

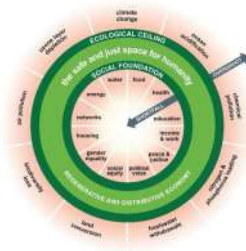
Doughnut Unrolled

Introducing the four lenses

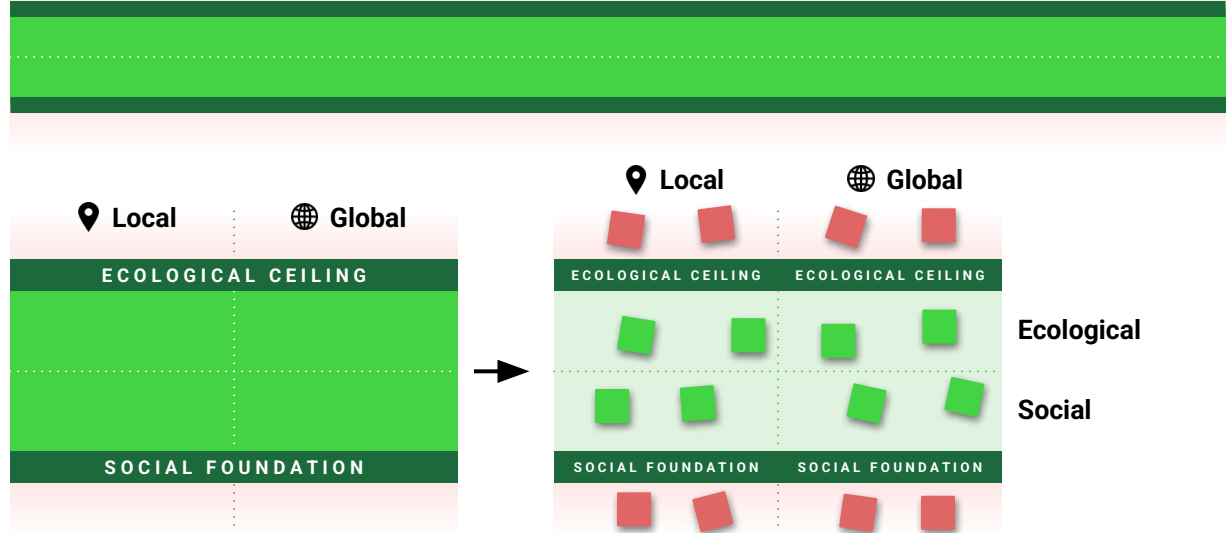


Version 1.0 (April 2022)

How can this place help bring humanity into the Doughnut?








If we unroll it...



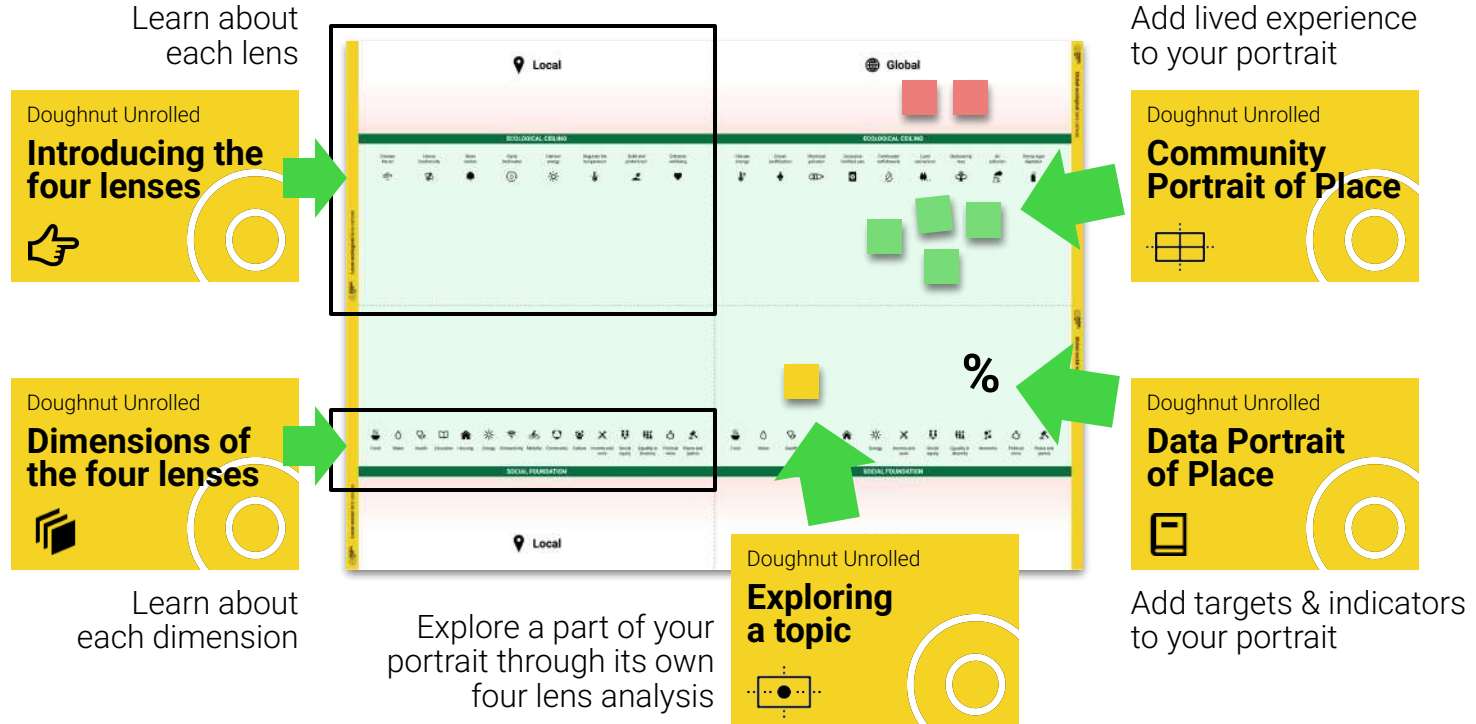
We can create a space for exploring possible futures we want, through four lenses

Doughnut Unrolled

A set of tools for your place

<p>Doughnut Unrolled</p> <h2>Introducing the four lenses</h2>  <p>An introduction to the four lenses and the set of tools you can use to help your place bring humanity into the Doughnut.</p> <p>This tool</p>	<p>Doughnut Unrolled</p> <h2>Community Portrait of Place</h2>  <p>A selection of participatory workshop approaches you can use to explore the four lenses for your place. Go to Community Portrait of Place.</p>	<p>Doughnut Unrolled</p> <h2>Data Portrait of Place</h2>  <p>A handbook of approaches for collecting targets and indicators for each of the four lenses for your place. Go to Data Portrait of Place.</p>	<p>Doughnut Unrolled</p> <h2>Exploring a topic</h2>  <p>A selection of approaches to explore a specific topic through the four lenses, whether a sector, strategy, policy, project, initiative, object or idea. Go to Exploring a topic.</p>	<p>Doughnut Unrolled</p> <h2>Dimensions of the four lenses</h2>  <p>An overview of each of the dimensions of the four lenses on life. Go to Dimensions of the four lenses.</p>
---	---	--	---	---







How the tools work together





Introducing the four lenses

A Doughnut unrolled tool

An introduction to the four lenses and the set of tools you can use to help your place bring humanity into the Doughnut.	 Understand the four lenses Objective	Parts	Slide	
	 Anyone For whom			1. Introducing each lens 8
	 No expert knowledge needed Expertise			2. Ways to work with the four lenses 30
	 Any use of the four lenses Scope			See also slides 38
	 30 minutes to read Duration and variations			Sharing back to inspire others 58
	 In person and/or online In person and/or online			Acknowledgments 59
				Image sources 60



Introducing the four lenses

About this tool

The goal of the Doughnut is to meet the needs of all people within the means of the living planet - so what does this mean for the neighbourhoods, cities, districts or nations where we live?

This tool introduces the concept of unrolling the Doughnut to reveal the four lenses on life, and a set of tools you can use to help your place bring humanity into the Doughnut.

We invite you to use and adapt these tools. To preserve their integrity, we will start with a few important dos and don'ts.

Dos

Safeguarding integrity

1. Do use and adapt these Doughnut Unrolled tools for your context following DEAL's [Guidelines and licensing rules](#).
2. Do use these Doughnut Unrolled tools at the [most relevant scale for your context](#) from neighbourhood to nation.
3. Do [share back](#) your learning on the DEAL Community Platform to inspire others.
4. Do [share any feedback](#) and suggested improvements on these tools that we can incorporate into the next iteration.

Don'ts

Weakening integrity

1. Don't leave out any of the four lenses - each lens reveals a distinct and crucial angle.
2. Don't remove any dimensions from the lenses even if they are not your immediate focus.
3. Don't use or adapt these tools to analyse a business (see [DEAL's business policy](#)).
4. Don't use these tools as a consultant unless you've met DEAL's criteria (see [DEAL's policy for consultancies and professional advisors](#)).

Introducing the four lenses

Part 1

Introducing each lens



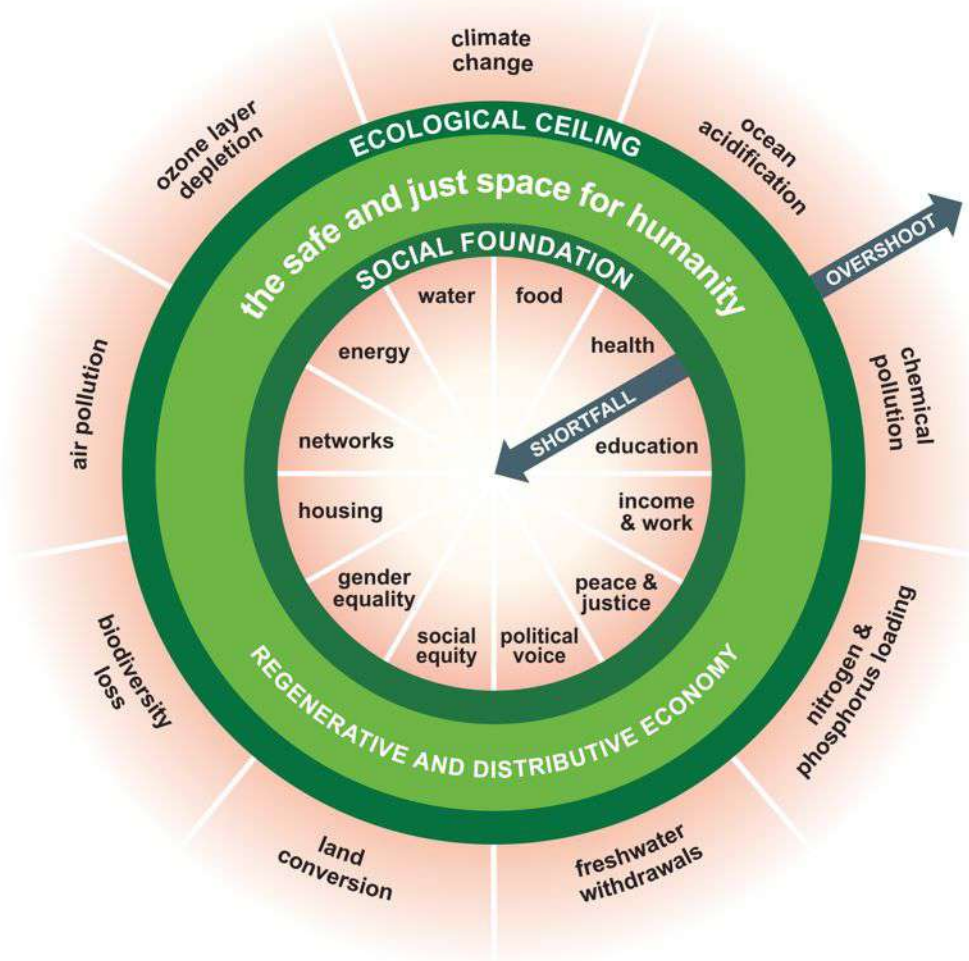
Part 1

Introducing each lens

If we unroll the Doughnut, we reveal four lenses - four different perspectives on how your place can help bring humanity into the Doughnut, considering both local aspirations and global responsibilities. The four lenses can be used in many ways to practice holistic and interconnected thinking about your place. This part introduces the four lenses, explains their core concepts, and addresses some of the key questions that they raise. There are [alternative presentation slides](#) and [details about the dimensions](#) of each lens at the end of this tool.

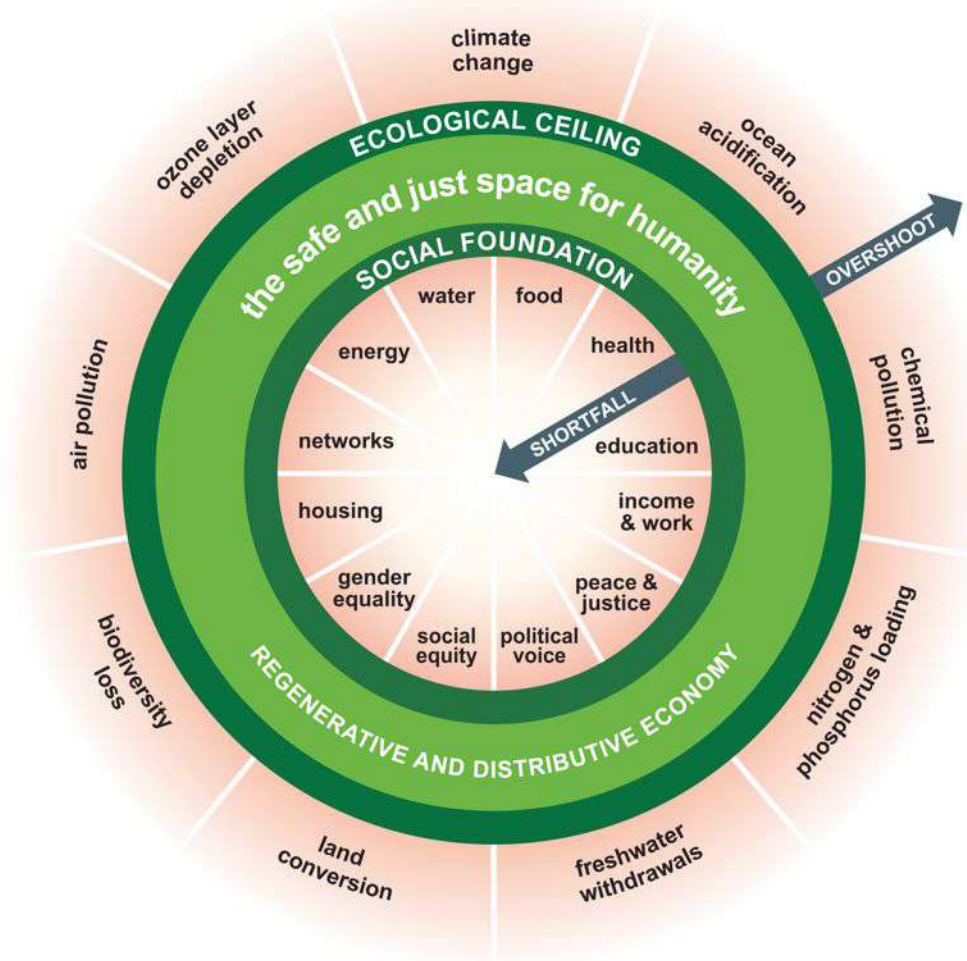
Can humanity live in the Doughnut?

How can we meet the needs of all people within the means of the living planet?



How can this place help bring humanity into the Doughnut?

How can our place become a home to thriving people in a thriving place, while respecting the wellbeing of all people and the health of the whole planet?



The four lenses

address both social and ecological issues, while combining the local aspirations of a place with its global responsibilities.

Let's dive in and explore these lenses one by one.



The **local-social** lens asks: how can all the people of this place thrive?

It focuses on identifying the essential elements of a thriving life here, to ensure a basic standard of wellbeing for all.





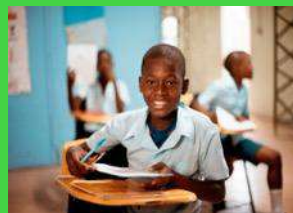
How can all the people of this place thrive?

The local-social lens reflects the lived experience of the residents of a place – recognising the full diversity of their histories, cultures, opportunities and aspirations. Every person has a claim to the essentials that support a thriving life, leaving nobody’s voice unheard, and no-one’s needs unmet. What ‘thriving ’ means will vary from place to place, generation to generation – but every place must transform to make it possible for all.



Four lenses
Local-social zoom in

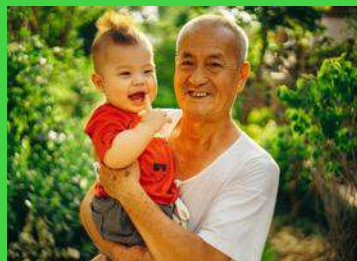
How can all the people of this place thrive?





How can all the people of this place thrive?

What does thriving mean to people here?



Whose voices are not being heard?



What has Covid-19 made visible?



What is our hidden strength?



Food



Water



Health



Education



Housing



Energy



Connectivity



Mobility



Community



Culture



Income & work



Social equity



Equality in diversity



Political voice



Peace & justice

The **local-ecological** lens asks: how can this place be as generous as the wildland nextdoor?

It focuses on how places can aim to generate as many ecological benefits as their most healthy surrounding natural habitat.





How can this place be as generous as the wildland next door?

The local-ecological lens recognises that every place is situated in a unique habitat, be it a floodplain, a forest, or a desert. If you were to visit the 'wildland next door' – the healthiest natural habitat in your area – then you would see how nature has learned to survive, thrive and be generous. Nature cleans and cools the air, stores carbon, cycles water, builds nutrient-rich soil, harvests the sun's energy, and welcomes wildlife. What if every place aimed to match or exceed the ecological generosity of its wildland next door? What would it mean for the design of the places where we live?



ECOLOGICAL CEILING

How can this place be as generous as the wildland next door?

The wildland next door



Stores carbon



Welcomes wildlife



Cycles water



Harvests energy



Enhances wellbeing



Ways we can aim to match that here



ECOLOGICAL CEILING

How can this place be as generous as the wildland next door?

Cleanse
the air



House
biodiversity



Store
carbon



Cycle
water



Harvest
energy



Regulate the
temperature



Build &
protect soil



Enhance
wellbeing



What is the generosity of the wildland next door?



How can we store more carbon and harvest solar energy?



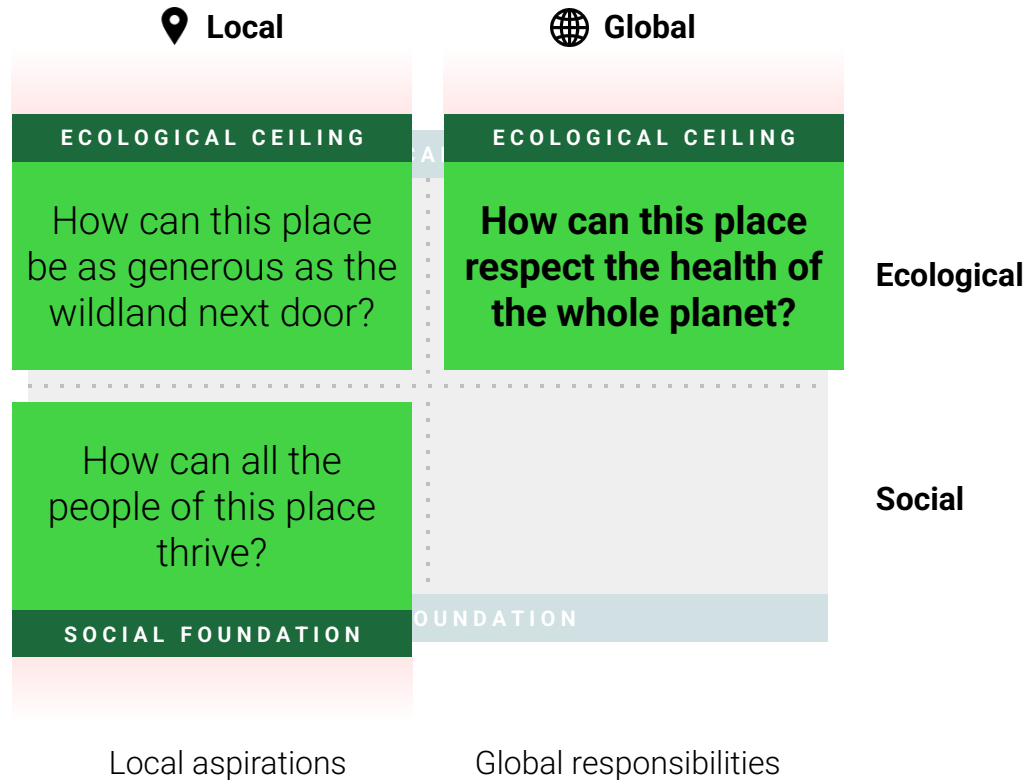
How can we better manage water and build more soil?



How can we welcome more wildlife?

The **global-ecological** lens asks: how can this place respect the health of the whole planet?

It focuses on identifying the many ways that activity and lifestyles here can impact on Earth's life-supporting systems worldwide.





How can this place respect the health of the whole planet?

The global-ecological lens reveals how every place is connected to the whole planet through the energy it uses, the products it imports and the stream of waste it exports. Think of all the food, clothing, electronics, consumer goods, and construction materials brought daily into your locality, and the stream of waste that flows out. This resource use creates a global footprint that raises humanity's pressure on the planet.

How can each place act on its global responsibility to live within planetary boundaries?



ECOLOGICAL CEILING

How can this place respect the health of the whole planet?

The products we buy



Food



Clothing



Electronics



Household products



Construction



Their global impact

Four lenses
Global-ecological zoom in



ECOLOGICAL CEILING

How can this place respect the health of the whole planet?

Climate change



Ocean acidification



Chemical pollution



Excessive fertilizer use



Water withdrawals



Land conversion



Biodiversity loss



Air pollution



Ozone layer depletion



How can we decarbonise transport and heating?



How can we cut waste and create a circular economy?



How can we produce more locally to reduce global impact?



How do lifestyles here put pressure on the planet?

Four lenses
Global-ecological zoom in

The **global-social** lens asks: how can this place respect the wellbeing of all people?

It focuses on the many ways that actions taken locally have impacts on people and communities worldwide.





How can this place respect the wellbeing of all people?

The global-social lens explores how actions and decisions taken in every place can have impacts - both positive and negative - in the lives of people worldwide. Global supply chains connect local shoppers to workers worldwide. Cultural connections build solidarity through education, arts and sports. Local policies and attitudes shape how refugees and migrants are perceived and welcomed. In all these ways - and many more - there are opportunities to take action in every locality that help to respect the rights and opportunities of others.



How can this place respect the wellbeing of all people?

Actions and decisions taken here



Global supply chains



Lifestyle patterns



Cultural connections



Welcome to migrants



Policy regimes



Implications for people worldwide



How can this place respect the wellbeing of all people?

Whose labour made the products on sale here?



How can cultural connections create opportunity and solidarity?



How do resource-intensive lifestyles here impact people worldwide?



How do we welcome those seeking safety and refuge?



Food



Water



Health



Education



Housing



Energy



Income & work



Social equity



Equality in diversity



Community & networks



Political voice



Peace & justice

Introducing the four lenses

Part 2

Ways to work with the four lenses



Part 2

Ways to work with the four lenses






The four lenses invites you to think and explore about how your place can help bring humanity into the Doughnut.

This part introduces the set of Doughnut Unrolled tools we've created for you to use and apply the four lenses to your place.

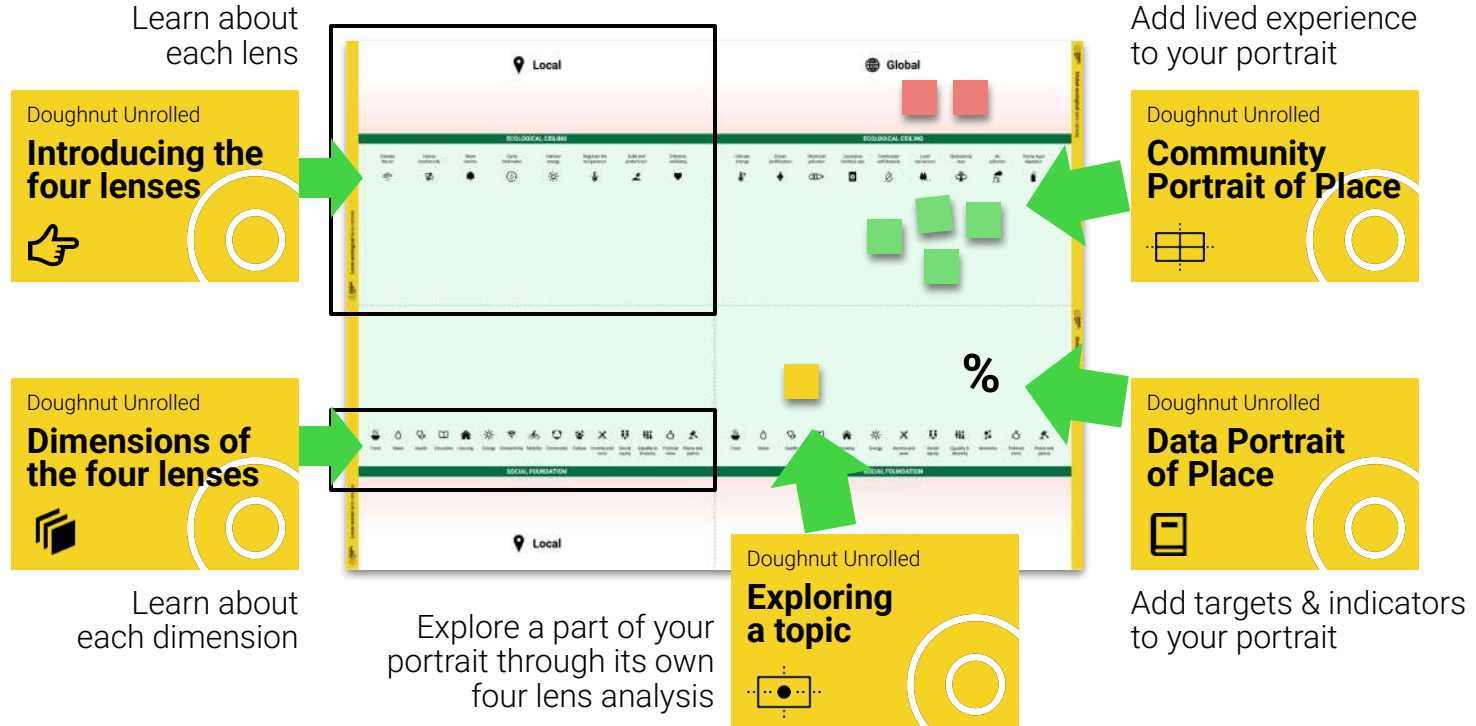
We invite you to use and adapt them and to share back your stories of them in action and any innovations you make to inspire others.

Doughnut Unrolled

A set of tools for your place

<p>Doughnut Unrolled</p> <h2>Introducing the four lenses</h2>  <p>An introduction to the four lenses and the set of tools you can use to help your place bring humanity into the Doughnut.</p> <p>This tool</p>	<p>Doughnut Unrolled</p> <h2>Community Portrait of Place</h2> 	<p>Doughnut Unrolled</p> <h2>Data Portrait of Place</h2> 	<p>Doughnut Unrolled</p> <h2>Exploring a topic</h2> 	<p>Doughnut Unrolled</p> <h2>Dimensions of the four lenses</h2> 
<p>A selection of participatory workshop approaches you can use to explore the four lenses for your place. Go to Community Portrait of Place.</p>	<p>A handbook of approaches for collecting targets and indicators across each of the four lenses for your place. Go to Data Portrait of Place.</p>	<p>A selection of approaches to explore a specific topic through the four lenses, whether a sector, strategy, policy, project, initiative, object or idea. Go to Exploring a topic.</p>	<p>An overview of each of the dimensions of the four lenses on life. Go to Dimensions of the four lenses.</p>	

How the tools work together





Doughnut Unrolled

Your own way...

We've designed this tool and Dimensions of the four lenses to give you all you need to start creating your own methods for using the four lenses in your own context.

When adapting these tools, and creating new tools, we ask that you follow the DEAL's Guidelines and licensing rules to maintain the integrity of the concepts.

We give these ideas and tools away for free. What we ask in return is that you share your stories of use and any adaptations or innovations on the DEAL Community Platform, and you can contact us if you would like any support in this process.

Happy experimenting!

Introducing the four lenses

What the four lenses enable

Looking at your place across all four lenses enables you to build a holistic portrait of your place, that in turn, enables you to identify and explore interconnections and possibilities.

Interconnections

Interconnections across the four lenses can reveal deeper systemic challenges that might not be seen otherwise. The four lenses invites you to practice identifying and describing such interconnections (see [identifying interconnections](#))

Possibilities

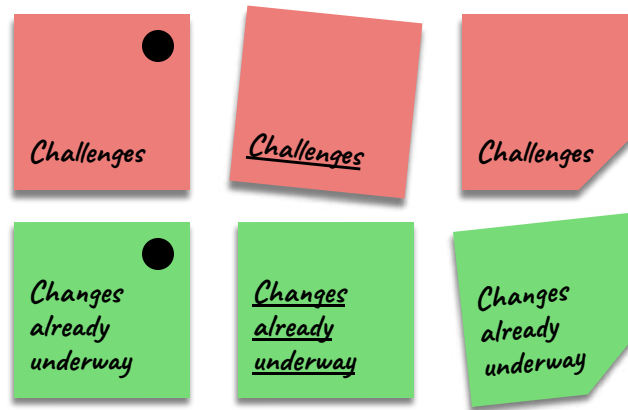
The holistic and interconnected nature of the four lenses can also reveal possibilities previously not seen, whether an idea for a new initiative, project, policy change or something else that can be explored further (see [identifying possibilities](#)).

Introducing the four lenses

Adding a third scale of analysis

In some contexts, it may be useful to add a third scale between the local and global lenses, eg district-city-world, or city-nation-world.

To do this as part of an exploratory workshop, you could distinguish different scales with visual cues.



For example, you can make a local scale recognizable by putting a thick dot there, underlining text, or tearing a corner off the sticky-note...

Introducing the four lenses

Turning the portrait into transformative action

1. Mirror Reflect on the current state of your place through the portrait's holistic perspective.

2. Mission Create a compelling vision of what is means to become a thriving city.

3. Mobilize Bring together change-makers and stakeholders of your place needed to turn your portrait into action.

4. Map Identify existing initiatives, policies, and strategies that are already taking your place in this direction.

5. Mindset Embrace the values, ways of working, and new narratives that underpin the deeper shifts required.

6. Method Draw on complementary tools that serve to expand your portrait of place and deepen its insights.

7. Momentum Create an iterative process that drives cycles of transformative policy and action.

8. Monitor Assess progress against leading indicators that enrich your portrait of place.

9. Mmm! Make it irresistible: be creative, have fun, share learning and stories of success – and celebrate!

Introducing the four lenses

See also slides

[Back to original slide](#)

Alternative presentation slides

The following slides offer a few other ways of introducing the four lenses within a presentation.

You can use and adapt these slides to meet the needs of your audience and context. We simply ask that you follow the [Dos and Don'ts from slide 7 of this tool](#).

How can our place become
a home to thriving people in a thriving place,
while respecting the wellbeing of all people,
and the health of the whole planet?

Doughnut Unrolled

How can our place become a home to thriving people in a thriving place while respecting the wellbeing of all people and the health of the whole planet?

How can our place be as generous as the wildland next door?

How can our place respect the health of the whole planet?

Local aspirations

Global responsibilities

How can all the people of our place thrive?

How can our place respect the wellbeing of all people?

ECOLOGICAL CEILING

Doughnut Unrolled

How can our place become a home to thriving people in a thriving place while respecting the wellbeing of all people and the health of the whole planet?

How can our place be as generous as the wildland next door?



How can our place respect the health of the whole planet?



How can all the people of our place thrive?



How can our place respect the wellbeing of all people?



ECOLOGICAL CEILING

Doughnut Unrolled

How can our place become a home to thriving people in a thriving place while respecting the wellbeing of all people and the health of the whole planet?

How can our place be as generous as the wildland next door?

- Cleanse the air
- House biodiversity
- Store carbon
- Cycle water
- Harvest energy
- Regulate the temperature
- Build & protect soil
- Enhance wellbeing



How can our place respect the health of the whole planet?

- Climate change
- Ocean acidification
- Chemical pollution
- Excessive fertilizer use
- Water withdrawals
- Land conversion
- Biodiversity loss
- Air pollution
- Ozone layer depletion



- Food
- Water
- Health
- Education
- Housing
- Energy
- Connectivity
- Mobility
- Community
- Culture
- Income & work
- Social equity
- Equality in diversity
- Political voice
- Peace & justice

How can all the people of our place thrive?



- Food
- Water
- Health
- Education
- Housing
- Energy
- Income & work
- Social equity
- Equality in diversity
- Community & networks
- Political voice
- Peace & justice

How can our place respect the wellbeing of all people?

SOCIAL FOUNDATION

[Back to original slide](#)

Details about the dimensions

The following slides contain a few more details of the dimensions of each lens.

You can use this information to deepen your understanding of the dimensions and come up with questions that will help your audience understand what these mean for your place.



How can all the people of this place thrive?

The local-social lens is explored through the 15 dimensions below, which are described in more detail [here](#). Most are drawn from the Sustainable Development Goals but some, like culture, have been added because they are recognised in many localities to be essential to a thriving life.

Given that every place has its own context and values, you may wish to add more dimensions - eg spirituality or happiness - or 'unpack' others, eg separate 'equality in diversity' into gender equality, racial equality and more.

To create discussion around this lens, you could start by asking broad and reflective questions (as illustrated in [slide 17](#)). Feel free to adapt the questions and images to suit your own context.

Other useful questions might include:

- what's distinctive about community here?
- what gives people pride here?
- what are widely known challenges here?
- what are some people still lacking?



Food



Water



Health



Education



Housing



Energy



Connectivity



Mobility



Community



Culture



Income
& work



Social
equity



Equality in
diversity



Political
voice



Peace &
justice



ECOLOGICAL CEILING

How can this place be as generous as the wildland next door?

Cleanse
the air



House
biodiversity



Store
carbon



Cycle
water



Harvest
energy



Regulate the
temperature



Build &
protect soil



Enhance
wellbeing



The local-ecological lens is explored through the 8 dimensions above, with each one described in more detail [here](#). These represent the essential ways that nature continually generates conditions conducive to life. Inspired by biomimicry, we can take nearby nature's healthiest habitat as the 'ecological performance standard' for this place, and aim for our cities and settlements to match or even exceed that ecological generosity.

To explore this lens, start by considering 'the wildland nextdoor': which surrounding natural locations might we look to? Are they actually healthy, or partially degraded? What can we learn from how they generate health and resilience? What initiatives are already enhancing the ecological generosity of our place? What can we learn from other places? What would be truly aspirational to do here? For more detailed guidance on this lens [see also Biomimicry 3.8](#).



ECOLOGICAL CEILING

How can this place respect the health of the whole planet?

Climate change



Ocean acidification



Chemical pollution



Excessive fertilizer use



Water withdrawals



Land conversion



Biodiversity loss



Air pollution



Ozone layer depletion



The global-ecological lens is explored through the 9 dimensions above with each one described in more detail [here](#). These are known as the ‘nine planetary boundaries’, representing the critical life-supporting systems of the living world. Activity and lifestyles in every locality worldwide can have impacts upon each one of these dimensions, so do not remove any of them from the lens. At the same time, a few of them may become the focus of your local exploration.

An effective entrypoint into discussing this lens is to ensure that everyone involved understands the basics of how consumption patterns here can have impacts on each of these dimensions worldwide - especially through the global footprint of imported products and exported waste.

Note that ‘chemical pollution’ includes all non-biodegradable waste (like plastics and electronics) that is not reused or recycled.



How can this place respect the wellbeing of all people?

The global-social lens is explored through the 12 dimensions below. These are drawn from the Sustainable Development Goals and address the essentials of life to which every person has a claim. It can seem hard, at first, to see how local lives are connected to others worldwide, and harder still to believe that it's possible to make any difference. Yet there are many significant connections - along with decisions and actions that people in every place can take to make a difference in the lives of others (see next slide).

Some of these connections include:

- **Global supply chains:** connecting local shoppers with workers worldwide.
- **Lifestyle patterns:** carbon-intensive activities that create climate impacts harming others.
- **Cultural connections:** scholarships, sport and arts events that build solidarity.
- **Welcome to migrants:** policies and attitudes towards people seeking to resettle here.
- **Policy regimes:** international rules of trade, finance, and institutional power relations.

Each one described in more detail [here](#).



Food



Water



Health



Education



Housing



Energy



Income & work



Social equity



Equality in diversity



Community & networks



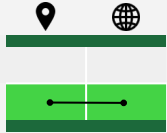
Political voice



Peace & justice

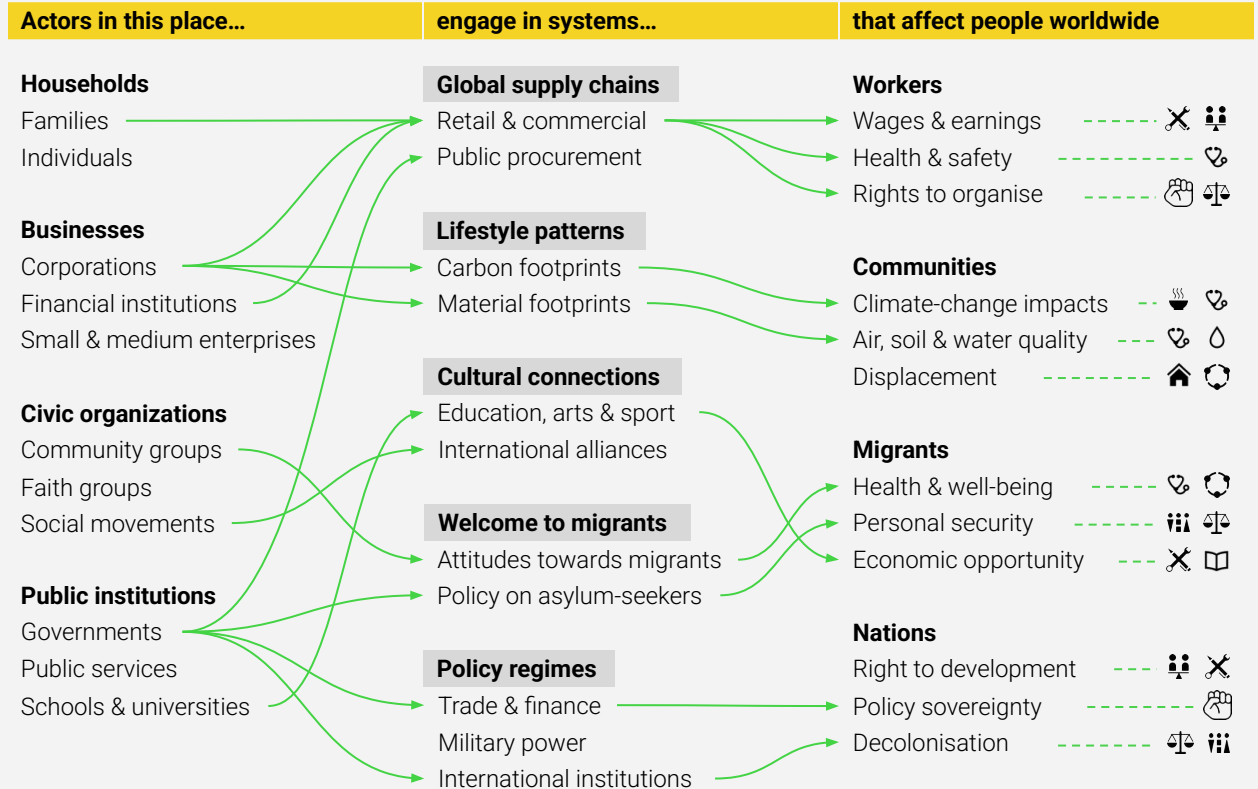
[Back to previous slide](#)

Global-social connections



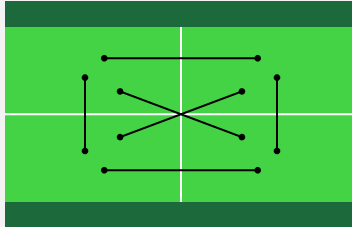
Actions and decisions taken by people and organisations in one locality can result in many kinds of impacts – beneficial or harmful – in the lives of people worldwide. A few of these are illustrated in this table, recognising that many more could be added.

See [Dimensions of the four lenses](#) for further information..



[Back to original slide](#)

Identifying interconnections



One way to explore the four lenses more deeply in your place is to focus on key interconnections between them, revealing both opportunities and challenges.

The four lenses divide life into four distinct areas in order to bring attention to each one. But all four lenses are deeply interconnected, of course, and continually affecting one another.

The following six slides illustrate some possible interconnections across the four lenses, but there are many, many more, operating at multiple levels and involving many actors.



1

2

3

4

5

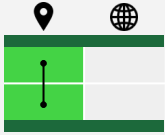
6

7

[Back to original slide](#)

The heat island effect

Local social and **Local ecological**



Towns and cities often suffer from 'the heat island effect', experiencing sharply elevated temperatures in summer months, which can result in illnesses and premature death among local residents, and hostile conditions for local wildlife. The effect is typically pronounced in low-income neighbourhoods where there are far fewer trees lining the streets, with the effect of exacerbating urban social inequalities.

An 'urban forest' programme targeted to these neighbourhoods can significantly cool the streets and enrich local wildlife, while simultaneously generating local jobs, improving community health and wellbeing, and reducing city-wide inequalities.



1

2

3

4

5

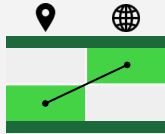
6

7

[Back to original slide](#)

Car culture

Local social and **Global ecological**



Many 20th century towns and cities were designed to be dependent upon the private car, with distant neighbourhoods connected to downtown by highways, and with each household owning multiple vehicles. As a result, people now meet their mobility needs in ways that create excessive greenhouse gas emissions and intensive global resource use in car production. These places now have the opportunity to

maintain mobility for local residents while dramatically reducing their ecological footprints by creating accessible, affordable, and reliable low-carbon transit (such as walking, cycling, light rail, electric buses, and trams), and to encourage public culture and behaviour that turns these forms of travel into commuters' preferred options.

1

2

3

4

5

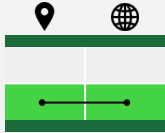
6

7

[Back to original slide](#)

Jobs lost and gained

Local social and **Global social**



The last 30 years have seen industrial production – from cars and steel to food and clothing – relocate from places in high-income countries to manufacturing hubs across low-income and emerging economies, with dramatic social consequences. Many localities have been hollowed out by the loss of core manufacturing jobs, leading to income poverty, housing crises, growing inequality, and community breakdown.

Meanwhile, the globally dispersed hubs of outsourced production - from China and Vietnam to Ethiopia and Honduras - have benefitted from mass job creation that has raised household incomes, and often women's economic empowerment too; but such jobs in global supply chains are also often poorly paid, insecure, and exploitative. Looking ahead, the rise of automated manufacturing is likely to bring many of these



industries back to their countries of origin, but without bringing back the jobs – a transformation that will hit both local and global workers.

1

2

3

4

5

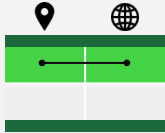
6

7

[Back to original slide](#)

Beyond clean air and water

Local ecological and **Global ecological**



High-income cities and places have too often boasted about their environmental credentials by pointing to the high quality of their air and water. These local environmental conditions do generate invaluable benefits for the health and wellbeing of residents, but they are far from the whole picture of the place's ecological record. In many cases, improvements in local air and water quality have been the result of

industries relocating overseas: local consumption continues to grow, but the environmental impacts are incurred far away. Hence environmentally ambitious cities and places must likewise take responsibility for, and act upon, their global ecological impacts such as greenhouse gas emissions, virtual water consumption, global land use, and nutrient footprints.

1

2

3

4

5

6

7

[Back to original slide](#)

Urban farming

Local ecological and **Global social**



Should places import their food, or aim to grow more of their own? The choice has far-reaching implications, socially and ecologically. Globalised food production can create valuable rural jobs in both high- and low-income countries, but may also carry a high carbon footprint for distant transport. Urban food farms create good local jobs, and can also enrich urban biodiversity, enhance food security, and promote

local community understanding of the connection between food, human health, and the rest of the living world. At the same time, these initiatives may reduce valuable livelihood opportunities for farmers in rural areas and overseas.



1

2

3

4

5

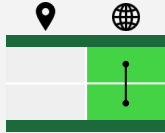
6

7

[Back to original slide](#)

Fast-fashion

Global social and **Global ecological**



The business model that underpins the fast-fashion industry puts excessive pressure on both people and planet globally. The fashion brands' and retailers' drive to deliver high returns for shareholders and company owners motivates the retail strategy of selling fast-moving, low-priced, short-life clothing, producing resource-intensive textiles that too soon end up in

landfill. The same business model also motivates the cost-cutting production strategy of outsourcing manufacturing to low-paid, insecure garment-factory workers worldwide. Local shoppers may enjoy buying cheaply priced clothing, but it too often comes at a high price for workers and the living world.

1

2

3

4

5

6

7

[Back to original slide](#)

Identifying possibilities

The Doughnut invites us to think and act differently - to dream bigger and wider than we've ever done before - and find ways for our places to all contribute to bringing humanity into the Doughnut.

To do this we need to cultivate our collective imagination to begin to recognise all the incredible possibilities that we could bring into being.

There are many ways to cultivate our collective imagination (see also the [Imagination Sundial](#)). So try and think about ways you might bring these conditions into your workshop.

You might also want to watch and share this video from the '[From What If to What Next](#)' podcast by Rob Hopkins.



Sharing back to inspire others

In the spirit of reciprocity, and peer-to-peer inspiration, we ask that you share back your experience and learnings from using this tool with others in the DEAL Community, via the DEAL Community Platform.

- DEAL shares tools and resources for use and adaptation.
- In reciprocity, we simply ask that you share back your experience and learning - we know it will be hugely inspiring to others.
- On DEAL's platform please add comments to this tool with your feedback, or create a Story of your experience and innovations.

Acknowledgements

This tool was created by

Kate Raworth, Rob Shorter, Leonora Grcheva, and Andrew Fanning of the DEAL Team, in collaboration with Ruurd Priester.

The four lenses builds upon the methodology of [Creating City Portraits](#) co-created with Biomimicry 3.8, Circle Economy, and C40 Cities.

We would like to thank

The DEAL Community members who reviewed and tested this tool and offered feedback that helped in its development, including Nicole Hagerman Miller of Biomimicry 3.8, Ilektra Kouloumpi of Circle Economy, Elizabeth Kelly and Monika Milewska of C40 Cities, Claudio Cattaneo and Ona Riera Mateu for the City of Barcelona, Jonas Boothe of Next Economy Lab (NELA), Mat Siffels of Amsterdam Donut Coalition, Roisin Markham of Irish Doughnut Economics Network (IDEN) and Alice Glendinning and Moze Jacobs of West Cork Doughnut Economy. For anyone we've missed, thank you, and do let us know so we can acknowledge your contribution here.

Iconmonster for the icons used.

Introducing the four lenses

Image sources

Slide	Source
8 and 30	Paul Stringer (CC-BY-SA)
16	Chelsea Aaron (Unsplash), Evgeni Zotov (CC BY-NC-ND 2.0), AllGo (Unsplash), Theodore Goutas (Unsplash), Nathan Anderson (Unsplash), Nicholas Green (Unsplash), Ben White (Unsplash), Kevin André (Unsplash), Rai Singh Uriarte (Unsplash), Priscilla Du Preez (Unsplash)
17	Dragon Pan (Unsplash), Jon Tyson (Unsplash), Ronnie Pitman (CC BY-NC 2.0), Vonecia Carswell (Unsplash) - ungroup the objects on the slide to see the links to source image
20	Walker.s (CC BY-NC 2.0), Trollinho (Unsplash), CIFOR (CC BY-NC-ND 2.0), X Y (Unsplash), Daniel john buchanan (CC BY-NC-ND 2.0), CHUTTERSAP (Unsplash), storebukkebruse (CC BY 2.0), Frank Farm (CC BY-NC-ND 2.0), Anders J (Unsplash), Jay Hsu (CC BY-NC-ND 2.0)
21	Dillon Austin (Unsplash), Fred Romero (CC BY 2.0), Brian Chiu (CC BY-NC-ND 2.0), (Unsplash)
24	amirali mirhashemian (Unsplash), Fernando Lavin (Unsplash), Marvin Meyer (Unsplash), Kelly Sikkema (Unsplash), Jacek Dylag (Unsplash), Greenpeace (CC-BY 2.0), Alan Levine (CC BY 2.0), Sebastian Pichler (Unsplash), Ars Electronica / Chris Jordan (CC BY-NC-ND 2.0), stevepb (Pixabay)
25	Eric Sehr (CC BY-SA 2.0), Hillary (CC BY-SA 2.0), TCDavis (CC BY-NC-ND 2.0), Daniel Spiess (CC BY-SA 2.0)
28	Flo21 (CC BY-SA 2.0), Andrew Nash (CC BY-SA 2.0), Dave Cournoyer (CC BY-SA 2.0), Alisdare Hickson (CC BY-SA 2.0), IMF / Stephen Jaffe (CC BY-NC-ND 2.0), International Institute of Tropical Agriculture (CC BY-NC 2.0), UN / Marco Dormino (CC BY-NC-ND 2.0), Philip Bouchard (CC BY-NC-ND 2.0), Thomas Cizauskas (CC BY-NC-ND 2.0), Lennon Ying-Dah Wong (CC BY-NC-ND 2.0)
29	Wikimedia, Dave Cournoyer (CC BY-SA 2.0), UN / Marco Dormino (CC BY-NC-ND 2.0), Ilias Bartolini (CC BY-SA 2.0)
42 & 43	Inhabitat (CC BY-NC-ND 2.0), Walker.s (CC BY-NC 2.0), Heidi De Vries (CC BY 2.0), Greenpeace International (CC BY-NC-SA 4.0), Agboglobhoshie Makerspace Platform (CC BY-SA 2.0), Alexander Tsang (Unsplash), World Bank (CC BY-NC-ND 2.0), Tim Dennell (CC BY-NC 2.0), untitled (rawpixel.com), untitled (Wikimedia Commons), UN (CC BY-NC-ND 2.0), Allan LEONARD (CC BY-NC 2.0)
50	Michael Loke (CC BY-NC-ND 2.0), Livingston Armytage (CC BY-NC-ND 2.0), Diego Torres Silvestre (CC BY 2.0), Jnzl's Photos (CC BY 2.0)
57	Rob Hopkins' 'From What If to What Next' podcast, recorded by Ben Addicott, animated by Temujen Gunawardena and Badj Whipple of temjam.com



Doughnut Economics Action Lab (or DEAL) is a non-profit Community Interest Company registered in the UK, doughnuteconomics.org

All content is licensed under the a CC-BY-SA 4.0 license 2022.

You are allowed to pass on and share this, and we welcome innovations and alterations*, as long as you credit Doughnut Economics Action Lab (or DEAL) and doughnuteconomics.org

*Alterations may mean changing the words and images so that they are relevant to your context and audience, including translating some or all of the slides to another language

Key diagrams of Doughnut Economics are referenced as 'Raworth 2017'. Full attribution text for these diagrams can be found doughnuteconomics.org/license



A decorative graphic consisting of two white circles of different sizes, one smaller than the other, positioned in the upper left quadrant of a solid yellow background. The circles are partially cut off by the left edge of the frame.

Doughnut Unrolled

Introducing the four lenses

Version 1.0 (April 2022)