



Advocacy Workshop Worksheet

State Legislators and Legislative Session

State Senator name:

Email address:

State Representative name:

Email address:

Dates of congressional session:

Find your legislators and session dates using https://openstates.org/find_your_legislator/

<https://www.ncsl.org/about-state-legislatures/2022-state-legislative-session-calendar>

Identify any personal/local resources (e.g. colleagues involved in advocacy, state specialty societies, nonprofit organizations):

SMART Advocacy Goal

Specific (describe your goal)

Measurable (how to track progress)

Achievable (is this possible?)

Relevant (does this goal align with the bigger picture?)

Timely (what is the deadline?)



Use QR code for example op-ed, written testimony, and oral testimony!