



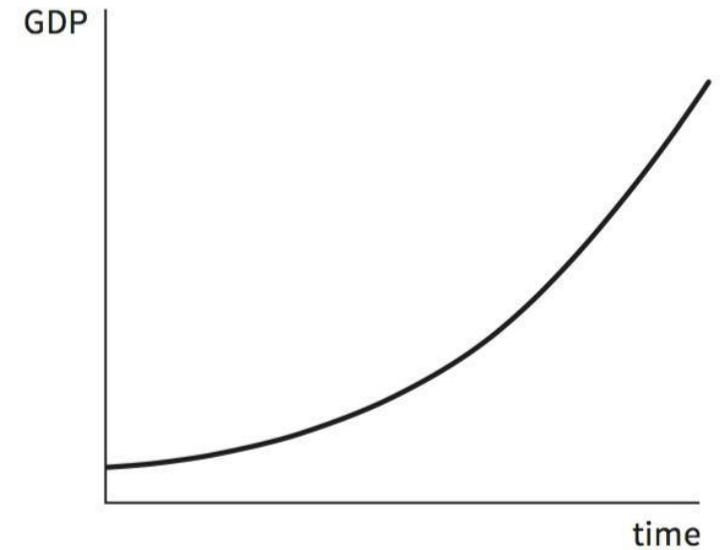
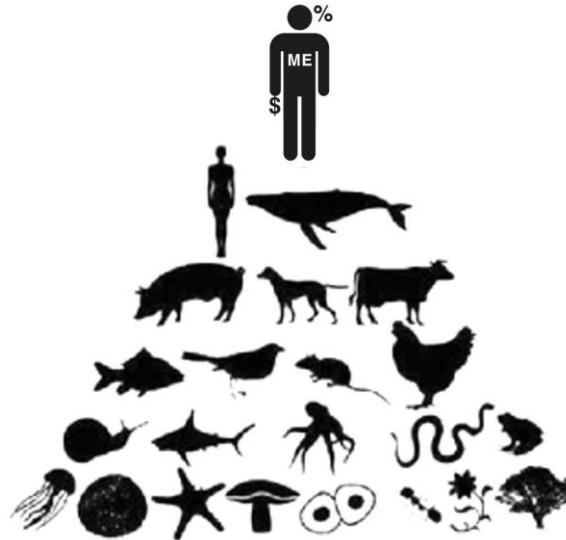
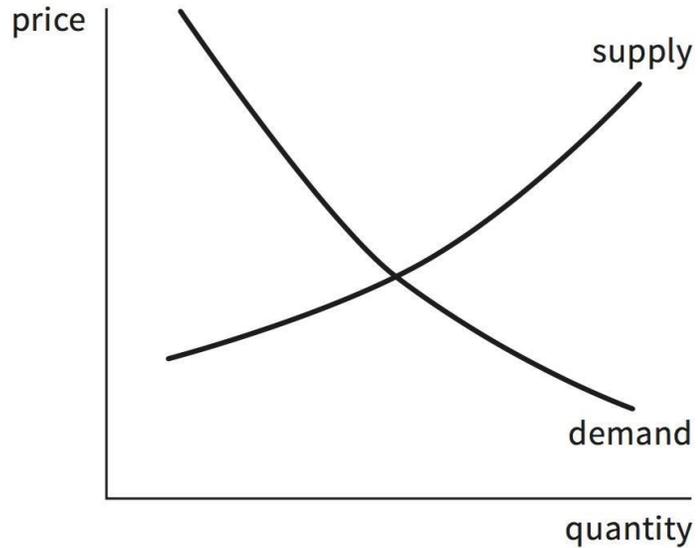
Doughnut Economics

turning ideas into action

Kate Raworth

March 2026

20th century economics



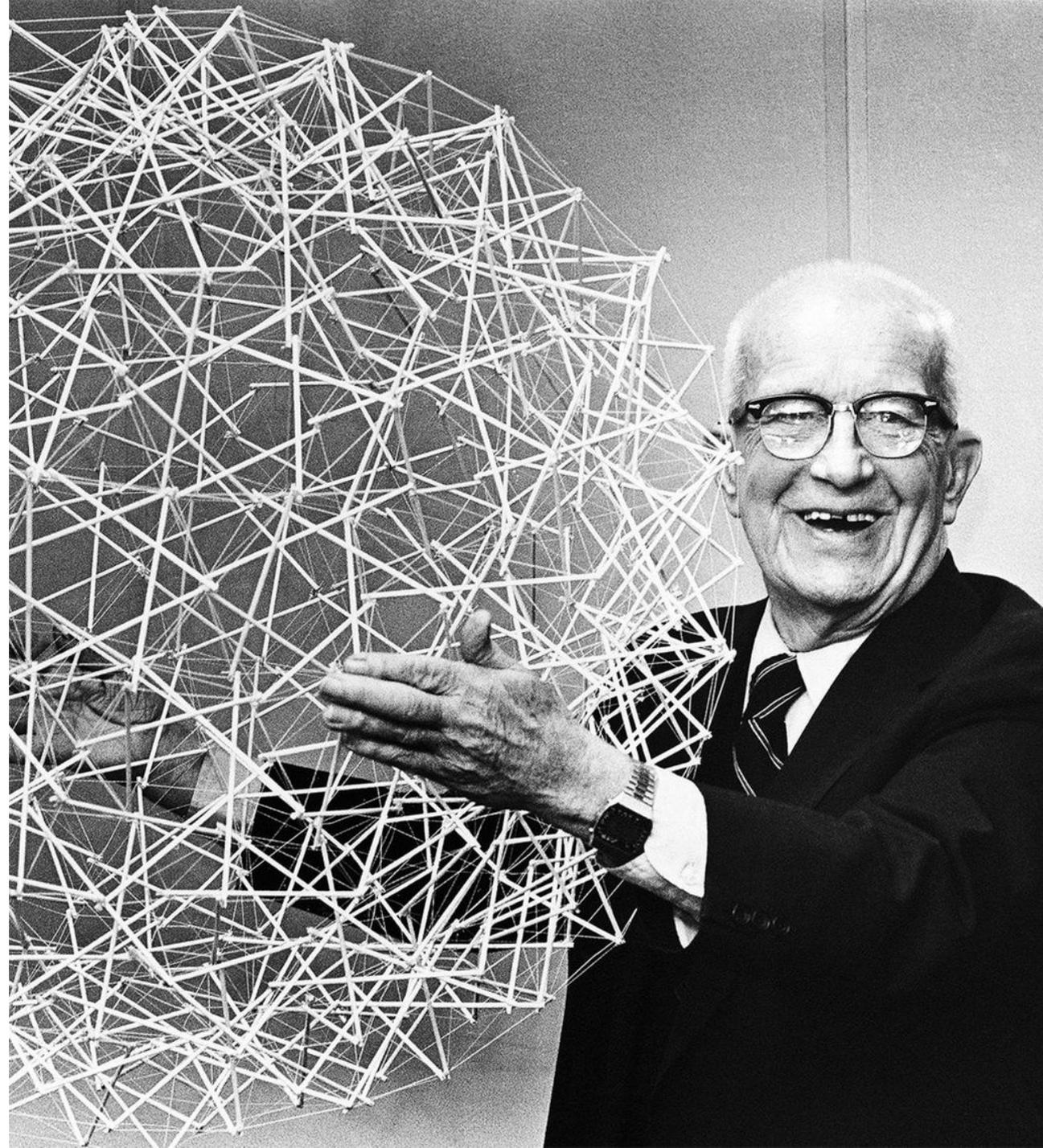
The starting point

The self portrait

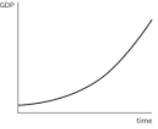
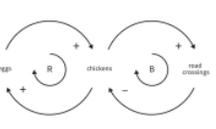
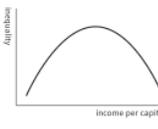
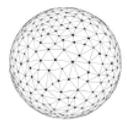
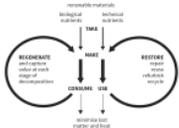
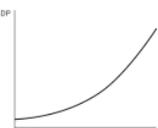
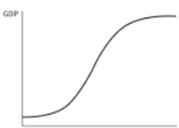
The goal

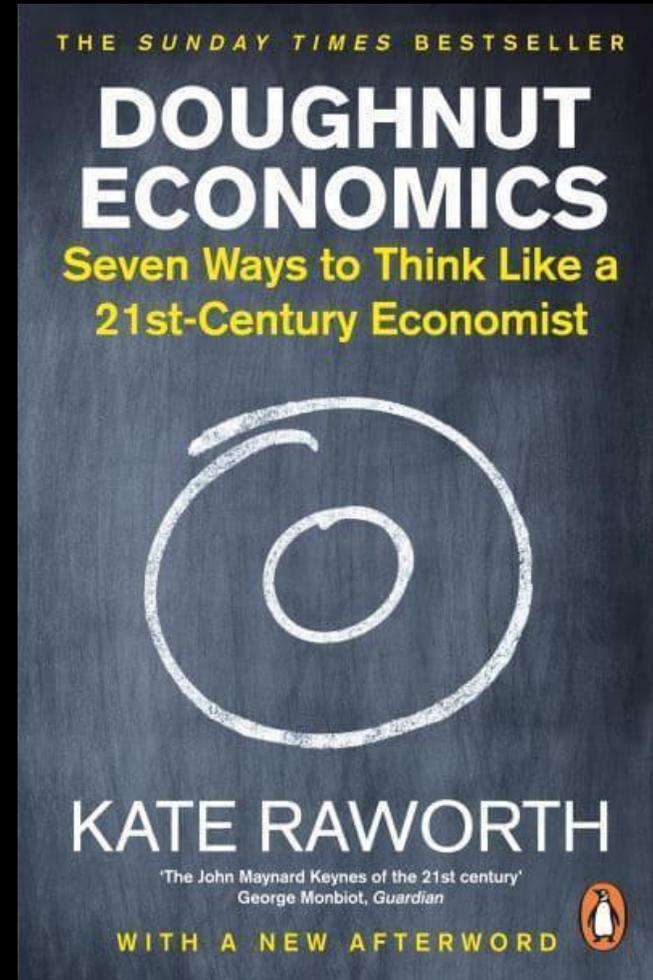
You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.

Buckminster Fuller



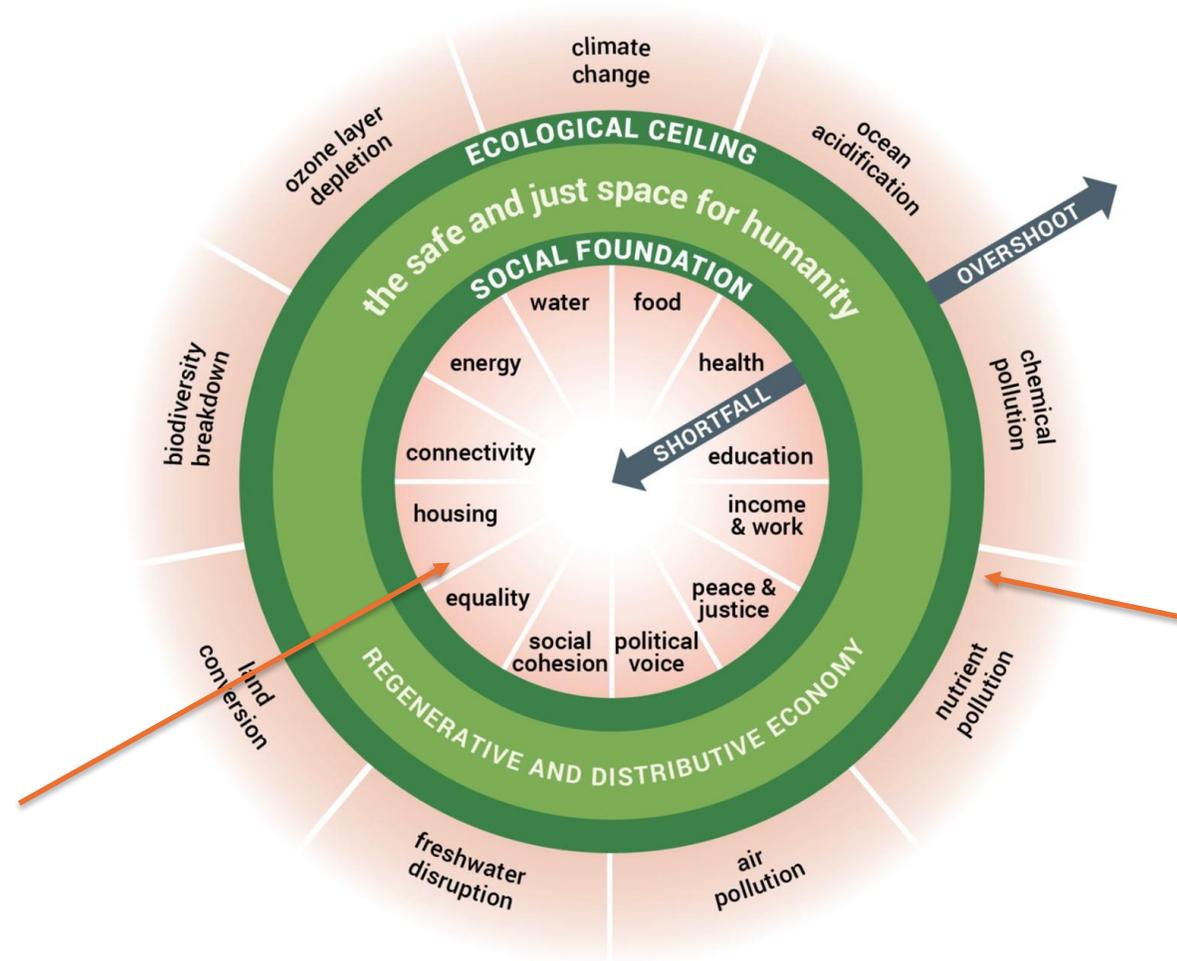
Seven ways to think like a 21st century economist

Seven Ways to Think:	From 20th-Century Economics	To 21st-Century Economics
1. Change the Goal	 <p>GDP</p>	 <p>the Doughnut</p>
2. See the Big Picture	 <p>self-contained market</p>	 <p>embedded economy</p>
3. Nurture Human Nature	 <p>rational economic man</p>	 <p>social adaptable humans</p>
4. Get Savvy with Systems	 <p>mechanical equilibrium</p>	 <p>dynamic complexity</p>
5. Design to Distribute	 <p>growth will even it up again</p>	 <p>distributive by design</p>
6. Create to Regenerate	 <p>growth will clean it up again</p>	 <p>regenerative by design</p>
7. Be Agnostic about Growth	 <p>growth addicted</p>	 <p>growth agnostic</p>

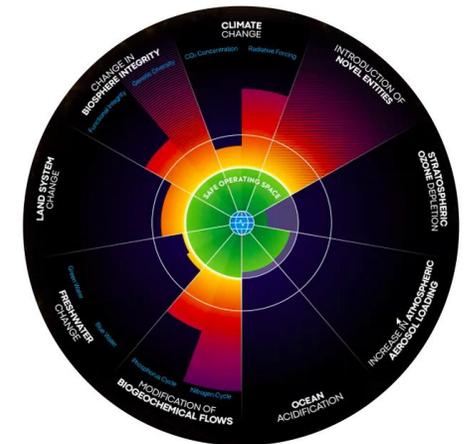


A compass for human prosperity

Aiming to meet the needs of all people within the means of the living planet



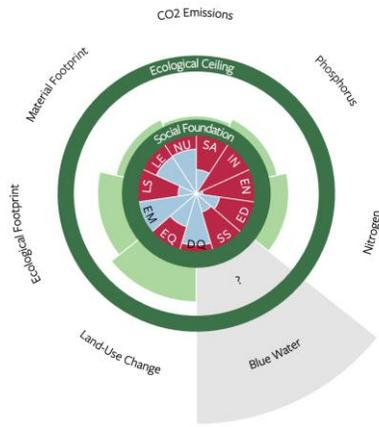
PLANETARY BOUNDARIES:
protecting Earth's 9 critical life-supporting systems



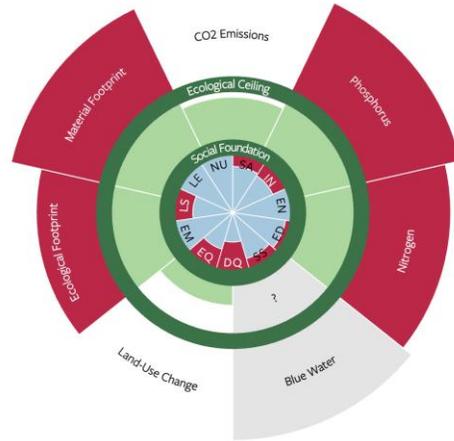
A world deeply out of balance



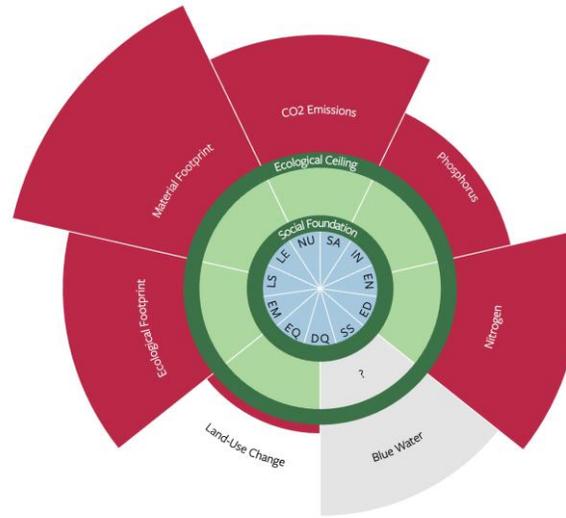
Every nation must transform



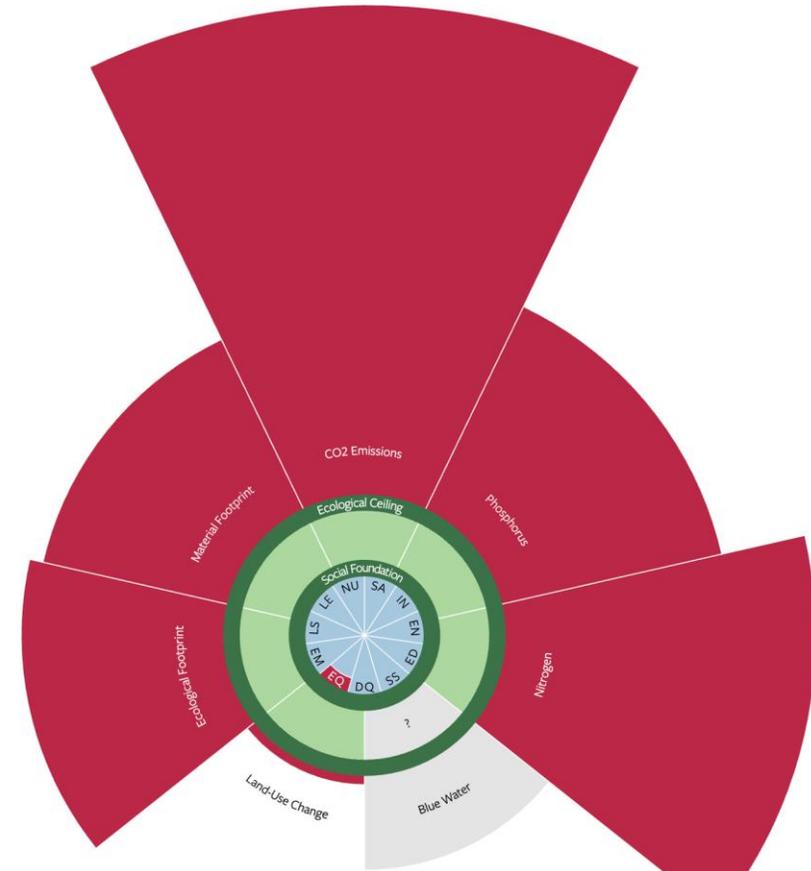
Malawi
\$1,800 pc



China
\$26,900 pc



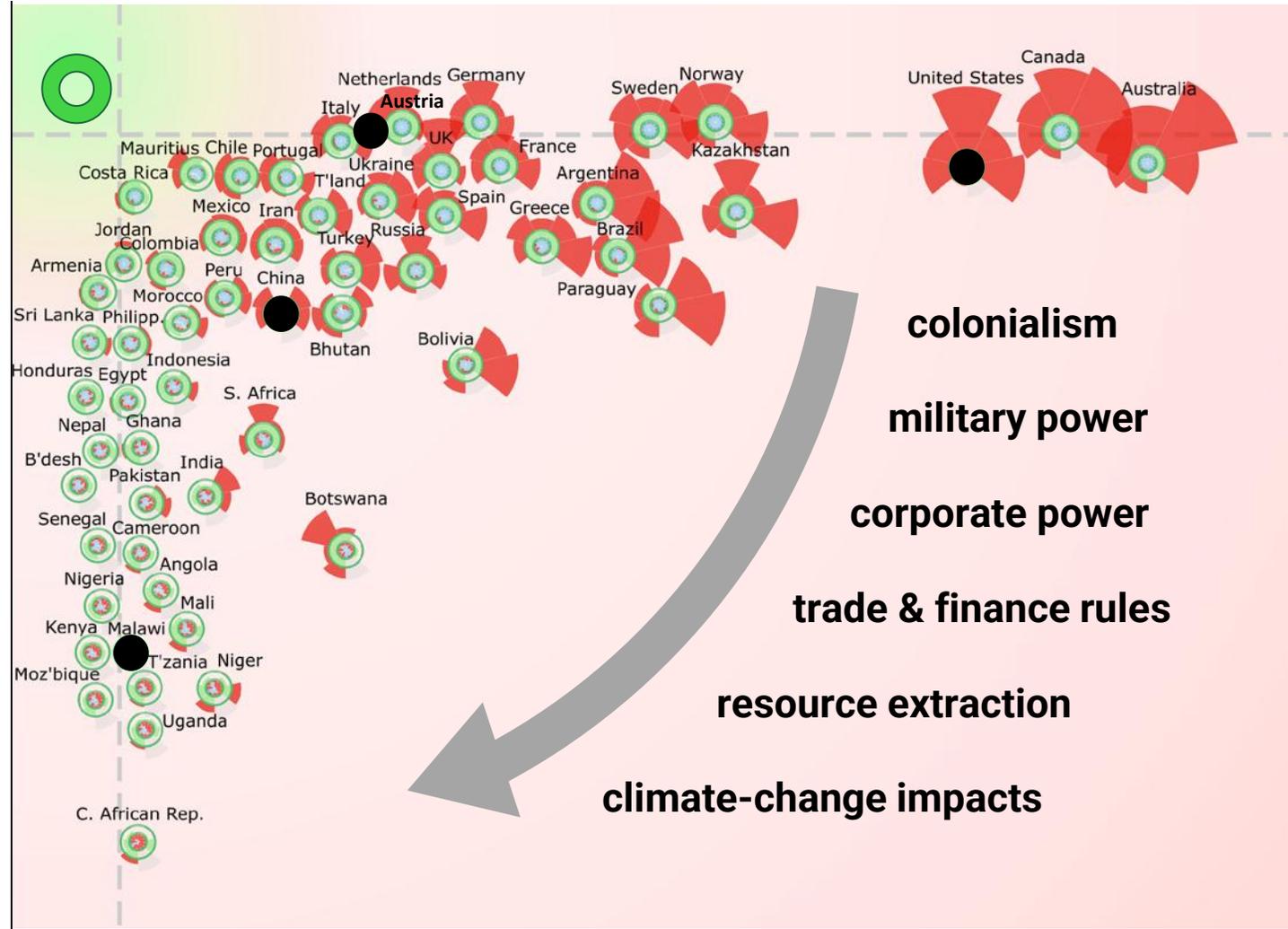
Austria
\$74,200 pc



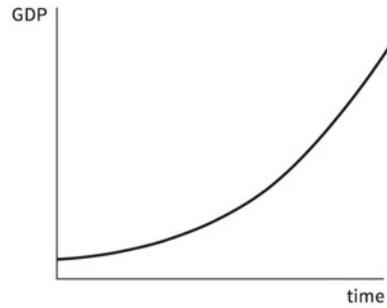
United States
\$86,000 pc

No nation is living in the Doughnut

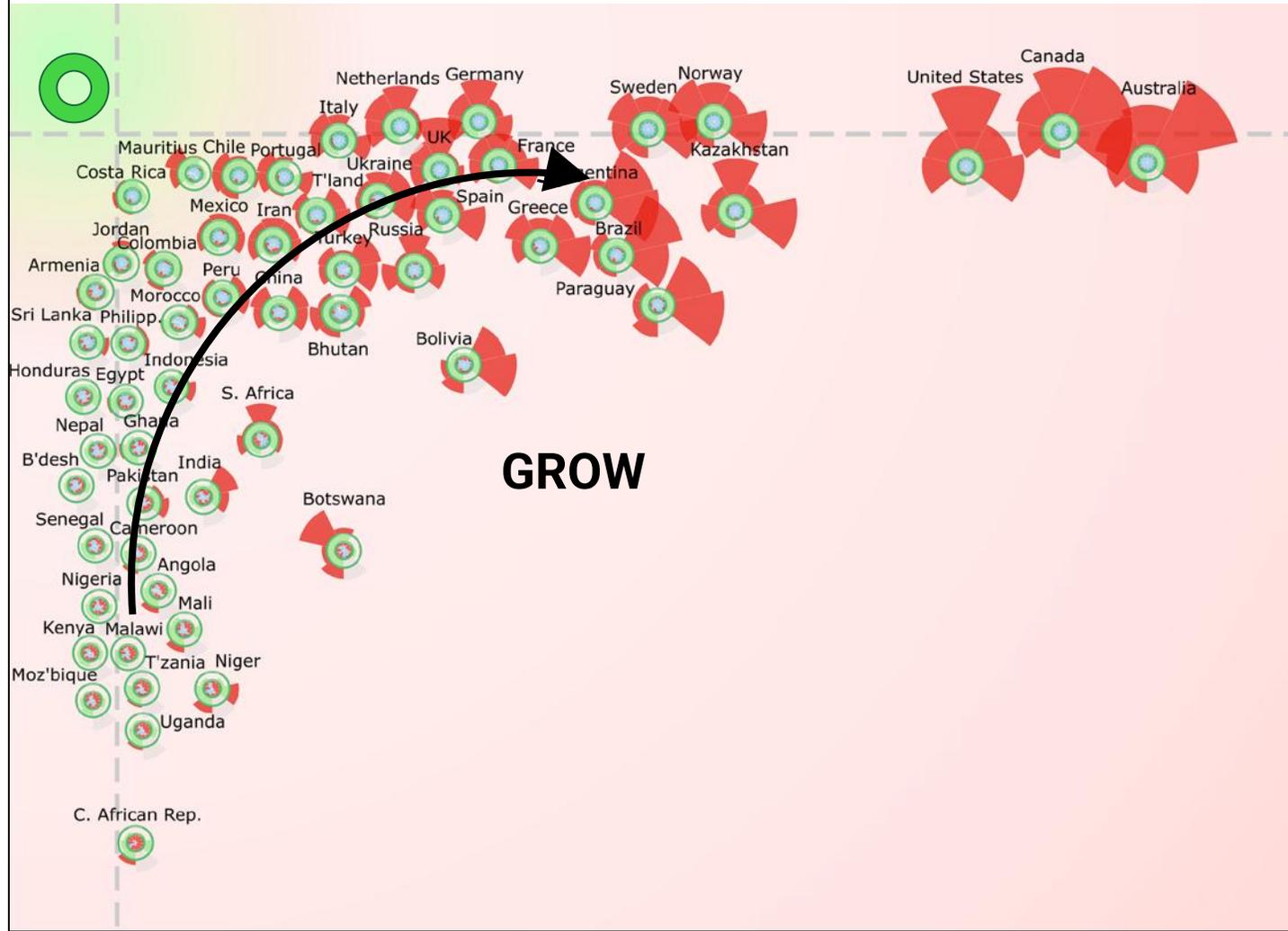
↑
Meeting the needs of all people



The history of GDP growth

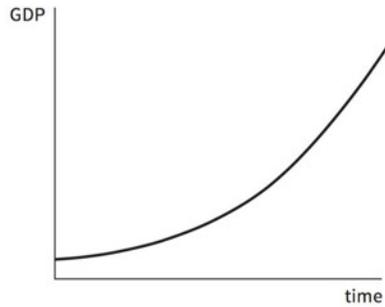


Meeting the needs of all people



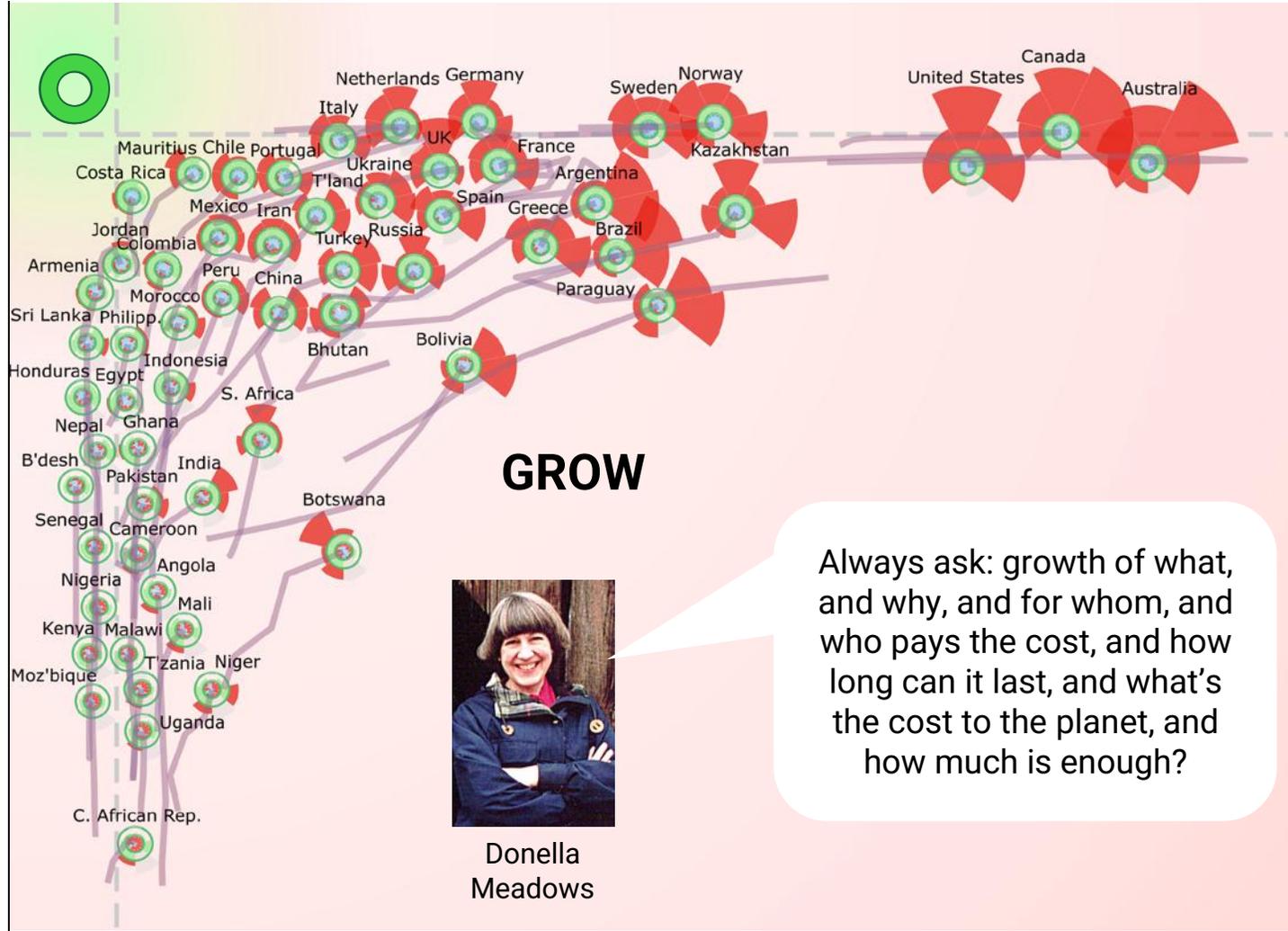
← Within the means of the living planet

The history of GDP growth



1992-2015

Meeting the needs of all people



GROW

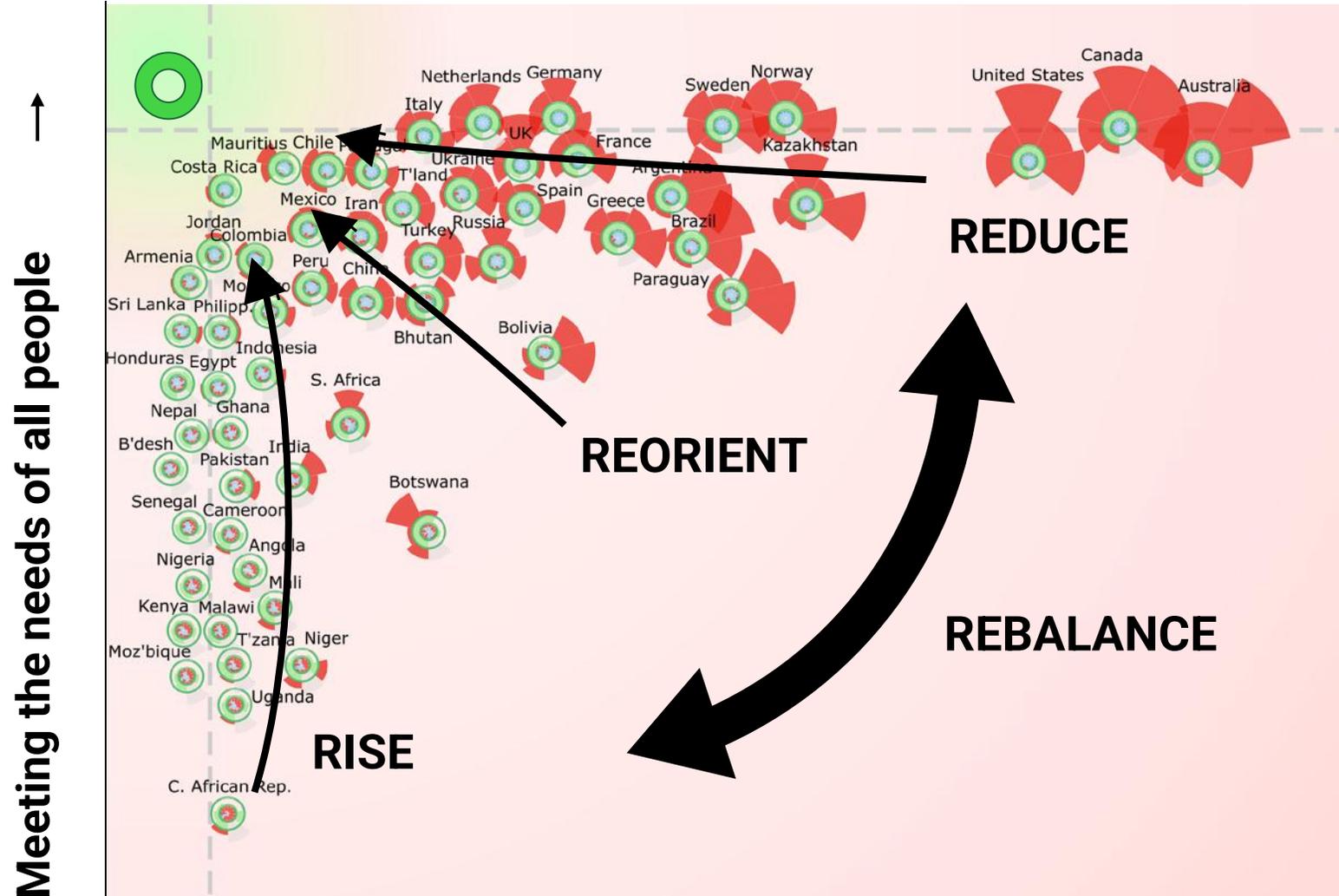


Donella Meadows

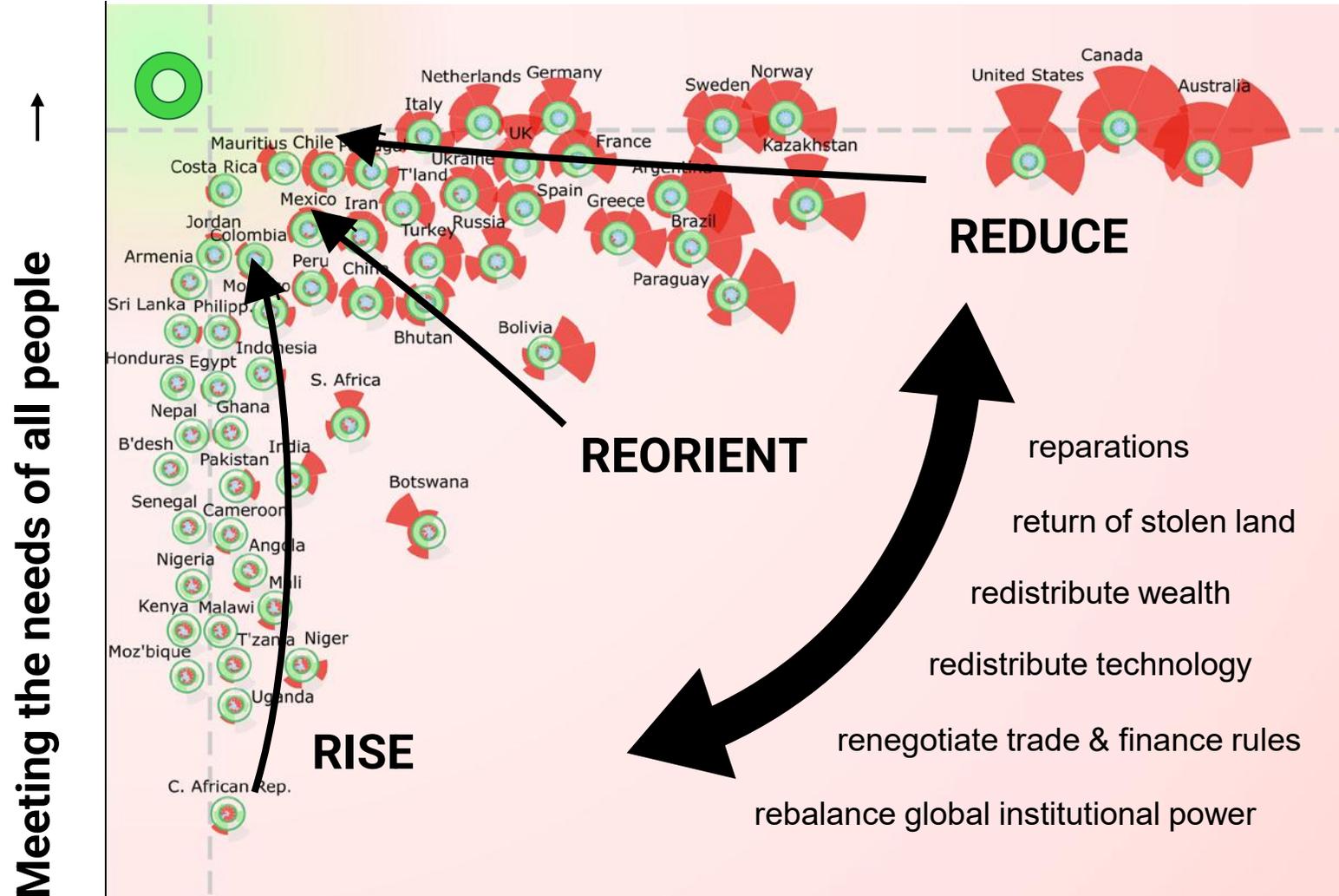
Always ask: growth of what, and why, and for whom, and who pays the cost, and how long can it last, and what's the cost to the planet, and how much is enough?

← Within the means of the living planet

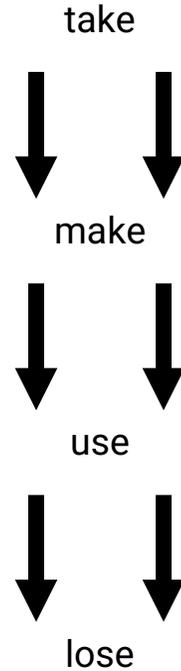
Aiming for a thriving economy



Aiming for a thriving economy

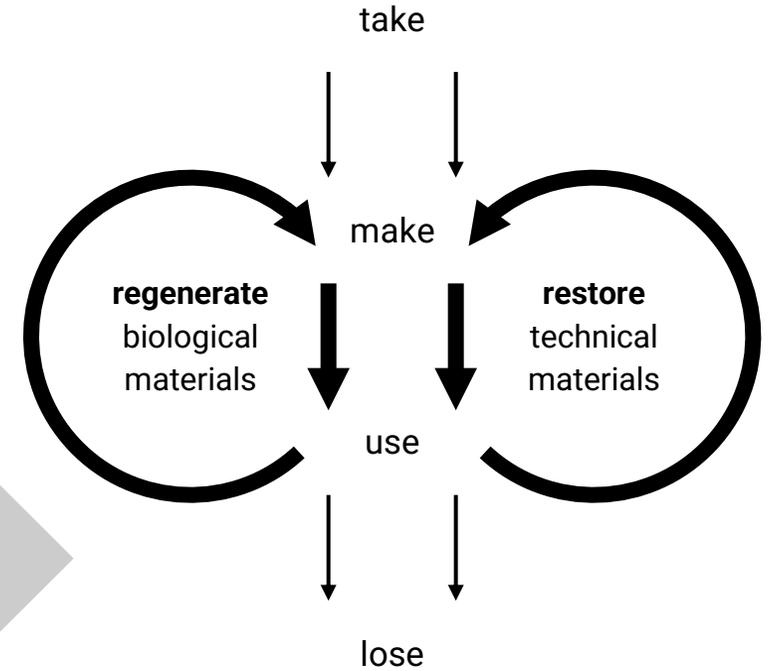
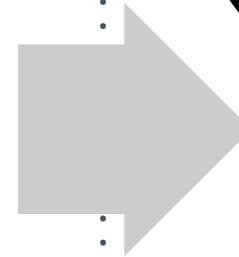


**To change
the future,
change the
dynamics**



Degenerative

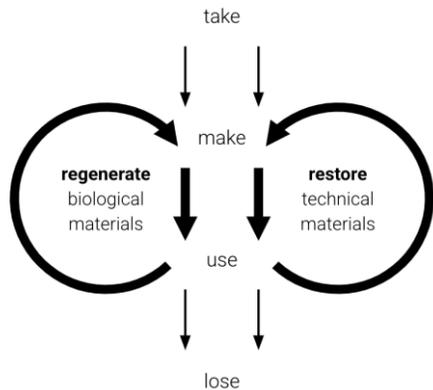
Running down Earth's life-supporting system



Regenerative

Working with and within the cycles of the living world

Towards regenerative design



Housing retrofit - Baltimore



Sponge cities - Jinhua

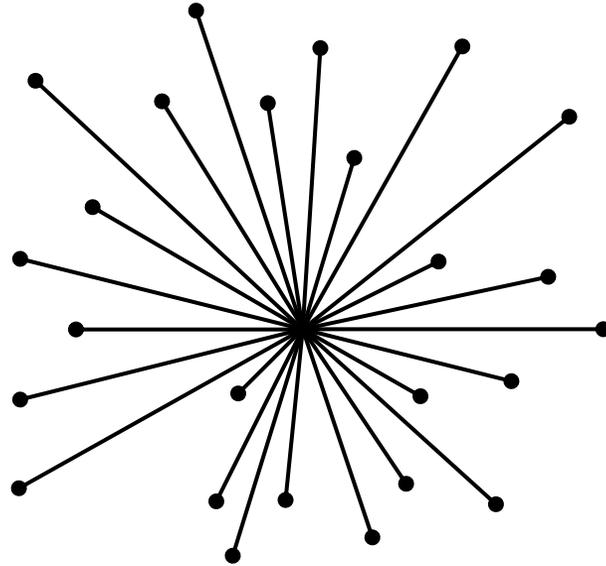


Eco-construction - Uttarakhand



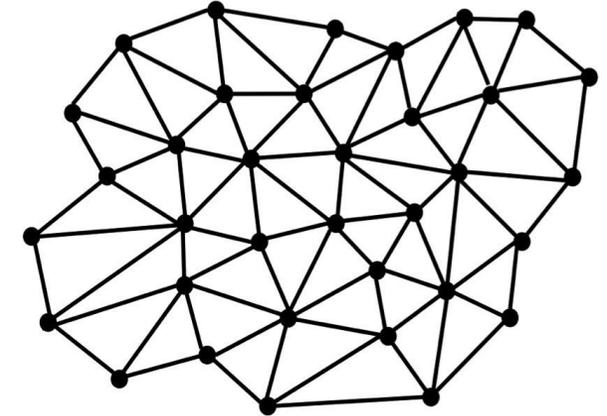
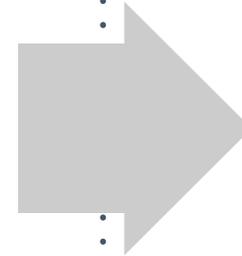
Public transit - Amsterdam

**To change
the future,
change the
dynamics**



Divisive

Capturing opportunity and value
in the hands of a few



Distributive

Sharing opportunity and value
with all who co-create it

Doughnut Economics: ideas into action



Doughnut Economics: ideas into action

Business



Concepts & principles



Municipal government



Sectors

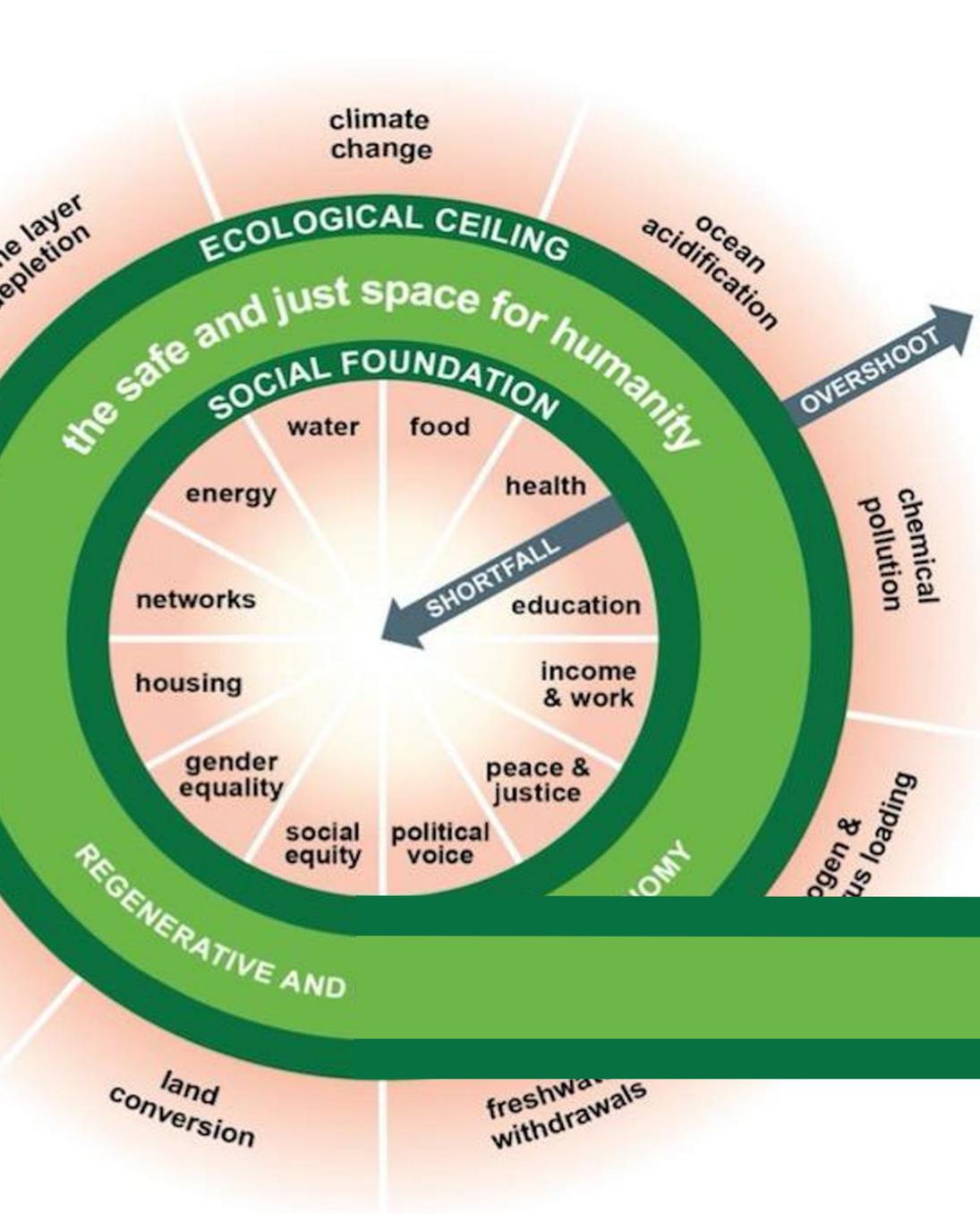


Education



Communities





What would it mean for our city to live in the Doughnut?

ECOLOGICAL CEILING

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

SOCIAL FOUNDATION

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

2.
How can our city be as generous as the wildland next door?

3.
How can our city respect the health of the whole planet?

Local aspirations

Global responsibilities

1.
How can everyone in our city thrive?

4.
How can our city respect the wellbeing of people worldwide?