

Self-Management Plan for Contacting Legislators

Target behavior:

Call Senator and Assembly member and discuss the scope restriction, ask for co-sponsorship

After obtaining the contact information for my senator and assembly member with the assistance of the legislative committee:

I will call my **senators** office on:

Date: _____ Time: _____

If I get no answer, I will call back on _____ at _____

I will call my **assembly members** office on:

Date: _____ Time: _____

If I get no answer, I will call back on _____ at _____

I will provide myself with the following **prompts** to remember to call:

1. _____
2. _____
3. _____

When I follow through with my commitment to contacting both my senator and my assembly member, I will allow myself the following: (**reinforcer**)

I will partner with _____ to hold me accountable by checking in after I complete the task. I will also contact the NYSABA legislative committee to report my progress: nysabalegislative@gmail.com