# Use the SPIT Method

# The Message Formula

* Hello, my name is [] and I’m from [] (establishes relevancy)
* I am here to talk to you about [your policy issues]
* Knowing of your interest in [info about your audience] I think you’ll be interested as well
* This is important to the people I represent because [personal story].
* That’s why I really hope you’ll [ask]. Will you [ask]
* I’d like to follow-up by [follow-up ideas]
* May I have your contact information?