



Season 1, Episode 004 - You suck Satan. Saying goodbye to imposter syndrome.

Dream Doers Podcast - Show Notes

In this episode, we dive into the *real* battle—the one that takes place in your mind. That voice that whispers, “Who do you think you are?” That creeping doubt that tries to keep you from stepping into your purpose? Let’s call it what it is: imposter syndrome. And it’s not just insecurity—it’s spiritual warfare.

I share raw truths from my own journey with self-doubt, battling unworthiness, and questioning whether I belonged in the rooms God opened for me. I talk about the surprising ways God used podcasting to rekindle a hidden love for writing, storytelling, and words—something I never realized was part of my calling until now.

Together, we explore how to stop agreeing with lies, stand in our God-given identity, and start rewiring the thoughts that try to keep us stuck. If you’ve ever felt unqualified, overwhelmed, or afraid to start, this episode is your reminder: **you were handpicked for this.**

🕊️ Let’s learn to recognize imposter syndrome for what it is—and boldly walk in the truth of who God says we are.

ImpostorSyndrome, FaithJourney, ChristianPodcast, DreamDoers, WritingJourney, GodQualifies, MentalBattles, WomenOfFaith

🎧 Ready to be a Dream Doer together? Hit subscribe and play now to listen in.

📄 Read all the Show Notes (script) on our blog: <https://www.janamarie.co/blog>

🌟 Subscribe to Dream Doer’s YouTube Channel: <https://www.youtube.com/@dreamdoers.podcast>

🌈 Follow Jana with the Dream Doers Podcast on TikTok, Instagram, Facebook:
@thedreamdoers.podcast

💬 What little voice can you hush in the back of your head? If you're comfortable sharing, drop it in the comments below and tell us how you overcame and gave your mindset a new EMPOWERING voice!

🌐 Visit my website at www.thedreamdoers.com

Episode Highlights:

- Imposter syndrome is a lie, it only shows up when you're stepping into your purpose.
 - The enemy attacks those who are a threat—if you're feeling resistance, it means you're on the right path.
 - God placed your dreams in you for a reason—stop doubting and start trusting.
 - Writing found me, even when I wasn't looking—sometimes our true passions are hidden in plain sight.
 - Rewiring your brain is possible—our habits and thoughts can be reshaped with intentionality.
 - Processing emotions with God first—pause, write, and seek His wisdom before turning to others.
 - Looking back reveals the bigger picture—everything connects, even when we don't see it at first.
 - The real risk? Not trying at all—what's scarier: stepping into your purpose or wondering “what if” forever?
-

Episode breakdowns:

[00:00] Recap of last episode.

[00:51] The true enemy, the battle of your mind.

[12:16] Rewiring your brain.

[18:05] Shutting up Satan!

[19:50] Take the risks & nurture your garden!

[25:12] Things of value have a greater stake.

[27:12] The true enemy, the battle of your mind.

[29:40] My challenge for you.

[00:00] Recap of last episode.

- Welcome back dream doers, this is getting fun! A quick recap of my last podcast episode: I shared a bit about how to just start. Start over, start late, start with little, I don't care, just start! Make sure you go back and listen to that one if you missed it. I included some pretty great practical steps for people to pursue their hobbies and your business dreams.
- Today we're going to be talking about some pretty deep spiritual shit, how to quiet the negative talk in your head, fight the true enemy and how to overcome imposter syndrome.
- I'm your host Jana Marie with the Dream Doers Podcast. You know the drill. Make sure you subscribe so you can be in the know for when I drop in a new episode.

[00:51] The true enemy, the battle of your mind.

Alright, let's talk about the battle inside your mind—the one that whispers, “*Who do you think you are?*” The one that makes you question whether you're worthy of the dream God placed in your heart. The one that keeps you playing small, doubting, hesitating. That battle? That's *impostor syndrome*—and it's straight from the enemy.

I feel like I need to start this with a reminder: The enemy doesn't attack people who aren't a threat. If you feel like you're in a fight right now, if it feels like you're constantly being tested, if fear, doubt, and resistance show up every time you try to step into your purpose—it's because you are dangerous to darkness. The enemy isn't just interested in distracting you — he wants to disarm you.

I've been there. I've sat in rooms where I felt like the smallest person there. I've downplayed my gifts, doubted my voice, and questioned if I even belonged at the table. But here's the thing—God didn't put me in those rooms by accident. He didn't give me these dreams, these talents, this voice *for me to shrink back in fear*.

And He didn't give you yours for you to hide either.

You know what's funny about impostor syndrome? It never shows up when you're playing small. You don't feel like a fraud when you're staying quiet, avoiding risk, or ignoring that thing tugging at your heart. Nope—impostor syndrome shows up when you start stepping into your calling. When you start speaking, building, leading, creating. That's when the lies get loud.

It's because your impact *threatens* the enemy's plans. He wants you to doubt yourself because if he can convince you you're not enough, you'll *never step into the power that God already placed inside you*.

So how do we fight back?

We remind ourselves who we are. We stop entertaining thoughts that God never intended for us to carry. We stop agreeing with lies that tell us we're not capable, not worthy, not enough.

Because the truth? You were *handpicked* for this. Your dream, your vision, your calling—it wasn't a mistake. You were an answer to a problem in this world before you ever took your first breath. Let that sink in.

And yeah, stepping into your purpose is scary. But let me ask you this: Is it scarier than living your whole life wondering what could have been if you had just trusted God more, than your fears?

Impostor syndrome doesn't go away when you "become successful." It doesn't disappear when you hit a certain number in your bank account, get the title, or gain the recognition. No—it just finds new ways to try and keep you stuck.

The key is learning to recognize it for what it is. **A lie**. An assignment from the enemy to keep you from doing what God put you here to do.

So, today, I want to invite you into something. A moment of clarity. A moment of surrender. A moment where you stop wrestling with your worth and start standing **in it**.

Close your eyes. Take a deep breath. Feel the weight of all the doubts, all the fears, all the "not enoughs." And now... hand them over. Lay them at His feet because none of that belongs to you anymore.

What if you woke up tomorrow and decided to fully believe that God already equipped you with everything you need? What if, instead of questioning whether you belong, you walked into every room knowing that you were **sent**? That you were sent. Oh my gosh that was powerful.

[05:10] Finding my love for writing.

Ok, I remember my mom telling me when I was a child, "You should be a writer." It was nowhere on my radar. But I've always been interested in poetry and used to write poems to friends in school, you know in the paper airplane form sort of way where you slide your hands low between desks as if your teacher can't see what you're doing as you pass it off to your friend. And I hope that's still happening in schools. lol.

I was obsessed with quotes and short stories that moved you from early on, and I still am. I'm in love with storytellers and storytelling, a moving movie or a good book.

My mom had a notebook from her junior high and high school days you guys, that was just filled with corny and some really serious quotes and poems she heard and loved and recorded. I've held onto that and I referenced it often through my teen and my young adult years.

I had so many interests though at the time.

So many goals.

I was off doing music and playing sports, making art, being intentional about growing in my relationship with God and people.

I was just everywhere but, in my writing.

But I admired it.

I admired moving words.

And I heard it again in college, "Have you ever considered being a writer?" Another question about writing. Why have some people said this. No, it wasn't an interest of mine nor was it a gift I had.

I continued on through life....

Then I started hearing, "You should really write a book!"

What is it with hearing this again?

I really think God has a way of speaking to us in subtle things like that. So if you start to pay attention to it, maybe you'll start to see the patterns and hear something you need to hear. Maybe it's something that leads to doing.

Podcasting is a lot like writing. In this weird plot twist of mine as I have pursued this endeavor, it brought me back to *writing*.

Unaware, I have been having to be intentional about making time and space to sit down and dig deeper into my thoughts, my heart and my processes in my business and really put them pen to paper. That takes time and intentionality for sure.

So I got Google Docs of outlines in each episode, documents of episode ideas, things I want to say.

I've also begun planning out social media posts for my businesses which takes putting those things in writing too.

And once that's in writing, it gives me direction to navigate those parts of me. Whether personal or business.

It was in this podcast journey I realized I think my deep down hidden love of writing has begun..

Now, I'm no professional writer by any means. I have no training, no writing mentors. Heck, growing up, I hated reading books. HATED it. And why? Because it forced me to stop moving? I was totally a mover and a shaker so I think that has to be it.

As I've aged though, I have found peace in the balance of life and making space now for reading things I'm passionate about, because it only grows in my education and awareness of that subject that I care about, has become so important. Without even noticing as I write this, I see that I have a new love for books too. Like whaaaat? My kids and I love reading together, we read multiple books a day and I love it so much.

I just wasn't even paying attention my love for books, or writing or stories was really there.

This path to putting thoughts and feelings on paper was unseen by me until I looked back and realized it lead me right here in this moment. I questioned my qualifications, but God qualifies the called, not calls the qualified?

I've *always* been a storyteller!

Oh my friends and family know that sometimes those are the long winded stories...the roundabout stories... fown all the rabbit hole types of stories. I love to share. I love to connect with people through words whether that be in person or in writing or in music or in art so when people reciprocate that to me, I just love it so much.

But I am ill equipped in the professional writing skills category. I'm just a human with a big heart on her sleeve. So does that even count? I know are a million and one other people pursuing this that have spent their life studying it and preparing for it. So what makes someone want to listen to me? Jana as a podcaster.. What makes me qualified?

There so many great creative writers and podcasters?

Taking the risk and diving into something that I don't know what I'm doing, It feels like to me sometimes like maybe I'm just word dumping.

And honestly through trial and trauma, I realized my words only picked up. And words became my trauma response. The oversharing, the over dumping. I recognized it.

Through the council I saw during this season, and remember, I said I am a quote obsessor? So, when you say the right thing at the right time, and I'm ready to receive it, it's ingrained in my brain for life.

So one of these mentors advice to me as I asked her about what to do with this overly outward processing, she said, "As a Christian woman to another Christian woman, I would advise that anytime you want to run to a friend or a loved one to address the thing right in that moment when you're feeling it, to instead, go directly to God! Write it down, and it will slow your brain down. And then ask God, what information, if any, then goes to my people, and then *who*."

Well, that was the most easy and genius answer I've ever heard. So why does that not seem like a no-brainer?

I noticed in order for me to grow in this area, when I was feeling things or overwhelmed by emotions that it took a lot of discipline to pause and go sit with Jesus, *first*. You would think this would be easy. I've been real proud of myself and I've been able to see the results and receive the benefits of being disciplined in the areas of my life I want to grow in.

[12:16] Rewiring your brain.

A lot of things that we do as humans are because of the experiences and upbringings that we had... all the years of practicing doing things one way.

But rewiring your brain and your habits is one of the most *powerful* tools I think we have access to. Because it's doable if you have the desire. To rewire your brain? Isn't that wild?

God gave us the magic of science and therapy.
How stellar we get to experience that.

So here I am, seeing this long and windy road of a deep underlying passion for words being brought forward because I took the risk of opening the door to the podcast world.

What a funny thing.

So many of us don't recognize what got us here because we don't take the time or the awareness to look back and see how all the pieces were put together to get us here.

Or we might not have even gotten there yet. And that's ok too.
You might be feeling inadequate.
Or feel the very real imposter syndrome.
Or feeling not ready.

Now, starting this endeavor really has me opening up my mind and my heart to grow in the way of knowing what words to speak, how and when and then *why*.

It's making me more intentional in my thoughts and my words.

And in my wisdom of feeling mentally or emotionally ready for lots of things in my life currently, I can feel that my body still has the need for continued healing from some things.

Why did I recognize this? And why is it important to bring it up?

I realized my thoughts were still getting jumbled sometimes. The effect trauma had on my nervous system is still in there. And I'm so annoyed gosh dang it. Oh..

And honestly that brought me tears as I wrote this down this morning.

That feeling of inadequacy or not being ready for something feels super unwanted and scary when you're also practicing spiritual discipline. Because if God says do it you do it. You do it ill equipped, not prepared, not perfect. You start, start over, start imperfect, start with nothing remember?

Why you? I dunno. God uses the people who are messiest sometimes to bring the biggest message. God *needs you* to do the things he's calling *you* to do. "Just show up, bring your fears and worries. You'll be fine," he says.

And at this point in writing this, my tears were picking up.

What are my fears even from?

[15:20] Feeling safe with a friend through a nervous system glitch.

So I was just with a friend yesterday.

Someone I feel safe with and comfortable having an open dialogue with. Someone who hears my heart through my junk words and reciprocates the in-depth dialogue.

And out of nowhere in the middle of one of my answers to his question, I felt my body getting hot in the middle of my thought. And I'm lost all of a sudden.. A question and dialogue I'm comfortable even having. So why did that happen?

I became uncomfortable, which is not normal for me, because I noticed my body was doing something, and I felt shame for not knowing why.

Like what the heck? I know myself. I've done lots of personal development and awareness growth quite a bit.

That soon passed, but it left me wondering what do I not know about myself, still? Personal development and self growth is a lifelong journey I understand, but you start to experience something that's good and then you're caught off guard by your body, that's what I don't like. The sideswiping it just did to my head and heart. There are not a lot of things that embarrass me you all, but being caught off guard I think is now one of them. Because NOW I felt embarrassed which is *a/so* a feeling I don't experience often.

But yet I still felt at peace in this moment, with this person. I still felt safe.

So as my nervous system is being rewired and healing, I recognize now, I'm hyper aware of the smallest bodily feeling. Which then embarasses me more to feel something happening and not know why.

Oh, turning inward to discover the why and connect my head with my body is just the weirdest thing. Our bodies are so fascinating.

Our nervous system is a control panel, it's crazy, a control panel to send all the alerts to us to wake up and pay attention to it.

Has anyone ever seen Inside Out the movie? So accurate. And so informative.

Anyone ever read the book The Voice of the Heart by Chip Dodd?

He teaches how God innately gave you each feeling of anger, fear, sadness, gladness etc to communicate with our body and our heart. And to listen because it's a gift of discernment and wisdom that's blessing us if we're paying attention. Go check out that movie and book if you have not, I promise you wont regret it.

[18:05] Shutting up Satan!

But back to my convo with a friend, gosh dang it now I'm pissed off as I look back because I think these are still the feelings of the attacks of the king of lies himself, yes I'm talking about that douche bag on air live, right now for the world to hear. And he's freaking lingering around.

This shit head has been after me and my kids for too long. I've already told him he cannot have us. Which becomes even more enticing to try, I know.

But slowly he's taken one by one each loved one around me. I've watched them go. And willingly. Without an attempt to fight of any kind. And the pain continues as I watch them do the destructive work he's so mastery at, daily. Thank God I could untether.

But I'm a little pissed off to be honest.

“Release the kraken.” Oh my gosh that’s so funny, I wish I could do it the same way. But have anyone ever watched 300? I reference this scene often as I’ve felt it’s how Gods called me out of the world of “niceness” aka “people pleasing and dying to oneself, and getting trampled” and into my badass inner warrior era.

In all humor, I rose to the occasion and began fighting back with God by my side. Alone with God, I’m showin up for the battle.

But it doesn’t come without a cost.
It doesn’t come without risk.

[19:50] Take the risks & nurture your garden!

What do I have to lose anymore anyway? Let’s go! I’m ready to take this bastard down. He cannot have me or my children. If stops here. I’ll volunteer to step up to be the family member that breaks the curses and generational trauma. I’ll feel it all for everyone and rebuild. Send me! And God sure sent me.

As you can hear, I am passionate about bringing this bastard to the ground. I never cussed a day in my life until this battlefield and you know what, sometimes I think God needs us to cuss, at the devil a few times! I think that’s ok. And I think it’s needed really. He needs to know we don’t play.

And listen, not only was he attempting to take my family down, but my friends down, my business down and anything the light touched.

So the heat I was feeling in my body during such a great conversation with my friend? Ya, I think it was an attempted *distraction*, because something true and good was taking place in that very moment. And Satan don’t like good things. He likes to rip apart families, not *build* them. God on the other hand is for redemption and restoration and healing and growth and love and partnership.... Can’t you see the kindness Heaven has for you!?

One of my exes told me in his anger after collapsing this relationship, that I ruin everything I touch. A parent told me it was my fault for multiple peoples affairs not even associated with me because I was the only common denominator. Like what?

And I want to pause right here friends, because those are the words from the devil. And nothing else. Those are seeds being planted from an accomplice of the destructor. God will never send you vile accountability. That is *not* from the Lord.

But you *barely* allow even the smallest hint of that into your spirit and it begins to take root, and grow. So how are we tending to the garden of our heart? What are we allowing to grow there?

You **stand** in your righteousness!

You boomerang that shit right back out the door.

I know destruction isn't because of me.

I know the fall of my loved ones around me came as a choice of theirs. And I am not responsible for their bad behavior. Am I perfect, no? But I will not take responsibility for the destruction of others wrongdoings. Absolutely not.

I want you to pause this podcast in a moment, sit up straight where you are, uncross your legs, unclench your fist, close your eyes, take the biggest deep breath in and release it. Now repeat after me: "I *am* beautiful. I *am* peaceful. I *am* love. I *am* kind. I *am* goodness. I *am* gentle. And I have self control. I am **whole** in Christ alone. And I am worthy of all that." Take another deep breath in, release all the other shit out of your body and come back to my podcast when you're ready. Because I'm always here. But you sit in your space as long as you need to release that and feel it. Truly. Feel the truth in those words. I don't care who you are and what you've done, you are deserving of these words spoken over you.

If I can be honest with you in real time, like, this is happening for me, right now. I would be foolish to say I'm so strong I didn't let even a piece of that destructive seed take root in me. That is far from true. I let hurt, hurt me hard this past decade.

And to be in such a beautiful moment being open with a new friend about beautiful things, and to feel that rush out of nowhere, that's a reminder that spiritual warfare is real.

The attempt to jumble my thoughts, jumble my words that lead to forgetting, so that they wouldn't be spoken, are still there and I continue to have work to do in growing my confidence in God alone and nothing else.

I know my body still needs that continued healing, because I woke up this morning, feeling so much peace from such a good experience with someone, but tossed in with a little bit of wrestling thoughts that lead to a few gentle tears, I had to process that. Like, why would I be emotional over this?

[25:12] Things of value have a greater stake.

I recognized, because when something of value is at stake, you take it a tiny bit more seriously. It means more.

The risk becomes greater.

And doesn't that ring true for both your personal life AND business?

Those little words spoken in the back of my head that I ruin everything I touch, words spoken over me by a family member that I'm too much, and other words still lingering like I failed my relationships or have failed as a mother...

I had to shut those up right away. That came with a moment of tears behind my armor. But listen, I'll show up every damn day like this if I have to.

I'll go get alone with God and give him my worries and draw strength from Him.

Because by me sitting in those thoughts, it only gives power to the one attempting to get in my head and self destruct from stupid seeds planted by other people.

I *know* my worth.

I *know* I'm a wonderful mom.

I *know* I'm an epic partner.

I *know* I'm a successful entrepreneur.

I *know* I am peaceful.

I *know* I am kind, empathetic.

I *know* I am caring and thoughtful.

But I know too, that I **need** Jesus. And it's through God's strength alone I can stand in my righteousness. I am worthy of good relationships, romantic or business partnership. I am worthy of the love God desires for me and my boys! *We are worthy.*

Isn't it strange how people who have such low standards move from thing to thing, or people to people so quickly? Set your standards high and keep them there.

But also buckle up because you're about to go places my friend!

[27:12] The true enemy, the battle of your mind.

Ok - breaking down even more honesty here:

.....I found myself uncomfortable in that feeling of peacefulness after my friends convo,

Because it's *unfamiliar* to me.

A good, healthy, mature relationship of any kind for me, is so unfamiliar that I almost dismissed myself of the worthiness .. to only run back to the familiar chaos of my past.

Chaos I once never knew in my youth.
But grew all too familiar with this past decade.
Chaos that reminded me I'm only worthy of being mistreated as if it was my fault I was mistreated those ways to begin with.

Am I perfect again? No.
Will I ever be? No.
But I know God provides the *right* people in your life at the right time, who **choose** to stand beside you, behind you, and with you. In the name of Jesus and against the enemy himself.

And love will always prevail. Find your support system if you don't have one. Pray for your support system. And better yet, start seeking them out because that's a vital part of you dreaming and actually doing. It's a vital part of getting back the imposter syndrome having people speak life into you.

So I stand firm in my beliefs that I am worthy of God's goodness, and I stand firm in my beliefs that I need to continue being as *vulnerable* as possible here. In real time.

I love that it naturally feels like a space for me to get my thoughts out and release them back to the universe, but I love even more that it drops **MY** guard almost **completely**, allowing you all permission to step into the uncomfortable with me, and share in our normalness of being *imperfectly perfect* humans.

One of my favorite quotes I've ever heard is from Rachael Alaia: "What if we were transparent about our own failures, not as some kind of performative vulnerability, but as an invitation to collectively de-stigmatize the messy process of lifelong learning?"

[29:40] My challenge for you.

Can I encourage you all today to show up anyway!
To whatever it is:

- Allowing a healthy relationship in.
- Pursuing that job people said you would never get?
- To a vulnerable conversation.
- To chasing a dream!

Be willing to take the risk of showing up *imperfectly*, so that you CAN experience the results of risk taking. The magic of pushing through the uncomfortable to experience what's on the other side, it is worth it.

Because I can promise you that ***not trying is the real failure***. You'll never know where you can go in any business endeavor or in a relationship unless you take the risk. With wisdom, discernment and mentorship and support, risks are always the start to epic things!

So when you sound stupid, when your body gets hot and turns red, when you're sweating on stage speaking in front of hundreds of people, show up anyway!.... take the risk for the greater good: for yourself, and for those **YOU** are going to affect around you. For those who get to *experience YOU*. And your goodness.. Your geniusness.

There might be a million photographers, or a million authors, a million educators or podcasts. But people are waiting for exactly *you* to show up my friend!
To bring to the world the very thing you're wanting to do, speak about, provide for others.

So quite the job, start the business, advocate for change, fight for loved one's, speak up. The world needs exactly you. Even if it's only one person's life you'll change, what a miracle in and of itself that you were that person for someone else. That person needs *you* to get uncomfortable, to step up and lean in and now. Just begin and the right things and the right people will start to fall into place.

We're all waiting for you.

Know you're worthy of all your dreams big and small. Let's kick imposter syndrome to the curb.

If this episode spoke to you, take a second to rate and review the podcast—it helps me keep creating content for you and reach more Dream Doers like us!

I want to hear from you! What's something you've been wanting to start but have been putting off? Comment on my Spotify podcast or on our page of your favorite social media platform — let's hold each other accountable. I'm rooting for *you*.

See you in Episode 005!
