

Coaching Conversation Summary: Lucas & Kai

Key Goals

- Overcome fear of posting code and video on GitHub for a hackathon.
- Achieve a feeling of satisfaction and accomplishment from sharing his project.

Major Breakthroughs

- Identified the root of the fear: concern about not meeting expectations and not winning the hackathon.
- Developed a clear measure of success: feeling proud after posting the project.
- Committed to taking the first, manageable step of actually posting the code.

Actionable Next Steps

- Post the code to GitHub.
- Create a video about the project.
- Check-in with Kai later to report on progress and address any further concerns.