

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 can you
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



