

# THE SCRIPT CHANGE PLAYBOOK

A guide to reset your mindset, listen to your inner voice, and discover your community.



SUZANNE SPENCER

## WHEN THE SCRIPT CHANGES

Hi, I'm Suzanne Spencer – a journalist, mom, and brain tumor survivor. For ten years, I told everyone else's story. Then one phone call changed mine. In the middle of a thriving career in television news, I was diagnosed with a brain tumor. I went from anchoring breaking news to living it – two brain surgeries, becoming a mom, and rebuilding my life when the script changed. Through that experience, I created a framework that helped me handle uncertainty – one that can help you too. I call it your MIC: mindset, inner voice, and community.



“The MIC is your framework to see challenges differently.”

## STEP 1: RESET YOUR MINDSET

**When you can't control the situation, control your focus.**

The moment I learned about my diagnosis, I had two choices: spiral or shift. I chose to see it through a grateful lens – not “why me?” but “I'm lucky.” You have the same choice.

### TRY THIS

Ask yourself: When something doesn't go as planned, pay attention to the first headline you write in your mind. How can you choose to write that differently?



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# STEP 2: LISTEN TO YOUR INNER VOICE

Your inner voice narrates the story you tell yourself.

As a journalist, I spent years searching for the silver lining in a world of tough news. When I received my brain tumor diagnosis, that same instinct kicked in. My inner voice could have told me, "this is the worst case scenario." Instead, it told me: "This will create a stronger version of you." Our inner voice creates the headline we write about adversity – and that echoes in our families, our companies, and our communities.

## TRY THIS

Write down one limiting thought – then rewrite it with possibility.

"This setback means I'm failing." → "This setback shows what I'm capable of."

"I'm stuck." → "I'm strengthening my resilience."

"This is too challenging." → "I get to grow through this."

"Suzanne Spencer is a powerful inspirational speaker with a message that can resonate with any audience. She is down-to-earth, genuine, easy to work with and can motivate the room. You will be glad you booked her when you did!"

-Client



# STEP 3: DISCOVER YOUR COMMUNITY

After my second surgery, I could barely lift my newborn daughter. Asking for help was the only option. By opening up about my struggles, I discovered a community of people waiting to support me. But that community wasn't built in the middle of a storm. It was all the work I did before that to surround myself with people who knew this universal truth: we will all need help someday, it's just a matter of when. Community is built with the recognition that by nurturing those kinds of relationships, community isn't something you have to earn – it's something you already belong to.

## TRY THIS

Reach out to one person today. Tell them you appreciate them, or the reason why you're thinking of them. When someone is having hard times, show up: a call, text, meal, or card.



## WHEN LIFE GOES OFF SCRIPT

Remember — you already have the mic. Your mindset, inner voice, and community are your framework for resilience. Keep practicing them, keep rewriting your story, and keep sharing it — because your voice might be the one someone else needs to hear.

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