

JUST STARTING OUT · ACTION PLANNING

My First 30 Days as an Advocate

A simple action calendar to get you started without overwhelm

The Policy Lab · mspolicylab.com · [@thepolicylab_](https://twitter.com/thepolicylab)

The hardest part of advocacy is starting. This calendar removes the question of "where do I begin." Follow it. By day 30, you will have done more than most people do in a year.

WEEK 1 — KNOW THE LANDSCAPE

■ Day 1: Find your legislators

Go to openstates.org or legislature.ms.gov — enter your address, save both numbers

■ Day 3: Read one bill related to your issue

Go to legislature.ms.gov and find one bill. Read the actual text.

■ Day 5: Follow one advocacy organization on social media

Mississippi Votes, Mississippi First, ACLU MS, Mississippi Center for Justice — pick one

■ Day 7: Write down your policy issue and your goal in one sentence

Use the Policy Issue Clarity Worksheet if you have it

WEEK 2 — MAKE CONTACT

■ Day 10: Call or email your state representative

Introduce yourself. Tell them your issue. Ask where they stand. It's that simple.

■ Day 12: Find a committee that handles your issue

Go to legislature.ms.gov → Committees. Note the chair's name.

■ Day 14: Attend one public meeting in your community

City council, school board, neighborhood association — show up and listen

WEEK 3 — GO DEEPER

■ Day 17: Find one coalition or organization working on your issue

Call or email them. Ask how you can help.

■ **Day 20: Write a letter to the editor or a social media post about your issue**

Use your own voice. Share what you know and why you care.

■ **Day 21: Attend a committee hearing if one is scheduled on your issue**

You don't have to testify. Just observe. The room will teach you a lot.

WEEK 4 — COMMIT

■ **Day 25: Tell someone else what you've learned**

Bring one person into this work with you

■ **Day 28: Set your next 30-day goals**

Use the 90-Day Planning Sheet

■ **Day 30: Reflect — what has changed in how you see policy and your role in it?**

My starting date

My issue in one sentence
