WARRIOR QUEEN
PROJECT

Warrior Queen Action Kit

YOU are a Warrior Queen.

Every day I see Asian American and Pacific Islander women and girls who bravely define themselves through their voice, determination, boldness, fierceness and sisterhood. Like you, these women are Warrior Queens. Whether you are an essential worker, caring for children or family, defying racist stereotypes or breaking glass ceilings, the Warrior Queen Project exists to support you.

When I told the story of "The Warrior Queen of Jhansi," I wanted to inspire mainstream audiences with a real-life AAPI heroine on the big screen. Rani Laxmi Bai of Jhansi, India is an inspiration in many ways, but mostly because she did what she believed was right in the face of corporate power play, greed and colonialism. Her legacy fueled India's independence nearly 100 years later.

Whatever your own battles in this modern era, you are a Warrior Queen. This fierce side of ourselves isn't always encouraged, and that's why the Warrior Queen Project is so important: Not only uplifting women and girls like you, but providing tools for the self-work and community support that leads Warrior Queens to thrive.

Use this Warrior Queen Project Action Kit to begin your journey. You'll follow along the Rani's story in exclusive storyboards from the Hollywood movie, with mantras and introspective reflection. I hope you'll share your experience with us on Instagram @WarriorQueenProject or using #WarriorQueen.

Founder, The Warrior Queen Project



This Action Kit will help you build the mindset of a Warrior Queen. You'll discover the Rani of Jhansi's story, along with reflections and skill-building exercises. Each section includes ways you can share your journey with your community and encourage other Warrior Queens to rise.

Reflect on each of the Warrior Queen traits and statements in the following pages. Then get honest with yourself! Use the space provided or a personal journal. You can print this whole kit, or simply the reflection pages.

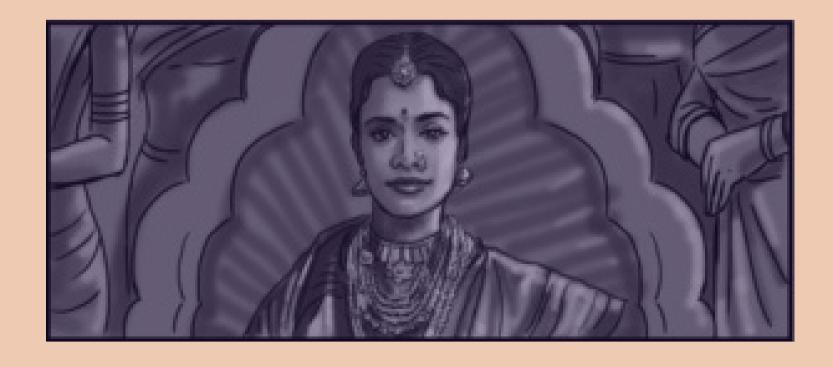


VOICE

You have a powerful voice. Use your voice to speak for yourself and advocate for other AAPI women and girls.

Rani Laxmi Bai was born on November 19, 1828 in Jhansi, India as Manikarnika. The country was occupied by the British, and ruled by the British East India Company.

At the age of 14, she married Gangadhar Rao, Maharaja of Jhansi.





When her son died as an infant, Rani Laxmi Bai was 23. Two years later, she and Gangadhar adopted a son, Damodar Rao, as heir to the Jhansi throne. One day later, Gangadhar died, leaving Laxmi Bai to rule Jhansi.

The Rani would have to find her voice to advocate for her kingdom.

VOICE

You do not need permission from anyone to use your voice. Reflect on yourself using the following prompts.

Recognize and identify which of these match with your persona:

- 1. Self doubt or negative self talk
- 2. Trying to please the group or others first
- 3. Hiding behind well-arranged words
- 4. Blending with the crowd or staying under the radar
- 5. No strong opinions of your own
- 6. Cowing down to opinions rather than standing for your own
- 7. Going with the flow to avoid conflict

We must act on our thoughts and words! When you find yourself doing any of these traits, notice it and allow yourself to do something different. You may have to go out of your comfort zone and get uncomfortable to reach your full potential.

When you currently use your voice...

- I. How often have you been told that you came across as too aggressive?
- 2. How often do you get upset, or feel envy, if a coworker or a friend gets something that you want?
- 3. How do you feel when someone offends your beliefs and values?

When we use our voices to negatively impact each other or repress another's voice, we inspire more negativity. Your voice is valid because you give yourself value. This is the hard work to create a sisterhood to rise higher.

Rather than complain, put yourself in the other person's shoes. This can help you be a warrior to lead change outside yourself in anything from gun violence, climate action, abortion and women's reproductive rights, mental health, pharma, hate crimes, supply chain issues affecting necessary products like infant formula and tampons, education, childcare, elder care, taxation, climate change, right to privatization, immigration reform, foreign policy, or energy to name a few.

VOICE

Sample mantras for strengthening your voice.

Personal Mantras:

- I. I am my best advocate.
- 2. I will not be edited or muted.
- 3. A two way discourse is the best way to use one's voice.
- 4. I don't need to be liked but need to be respected.
- 5. I express who I am and what my thoughts are using my voice.
- 6. My voice level does not indicate my thoughts and feelings.
- 7. My loud voice is not aggression; my tone and words define that.
- 8. I will speak up respectfully but as honest as I can be.
- 9. I have no regrets when age brings wisdom to know not speaking makes the moment & opportunity go away.

Personal Affirmations:

- I. I am strong.
- 2. I am beautiful inside out.
- 3. I have equal rights.
- 4. No one is being kind when they "give" me permission.
- 5. I have the right to choice of abortion.
- 6. I have the right to choose a partner.
- 7. I have a right to education.
- 8. Girls DO NOT need permission.

Tip: Use tools like writing & list-making to confront one's fears about speaking up like wanting to remember facts right, or solidify an opinion. Then voicing your truth first in a safe zone & then in a larger arena.

VOICE

How would you rate your use of voice on a scale from ONE (library voice) to TEN (outspoken)?

Looking back on your life and who you are today, where have you excelled at using your voice?

Where in your life (specific relationship, career, marriage, family, giving back, etc.) do you feel you need to practice more?

Being deeply honest with yourself, where have you quieted your voice and what opportunities do you have to grow?

One powerful tool to commit to the #WarriorQueen mindset is to create your own mantras, which are affirmations or positive statements, to help you reprogram your mind and believe in the most empowered version of yourself. Create a personal mantra to commit to your goals using your voice:

DETERMINATION

Know your mission and never quit working for it. Take aligned and intentional actions. Be willing to go beyond stability and comfort to achieve it.

The Rani was determined to lead the people of Jhansi following Gangaadhar Rao's death. She was also determined to see her son maintain rule of the kingdom.



The British East India Company refused to acknowledge the legitimacy of Damodar Rao as heir to the Jhansi throne and annexed the state under its rule. Upon learning the news, the Rani famously said, "I will not surrender my Jhansi!"

The Rani began a furious campaign to challenge the Doctrine of Lapse the Company used to deny Damodar's—and Laxmi Bai's—rule. Hesitant to challenge the British outright, she appealed the imposition of British East India Company rule for a year. Rani Laxmi Bai remained a leader of her community, determined to uphold her duty as Rani.

DETERMINATION

Determine your own path. Reflect on the below strategies for how you can create your own way.

Climb a mountain slowly, even very slowly if that's what YOU WANT because ultimately you will make it to the top.

Try to avoid blaming others or obstacles because that is life. Otherwise you lack personal determination as you alone are in the driver's seat and steer the wheel.

Take advice, process it, breathe, think, reflect, sleep over it. When you have inner clarity from your own voice, stay the course and finish, single minded, with undeterred focus.

Determination can be heard as often described as pigheaded, stubborn, arrogant. Write down the goals, pros and cons and the goal. The answer is very clear once we put things in front of ourselves with transparency.

Have a time line: Start date, reflection time, and finish date. All determination must have a deadline or else you will be caught up in self doubt and derailed from the goal.

I want advisors and sounding boards but I will ultimately make the decision that works for communal harmony and growth. We all win even a little it is a personal big win.

Sit with nature and watch plants, water, birds and animals. They are determined to survive another day and they try to follow through on most tasks everyday especially the tiny ant.

DETERMINATION

Sample mantras for . Sample mantras for .

Personal Mantras:

- I.I can.
- 2. I will
- 3. Failure means I learnt how to succeed
- 4. Mistakes are positive when not repeated
- 5. I am allowed to go wrong as they are my choices so I'm fine with the consequences as I will nurture myself through them

Personal Affirmations:

- I. I am allowed to go wrong as they are my choices so I'm fine with the consequences as I will nurture myself through them.
- 2. Believe in oneself and be determined to go through what ever you start just for completion and closure.

DETERMINATION

How would you rate your determination on a scale from ONE (wavering) to TEN (resolute)?

Looking back on your life and who you are today, where have you excelled at being persistent?

Where in your life (specific relationship, career, marriage, family, giving back, etc.) do you feel you need to practice more?

Being deeply honest with yourself, where have you been flexible with your goals and what opportunities do you have to grow?

Create a personal mantra to tap into your determination:

BOLDNESS

Defy tradition when you see that old ways of doing things prevent justice, equity and inclusion. Shine light on a new path.





As a widow, Rani Laxmi Bai was required by her religion and culture to shave her head, dress only in white, and only eat bland food, among other rules.

The Rani decided that following tradition would only surrender Jhansi to the British. She believed disappearing from her public role as queen when her people needed her was counter to her duty.

She took bold action in defying traditions that no longer served her or her community.





BOLDNESS

Your world is counting on you. Sample mantras for becoming more bold.

Personal Mantras:

- I. I will laugh uncontrollably
- 2. I will love passionately
- 3. I will fight for my rights and my friends unabashedly
- 4. I will not be silenced
- 5. I will be bold, strong, beautiful and unforgettable
- 6. I will be the radiance and positive presence in a room
- 7. I will make my life count for others to be inspired
- 8. I will be human and laugh at my mistakes
- 9. I will be bold as I was born onto a beautiful planet and must learn to nurture her and give back boldly.

I will not stoop, bend, simper, or lower my eyes in supplication as then you will not see the fire, intelligence, grit and ability of my being.

The bold me is a gift to all around me.

Personal Affirmations:

- 1. Get used to bold as that is dynamic.
- 2. Red is bold but so is white as I determine my BOLD.
- 3. When we speak look me in the eye calmly as my eyes are clear, bold, honest and respectful.
- 4. Be aware mutual respect is key to being bold.
- 5. Being bold is mistaken for aggression; it is in fact an act of honesty and truth.
- 6. I am the only game changer for me.
- 7. I am like water, I will always flow and cause ripples, waves and tides wherever I go.
- 8. I have a bestie and that is me first, only then I can share her with my other bestie!
- 9.1 will ask for support as some hands will always extend and reach out.

BOLDNESS

How would you rate your boldness on a scale from ONE (tip toe) to TEN (all in)?

Looking back on your life and who you are today, where have you excelled at being bold?

Where in your life (specific relationship, career, marriage, family, giving back etc) do you feel you need to practice more?

Being deeply honest with yourself, where have you been timid and what opportunities do you have to grow?

Create a personal mantra to commit to being bold in pursuit of your goals:

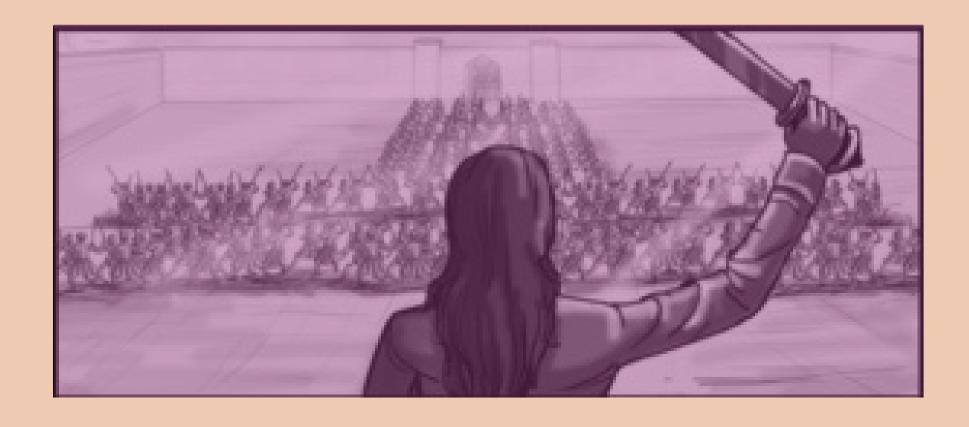
SISTERHOOD

Rising as a Warrior Queen requires community. Build your tribe of like minded women and allies. Don't be threatened by strong women, be inspired by them.



From 1854-1857, Laxmi Bai ruled her people in spirit and action, if not by law. During this time, she trained them to fight as a militia. The Rani of Jhansi also created and trained an all-female cavalry unit to fight alongside her.

When Britain forced Indian soldiers to fight in support of East India Company rule in 1856, Rani Laxmi Bai would have to lead her sisters-in-arms into battle after battle.



SISTERHOOD

We are stronger together.

Become a woman who builds a foundation of sisterhood.

Traits for Building Sisterhood:

- I. Empathy
- 2. Closing the ranks to support each other in an upward journey
- 3. Advocating for gender parity
- 4. Kindness
- 5. Sharing one's knowledge, as rotating knowledge is key to personal growth
- 6. Awakening the coiled energy within each woman
- 7. Teaching a fellow sister how to get stronger

Personal Affirmations:

- I. I need other strong women around me to accomplish my goals.
- 2. I will find inspiration in the women in my life.
- 3.I am a woman who supports other women on their own journeys.

Share inspirational stories to motivate each other. Remove "cannot do" from your personal vocabulary.

SISTERHOOD

How would you rate your support of others on a scale from ONE (everyone for themselves) to TEN (almost family)?

Looking back on your life and who you are today, where have you excelled at supporting others?

Where in your life (specific relationship, career, marriage, family, giving back etc) do you feel you need to practice more?

Being deeply honest with yourself, where have you isolated yourself and what opportunities do you have to grow?

Create a personal mantra to commit to building and supporting your community:

RESILIENCE

Know that when you pursue something great, battles are inevitable but whatever challenges come your way, you are resilient and intelligent enough to move through them.



Beginning in 1857, Rani Laxmi Bai fought for her people and her home through a massacre, an attempted coup, and attacks from two neighboring kingdoms. All the while, the British were looming over Jhansi. Still, the Warrior Queen was resilient.

She escaped the British siege of Jhansi in 1858 with Damodar on her back. The Rani fought two more battles against the British before her death in battle in June 1858. She was 29.





RESILIENCE

You are stronger than your trials.
Reflections for overcoming adversity.

You can demonstrate resilience in many ways:

- 1. The ability to overcome adversity and to be able to use the pain and hurt to reshape, recoil and readapt with time to become even stronger. To keep moving against adversity.
- 2. Learning one's ability to heal.
- 3. Making time for new learning's consciously to expand one's emotional and intellectual potential.

Personal Affirmations:

1. Limit or stop watching news of disaster and negativity and give yourself time to reboot your batteries.

DID YOU KNOW? Indian women have been shown to be very resilient in much of our literature as well as mythology. We see the resilience of Sita who had to prove that she was pure and untouched by any man except her husband by walking through fire – literally. There is Draupadi from the Mahabharat who was humiliated publicly after losing in a game of dice and disrobed in public. She then waged a war and refused to tie her hair till it was washed in the blood of her enemies.

RESILIENCE

How would you rate your resilience on a scale from ONE (inflexible) to TEN (comeback Queen)?

Looking back on your life and who you are today, where have you excelled at bouncing back?

Where in your life (specific relationship, career, marriage, family, giving back etc) do you feel you need to practice more?

Being deeply honest with yourself, where have you given up too soon and what opportunities do you have to grow?

Create a personal mantra to help you recover quickly from any setback:

SHARE YOUR STRENGTH and empower others

Doing the work is personal, but finding support with community is necessary.

Share your wins—and your lessons learned—with your networks and with us. Below you'll find social inspiration, templates and offline actions.



Sample Social Ideas

- Tell your network what made you feel strong today.

 Maybe it was your outfit, or the preparation you did for a class or project. Whatever you were strengthened by may help someone else find their own resilience!
- Share your own Warrior Queen inspiration. Whose example have you followed in your own life?
- Create a post that shares what you've overcome to be a Warrior Queen.

Sample IRL Actions

- Host a screening of 'The Warrior Queen of Jhansi'
- Read a book that challenges you to grow
- Take a friend to coffee and only talk about your wins

Sample Social Posts

Pair these with a photo that makes you feel powerful, a piece of art that reflects your strength, a video promoting your big wins, or use one of our pre-made Instagram <u>Posts</u> or <u>Stories</u> graphics.



- I am proud of myself for using my #WarriorQueen voice to speak up for my community!
- I'm determined to define myself and my experiences as a #WarriorQueen.
- I'm taking bold action by rising up as a #WarriorQueen.
- I'm proud to support my community and #WarriorQueen sisters!
- It has been tough to stay resilient, but a #WarriorQueen always bounces back.

