



LJK & Co.



FIX YOUR FOCUS

A real guide for students who feel
overwhelmed and want to get back on track.

INTRODUCTION

The reason I'm writing this is simple. I'm the same as you. I was lost too. Lost in school, lost in expectations, surrounded by people who want us to be perfect but don't even stop to ask how we're doing mentally.

I want you to understand something before anything else. School isn't just showing up, doing work and getting good grades. That's maybe forty percent of it. The rest is the stuff no one talks about. Friends, social life, stress, drama, love, enemies, the whole thing.

And before we go any further, remember this. Don't let anyone distract you from what you want. You're the one in control of your own success.



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