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1. **Introduce yourself and your family and where you live.**
 2. **Briefly explain the issue or problem that concerns you.**
 3. **Share a personal story or experience about how the issue or problem is affecting your life.**
 4. **Explain what you think needs to be done to fix this issue or problem (*this is your "Ask"*).**
 5. **Ask if the legislator can support your issue.**
 6. **Thank them for their time and share contact information.**