

# Quick exercise: Mapping your company's sustainability impacts

This short exercise helps you look at your business through a life cycle lens.  
The goal is not perfection, but awareness.

## Part A - Watch this 1-minute video

This short video introduces life cycle thinking and how impacts occur across a product or service life cycle.

[Click here](#) or scan the QR Code to watch →



## Part B - Map the life cycle of your product or service

Write down one product or service from your business that you want to reflect on.

### Product/Service:

Where might environmental or social impacts occur during the life cycle of this product or service?

Lifecycle stage	Environmental impact	Social impact
Materials / Inputs		
Production / Service delivery		
Transport / Logistics		
Customer use		
End of life		

*Examples: energy use, materials, waste, working conditions, suppliers, product safety.*