

## YOUR ADVOCACY CHECKLIST

Use the following checklist to help organise and plan your meeting with your MP.

Timing	Activity	Completed (tick)
Before meeting with MP	Write down the 3-5 things you want to tell your MP about your story and the 1-2 things you want to ask them to do after your meeting	
During meeting with MP	Tell your MP your story	
	Explain why it's important for parliamentarians to support people living with migraine and have 1-2 clear asks	
After meeting with MP	Send a thank you note	
	Share how your meeting went with Migraine & Headache Australia	
	Follow your MP on social media	
	Keep in touch with Migraine & Headache Australia to hear firsthand on the activities they are organising and how you can bring them to your MP's attention	