

## D.I.Y. // GETTIN' REDDY



Before affirmation.

Stand in front of any mirror; in your house, the arena bathroom, a car side view mirror. Then put hands on hips and repeat the sacred RED ZONE mantra:

**I am strong...**

**I am invincible...**

**I am a HEEEEAT Fan!**

**NOW GET ON OUT THERE  
AND BACK UP THE BEST  
TEAM IN THE NBA!**



After affirmation.



Over-affirmation is never a bad thing. We recommend “Getting Reddy” every time you pass in front of any reflective surface!