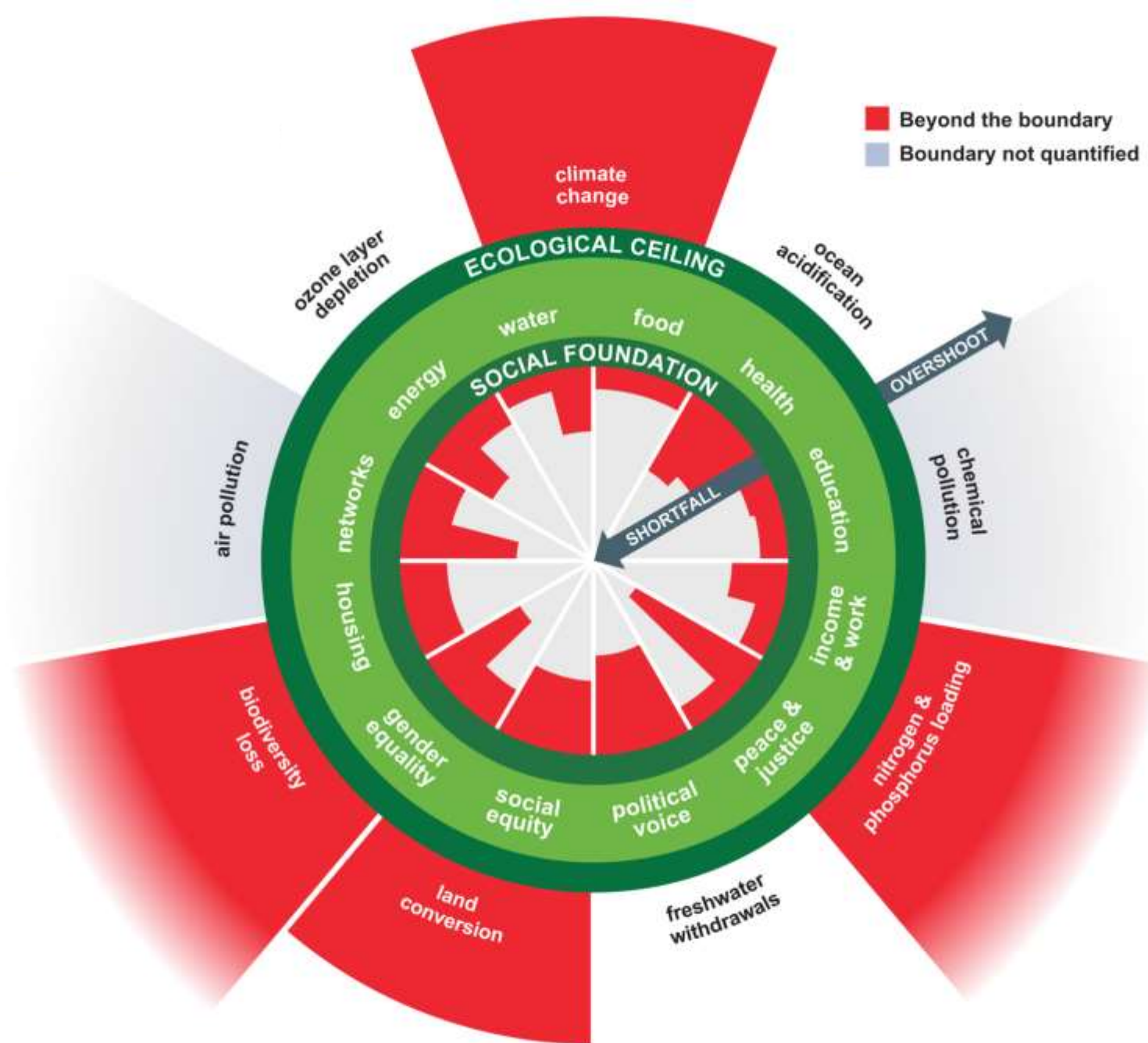


9 Planetary Boundaries

# A mirror for humanity:

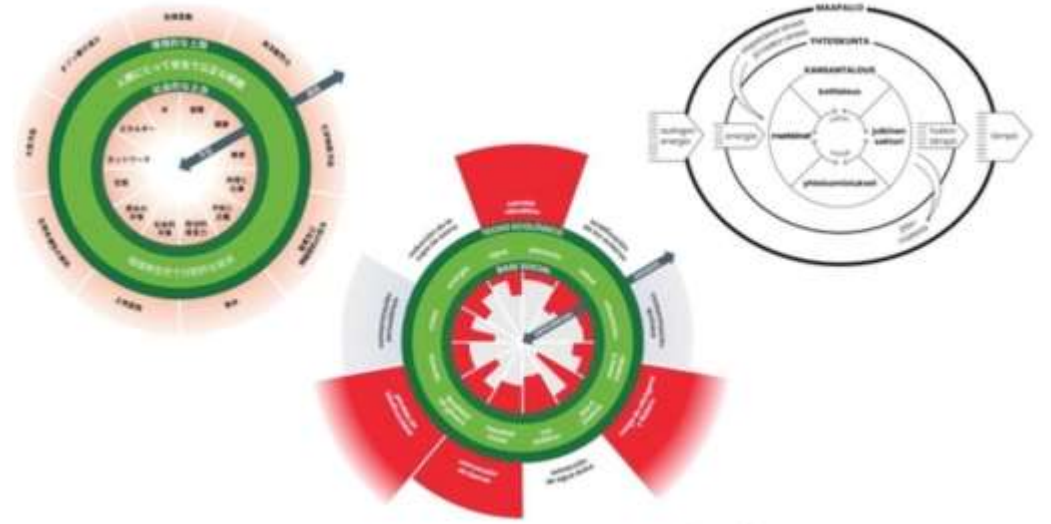
*Showing a world perilously out of balance.*

*So how can we design our economies to come back into the space of the Doughnut?*





**Download** the Doughnut diagrams and Embedded Economy **diagrams** in your own language so you can share them in presentations, print them as posters, or use them in workshops.



 [doughnuteconomics.org](https://doughnuteconomics.org)

## Doughnut Diagrams in 25+ languages

PDF and JPEG formats for printing and use in presentations



15 minutes  

**Watch** Kate Raworth's **TED Talk** from 2018 that introduces the idea of the Doughnut and invites us to think again about goal of the economy: from endless growth to thriving in balance.



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## **Doughnut Economics TED Talk**

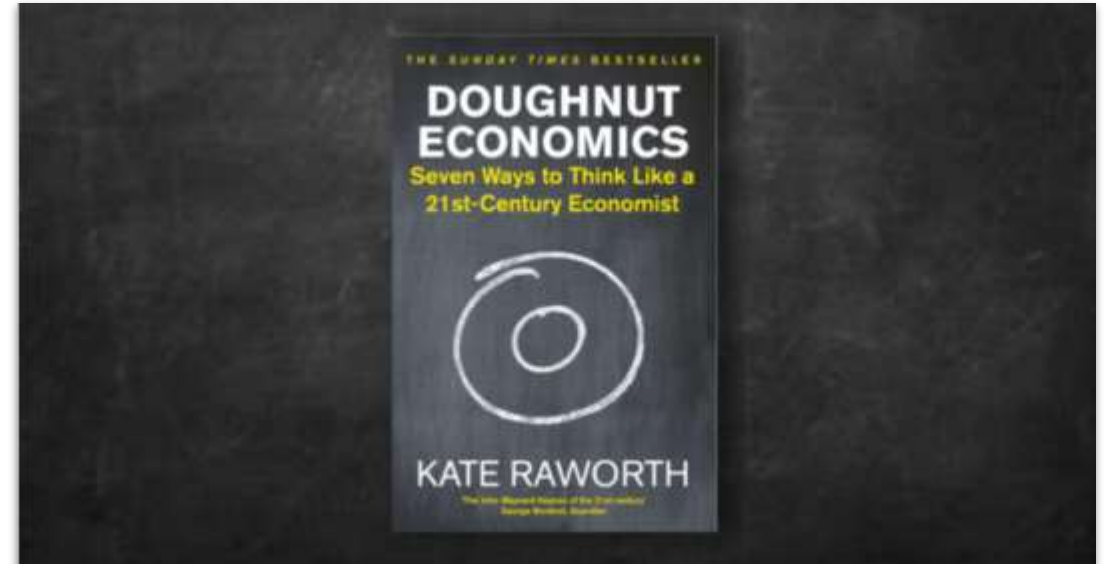
Kate Raworth's TED Talk from 2018



60 minutes



**Read chapter one** of Doughnut Economics that more deeply explores the goal of the economy, the origin of GDP and how we might reimagine the goal to be thriving in balance.



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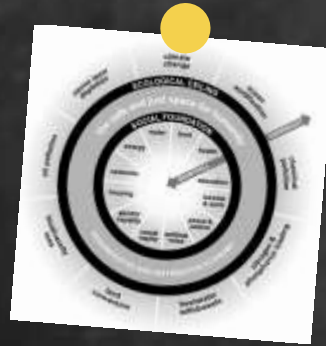
## Chapter One of Doughnut Economics

Change the Goal: From GDP to the Doughnut

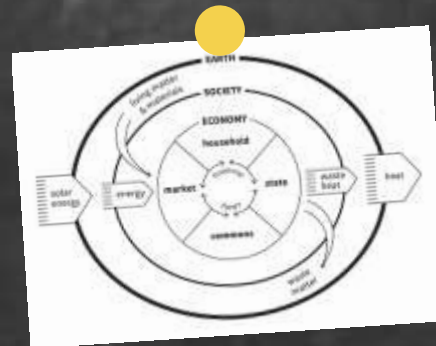
The following pages introduce the seven ways of Doughnut Economics, with some questions you can reflect on with your community. There are then some tools you can use to explore them in different ways.

# Doughnut Economics offers seven ways to think like a 21st century economist

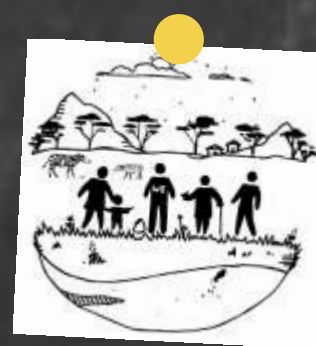
1. Change the goal



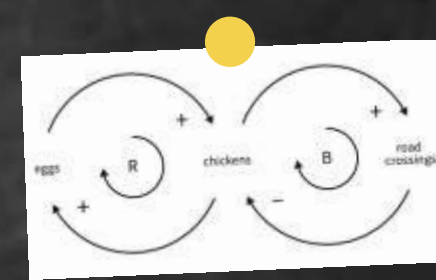
2. See the big economic picture



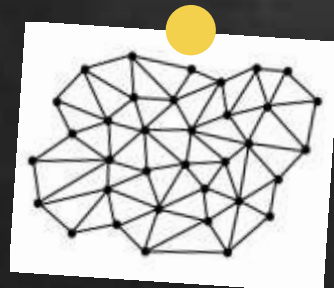
3. Nurture human nature



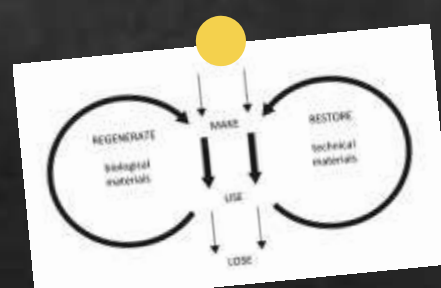
4. Get savvy with systems



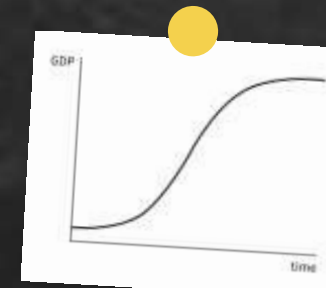
5. Be distributive by design



6. Be regenerative by design



7. Think again about growth







15 minutes 



**Watch** seven short video **animations** that summarise each of the Seven Ways. You might like to introduce these videos to others and discuss the questions in the previous slides.



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## Get Animated! Introducing the Seven Ways

Seven short animations to introduce the Seven Ways to Think Like a 21st-Century Economist


3 How can I introduce the ideas of Doughnut Economics to my community?

Here you'll find some activities and workshops you can run, and stories of how other people, groups and organisations have introduced the ideas in their community.



15 minutes  

Firstly, **please read** the principles and guidelines of putting Doughnut Economics into practice, so you can become stewards (like the DEAL Team) to safeguard the integrity of the ideas, to retain their transformative potential.

 [doughnuteconomics.org](https://doughnuteconomics.org)

## DEAL's Principles & Guidelines

Putting the ideas of Doughnut Economics into practice with integrity to recognise their full transformative potential



45 minutes



**Introduce** the Doughnut with the interactive **workshop**  
Step into the Doughnut. When we explore the ideas through movement and personal stories, our capacity to engage in their implications increases enormously.



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## Step into the Doughnut

A simple and accessible way to introduce the Doughnut to any community



30 minutes



Explore the diversity of perspectives within your community with this **workshop** that asks ‘Can humanity can get into the Doughnut by 2050?’ and invites us to try other perspectives on for size.


Yes we can

Can humanity get into the Doughnut by 2050?

Whether or not, we should aim for the Doughnut

Whether or not, we should aim for something else

No we cannot

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## Take a Stand

An activity to explore the diversity of views about whether humanity can get into the Doughnut by 2050

**4** How can we apply  
the ideas of Doughnut  
Economics to our  
place?

In this chapter, we'll introduce 'Doughnut Unrolled' and the framework of the four lenses, with some tools you can use and some stories for inspiration about how to apply this to your community.





30 minutes



Read the **Doughnut Unrolled** method for applying the Doughnut to your community, which introduces the *four lenses* as a holistic thinking compass to explore local, global, social and ecological perspectives.

|                           | Local   | Global  |
|---------------------------|---|---|
| <b>ECOLOGICAL CEILING</b> | How can our place be as generous as the wildland next door? | How can our place respect the health of the whole planet? |
| <b>Local aspirations</b>  | How can all the people of our place thrive?                 | <b>Global responsibilities</b>                            |
| <b>SOCIAL FOUNDATION</b>  |   | How can our place respect the wellbeing of all people?    |

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## Doughnut Unrolled: Introducing the four lenses

An introduction to the four lenses and the set of tools you can use to help your place bring humanity into the Doughnut



30 minutes



Read about the all the **dimensions** of the four lenses in this tool. You can also turn this into an interactive activity with the tool *Sparking Connections*.

## Doughnut Unrolled

Dimensions of the four lenses



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## Doughnut Unrolled: Dimensions of the four lenses


An overview of each of the dimensions of the four lenses on life




several months




**Create a Community Portrait of Place** with anything from an introductory workshop to a deep ongoing process. This tool offers an introductory guide and you can read examples of this in practice on the following pages.



**Doughnut Unrolled**  
Community Portrait of Place

 DOUGHNUT ECONOMICS ACTION LAB

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## Doughnut Unrolled: Community Portrait of Place

A selection of participatory workshop approaches you can use to explore the four lenses for your place



30 minutes 



Read how CIVIC SQUARE created a **Neighborhood Doughnut Portrait** in Ladywood in Birmingham, UK. Along the way they developed lots of tools you can use, that you can see on the following pages.



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## Neighbourhood Doughnut Portrait Launch

We're excited to introduce you to the first Neighbourhood Doughnut Portrait, painted by many people together in Ladywood



several months



**Build a Data Portrait of Place** by gathering local data, targets, indicators and policies and mapping them to the four lenses. Time to connect the data-enthusiasts in your community!

**Doughnut Unrolled**  
Data Portrait of Place

[doughnuteconomics.org](https://doughnuteconomics.org)

## Doughnut Unrolled: Data Portrait of Place

A handbook of approaches for collecting targets and indicators across each of the four lenses for your place



Read how Leeds Doughnut Coalition created the **Leeds Doughnut**, which inspired CIVIC SQUARE's approach to their data work as part of their *Neighborhood Doughnut Portrait*.



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## Leeds Doughnut: one year on from launch

A summary of our journey since our launch event in April 2022



Read how Shibaura House community created a **Data Portrait** of their ward in Minato City, Tokyo, and how they shared this with their community as an exhibition.



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## Launching our Data Portrait as an exhibition

A platform for lots of conversations with people and expanding our network in Minato Ward



90 minutes  

**Explore** a specific **topic** with the four lenses in a holistic and interconnected way, whether a community project, initiative, object, organisation, possibility or idea.



 doughnuteconomics.org

## Doughnut Unrolled: Exploring a topic

A selection of approaches to explore a specific topic through the Four Lenses be it a policy, project or possibility





Read how Swannanoa Watershed Action Network (SWAN) explored their **local bioregion** using the four lenses and some of the tensions that emerge when thinking about how to do this with others.



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## Bringing Doughnut Economics to a Bioregion

How a self-organizing network of individuals and local organizations is exploring a bioregion with the four lenses