the heart-to-heart placemat

COLOR • DOODLE • PRACTICE

DRAW HOW you're FEELING about INITIATING A CONVERSATION about ABORTION FUNDS... NERVOUS, EXCITED, INVESTED, ANXIOUS, CALM, LOVING, ENERGIZED...

WHERE are THEIR VIEWS on ABORTION? & WHAT'S YOUR STRATEGY?

- SOMEONE WHO declines to TALK with YOU — BE CURIOUS WITH THEM ABOUT WHAT WOULD SUPPORT THEM IN LISTENING MORE WITH you
- SOMEONE strongly OPPOSED to ABORTION — DECIDE WHAT the MOST IMPORTANT PART of THE CONVERSATION IS FOR YOU; BE REALISTIC, AUTHENTIC & WILLING to END the CONVERSATION
- SOMEONE in the SPACE of TRANSITION or is UNSURE about HOW they RELATE to ABORTION ACCESS — SET A GOAL in ADVANCE, SHOW EMPATHY ASK QUESTIONS, CONNECT them WITH INFORMATION
- SOMEONE WHO already SUPPORTS ABORTION ACCESS — MOVE THEM INTO ACTION

the HEART-to-HEART MOCKTAIL

6-8 Raspberries
3/4 blueberry
3 sprigs of FRESH MINT
1 oz LIME JUICE
1 TB of AGAVE or Honey
6 oz of LIME FLAVORED SELTZER & ICE!

1. Muddle berries & MINT
2. Add LIME JUICE, AGAVE, & ICE and (((SHAKE)))*
   * USE TWO GLASSES to pour the mixture BACK & FORTH if you DON'T HAVE A cocktail shaker
3. STRAIN MIXTURE over A HIGHBALL GLASS FILLED WITH ICE. TOP WITH SELTZER & GARNISH WITH MINT

1. NOTICE how you are FEELING as YOU ENTER the CONVERSATION.

2. INTRODUCE yourself & GET to KNOW your CONVERSATION PARTNER. SPEAK WITH them, NOT AT them.

3. INVITE YOUR CONVERSATION PARTNER to join your POLITICAL HOME.

4. DECIDE if & when to RECONNECT WITH THEM AGAIN.

5. OFFER GRATITUDE for their TIME, LISTENING, & COMMITMENT

let's TACO-bout ABORTION funds!

WHAT'S your CONVERSATION PLAN?

1. SET A GOAL
2. WHO ARE you TALKING to?
3. WHERE are you TALKING?
4. GATHER MATERIALS you MAY WANT to SHARE
5. CHOOSE an INVITATION STRATEGY
6. REFLECT ON ANY POTENTIAL OBSTACLES OR FEARS
7. PRACTICE! PRACTICE!
8. IDENTIFY HOW & WHEN you WILL FOLLOW UP
9. HAVE A SELF OR COMMUNITY CARE PLAN