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1. Introduce yourself and where you live (Remind legislators that you are a *constituent*).
  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 (*be clear and concise*).
  4. Explain what you think needs to be done to fix this issue or problem - *this is your "Ask"*. (Make sure they can do something about it.)
  5. Ask if the legislator can support your issue.
  6. Thank them for their time and share contact information.